8-Liter Colonoscopy Bowel Prep Instructions

PEG/Electrolyte-Generic, NuLYTELY®, GoLYTELY®, and CoLyte® (Arabic)

Colonoscopy prep instructions are extremely important for a successful colonoscopy. If you do not follow the instructions precisely, your bowels may not be ready for the procedure and you will need to repeat the procedure.

Planning for Your Colonoscopy

The instructions for the bowel preparation are extremely important for a successful colonoscopy and must be followed precisely. If you do not follow the instructions, your bowels may not be ready for the procedure and you will need to repeat the procedure.

What is the name of your prep?

We recommend that you fill your prescription at least a week before your procedure.

You must have a driver with you at the procedure.

A licensed driver must be with you at your colonoscopy appointment. If you do not have a driver with you at check in, we will reschedule your appointment.

During your procedure, you will need to be fasted for at least 6 to 8 hours. You will need to have an IV fluid bag at your bedside to help you stay hydrated.

Medical Procedures Unit
Your entire procedure may take 3 to 4 hours to complete. Please tell your driver that they must remain at the colonoscopy appointment during your entire visit.

If you have diabetes you must call your doctor

People with diabetes have special diet and medicine instructions. Call the doctor who ordered your colonoscopy for your special diet and medicine instructions.

If you need to reschedule

Call (734) 936 - 9250 or toll-free (877) 758 - 2626.

The timeline table below will help you determine which day of the week to start your preparation. Use a highlighter or circle the correct row to determine which day you will start the prep. The prep process will begin at the start of the day.

If you reschedule your appointment, you must redo the timeline table to match your new date.
Timeline Table

<table>
<thead>
<tr>
<th>Day</th>
<th>Appointment is on a:</th>
<th>My Appointment is on a:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>الاربعاء</td>
<td>الاثنين</td>
</tr>
<tr>
<td>Monday</td>
<td>الاثنين</td>
<td>الاثنين</td>
</tr>
<tr>
<td>Tuesday</td>
<td>الاثنين</td>
<td>الاثنين</td>
</tr>
<tr>
<td>Wednesday</td>
<td>الاثنين</td>
<td>الاثنين</td>
</tr>
<tr>
<td>Thursday</td>
<td>الاثنين</td>
<td>الاثنين</td>
</tr>
<tr>
<td>Friday</td>
<td>الاثنين</td>
<td>الاثنين</td>
</tr>
<tr>
<td>Saturday</td>
<td>الاثنين</td>
<td>الاثنين</td>
</tr>
</tbody>
</table>

Fill in the day according to the timeline table

Do not stop your aspirin.

If you take a blood thinner, tell the doctor who ordered your colonoscopy. If you are unsure that you are taking blood thinners, please contact your doctor.

Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.

Before your colonoscopy:

Day: 7 days before your colonoscopy

Fill in the day according to the timeline table

Day: 3 days before your colonoscopy

Fill in the day according to the timeline table

Day: 1 day before your colonoscopy

Fill in the day according to the timeline table

لا تقم بإيقاف الأسراب.

إذا كنت تأخذ مميم للدم، أخبر الطبيب الذي أمر بتنظير القولون. إذا كنت غير متأكد من أن كنت تأخذ مميم للدم، اتصل بطبيبك.

التوقيف عن تناول أي مكملات الحديد، مثل كبريتات الحديد (ferrous sulfate) أو مركب الحديد عديد السكري (polysaccharide iron complex)

Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

Before your colonoscopy:

Day: 2 days before your colonoscopy

Fill in the day according to the timeline table

لا تتناول الأغذية الصلبة من الآن وحتى انتهاء الإجراء. بدأ بتناول نظام غذائي يتناول السوائل الشفافة (ادناء). اشرب ثمان (8) أكواب من الماء على الأقل خلال اليوم لتجنب الإصابة بالجفاف.
No solid food from now until your procedure is done. Begin a clear liquid diet (below). Drink at least 8 glasses of water during the day to avoid dehydration.

- Mix your prep solution with lukewarm water. You may chill it for at least 5 hours to make it easier to drink, or, you can drink it at room temperature.

- Between 5:00 and 6:00: Drink one 8-ounce glass of PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY, or CoLyte solution and continue drinking one 8-ounce glass every 15 minutes until 2 liters (64 ounces) of the prep solution is gone. If you follow the instructions exactly, you should be done with the first 2 liters (64 ounces) of prep.

- Stay near a toilet, as you will have diarrhea.

<table>
<thead>
<tr>
<th>You may drink these clear liquids:</th>
<th>Do not drink these liquids:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal (Gatorade), Light Lemonade, Powerade® (Pedialyte®), Gatorade, Crystal Light Lemonade®</td>
<td>Mincemeat or the brown liquid.</td>
</tr>
<tr>
<td>Coffee or tea (black only)</td>
<td>Chicken, beef or vegetable broth</td>
</tr>
<tr>
<td>Fruit-flavored drinks</td>
<td>Alcohol</td>
</tr>
<tr>
<td>Apple juice, white cranberry juice or white grape juice</td>
<td>Any liquid you cannot see through</td>
</tr>
<tr>
<td>Jell-O or popsicles</td>
<td>Note: Nothing Red or Purple</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>لا تشرب هذه السوائل:</th>
<th>ملاحظة: لا شيء أحمر أو أرجواني اللون</th>
</tr>
</thead>
<tbody>
<tr>
<td>مرق الدجاج أو اللحم أو الحضاور.</td>
<td>العصير مع اللب.</td>
</tr>
<tr>
<td>المشروبات الكحولية</td>
<td>أي سائل لا يمكنك الرؤية من خلاله.</td>
</tr>
<tr>
<td>الحليب أو القشدة الخالية من الألبان.</td>
<td>الحلوى الصلبة</td>
</tr>
<tr>
<td>المлеч أو المشروبات المثلجة</td>
<td>معاد ملاحظة:</td>
</tr>
</tbody>
</table>
The day before your colonoscopy

- Fill in the day according to the timeline table.
- Continue the clear liquid diet throughout the day. No solid foods.

<table>
<thead>
<tr>
<th>Time</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am</td>
<td>Drink one 8-ounce glass of PEG/Electrolyte-Generic, NuLYTELY®, GoLYTELY®, or CoLyte®.</td>
</tr>
<tr>
<td>8:15 am</td>
<td>8-ounce glass of Electrolyte solution.</td>
</tr>
</tbody>
</table>

Between 5:00 and 6:00 pm: drink another 2 liters (64 ounces) of the prep solution over the course of 2 hours.

The day of your colonoscopy

- You may have to wake up early.
- Begin drinking the final 2 liters (64 ounces), the same way you drank the previous 6 liters (192 ounces), i.e.: drink an 8-ounce glass every 15 minutes until the final 2 liters (64 ounces) are gone. If you drink according to schedule, you will finish drinking 3 hours before leaving home.

- Take your morning medications with a small amount of water 4 hours before your appointment time (unless you have been told otherwise). If you take Diabetes medications follow your doctor's instructions.

You may have to wake up early.

- Begin drinking the final 2 liters (64 ounces), the same way you drank the previous 6 liters (192 ounces), i.e.: drink an 8-ounce glass every 15 minutes until the final 2 liters (64 ounces) are gone. If you drink according to schedule, you will finish drinking 3 hours before leaving home.

• You may have to wait up early.
Day/Time: 2 hours before your colonoscopy

Fill in the day according to the timeline table

Stop everything by mouth, including all liquids, smoking and chewing gum.

Important!

If you followed all of the instructions, your stool will be a clear or yellow liquid and you are ready for your colonoscopy. If your stool is formed, please call 734-936-9250 or toll-free 877-758-2626 and reschedule your appointment.

Colon cleansing tips:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.

2. Try drinking the solution with a straw. It may be easier to tolerate.

3. In cases where nausea or vomiting occur, give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.

4. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a break, rinse your mouth or brush your teeth, then continue drinking the prep solution.

5. You may have bowel cramps until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).

Medical Procedures Unit
8-Liter Colonoscopy Bowel Prep Instructions – PEG/Electrolyte-Generic®, NuLYTELY®, GoLYTELY®, or CoLyte® (Arabic)
Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline®, or TUCKS® pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.