Prepopik®
Colonoscopy Bowel Prep Instructions
Prepopik®

Refer to this instruction sheet for the entire week before your colonoscopy.

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

Please read as soon as you receive this information and check off each box to indicate that you understand each item.

You must do a bowel prep. If you have not received a bowel prep, call the Endoscopy Call Center at (734) 936 - 9250 or toll-free at (877) 758 - 2626.

What is the name of your prep?

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

You must have a driver with you at the procedure.

Medical Procedures Unit
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.

قد يستغرق الإجراء باكمله 3 إلى 4 ساعات. الرجاء إبلاغ سائقك بأن عليه البقاء ففي مكان موعد التنظير خلال فترة زيارتك بأكملها.

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

المصابين بالسكري لديهم تعليمات خاصة بالنظام الغذائي والأدوية. اتصل بالطبيب الذي وصف لك تنظير القولون للحصول على تعليمات النظام الغذائي والدوائي الخاص بك.

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

اذا كنت بحاجة إلى إعادة جدولة


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

الجدول الزمني لإعداد تنظير القولون

كيف سيتم تحديد جدول الإعداد لتنظير القولون الخاص بي؟

سوف يساعدك الجدول الزمني أدناه على تحديد أي يوم من الأسبوع لبدء الإعداد. استخدام قلم تفضيل أو ضع دائرة حول الصف الصحيح لتحديد اليوم الذي سيتم بدء عملية الإعداد. وستبدأ عملية الإعداد في بداية اليوم.

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.

إذا قمت بإعادة جدولة موعدك فيجب عليك إعادة الجدول الزمني بحيث يتطلب مع التاريخ الجديد.

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

My Appointment Is:

(Date, Day, Time)
Timeline Table

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\begin{align*}
\text{Day:} & \quad 7 \text{ days before your colonoscopy} \\
\text{Day:} & \quad 3 \text{ days before your colonoscopy} \\
\text{Day:} & \quad \text{The day before your colonoscopy}
\end{align*}
\]

**Before Colonoscopy:**

- **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.

Medical Procedures Unit

Colonoscopy Bowel Prep Instructions – Prepok® (Arabic)

- 3 -
No solid food from now until your procedure is done. Begin a clear liquid diet (below). Drink at least 8 glasses of water or clear liquids during the day to avoid dehydration.

Between 5 and 6pm, fill the provided dosing cup with cold water up to the lower line on the cup (5 ounces of water). Pour in the contents of one (1) packet and stir for 2 to 3 minutes. After stirring, drink the entire contents of the dosing cup. At your own pace over the next 5 hours, drink five (5) 8 ounce glasses of clear liquid.

Stay near a toilet, as you will have diarrhea.

You may drink these clear liquids:
- Gatorade®
- Crystal Light Lemonade®
- Coffee or tea (black only)
- Carbonated or non-carbonated soda
- Fruit-flavored drinks
- Apple juice, white cranberry juice or white grape juice
- Jell-O or popsicles

Do not drink these liquids:
- Chicken, beef or vegetable broth
- Alcohol
- Milk or non-dairy creamer
- Juice with pulp
- Any liquid you cannot see through
- Hard candy

Note: Nothing Red or Purple

Make sure you drink enough liquids to prevent dehydration.

Stay near a toilet, as you will have diarrhea.

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – Prepopik® (Arabic)
The day of your colonoscopy

5 hours before leaving home

Day/Time: for your colonoscopy

Fill in the day according to the timeline table

You may have to wake up early.

• Before you need to leave for your procedure, fill the provided dosing cup with cold water up to the lower line on the cup (5 ounces of water). Pour in the contents of one (1) packet and stir for 2 to 3 minutes. After stirring, drink the entire contents of the dosing cup. At your own pace over the next 2 hours, drink at least three (3) 8 ounce glasses of clear liquid.

• 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.

Before your colonoscopy:

Day/Time:

Fill in the day according to the timeline table

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

Important!

If there are any questions, please call the appropriate number:
- Medical Procedures Unit
  Colonoscopy Bowel Prep Instructions – Prepik® (Arabic)
  - 5 -
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 or your preparation is not going as expected call (734)936-9250 or toll-free (877) 758-2626. After business hours, on weekends or holidays call the paging operator at (734) 936-6267 and ask to speak with the GI doctor on call.

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. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.

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

5. 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.

نظرًا لهذه الصفحة لمعرفة المزيد عن الفوائد والمخاطر وبدائل تنظير القولون ➔

Turn the page to learn about the benefits, risks and alternatives for a colonoscopy

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – Prepok® (Arabic)
Before starting the procedure, a member of our team will ask you to sign an informed consent indicating that you understand the procedure, its benefits and risks, and the alternatives for a colonoscopy.

**What is the purpose of a colonoscopy?**

Colonoscopy is a procedure in which a doctor inserts a thin tube into the anus to look inside your rectum and colon. Colonoscopy can show irritated and swollen tissue, ulcers, polyps, and cancer.

**What are the benefits of a colonoscopy?**

Colonoscopy exams can find cancers at earlier stages, and polyps can be found and removed before they become cancerous. This greatly improves the chances for treating colorectal cancer successfully and reduces the chance that a person will die from colorectal cancer.

**What are the risks of a colonoscopy?**

In a study that looked at patients who had colonoscopies, about 4-8 people out of 10,000 have complications. These can include:

- Blood loss
- Infection
- Leakage of fluid
- Dehydration
- Allergic reaction to the sedative
- Heart or lung problems

Before this procedure, a member of our team will ask you to sign a consent form indicating that you understand the procedure, its benefits and risks, and the alternatives for a colonoscopy.
A study of screening colonoscopies found that between 4 to 8 people in 10,000 have a serious complication after a colonoscopy. Serious complications include:

- **Bleeding.** Most cases of bleeding occur in patients who have polyps removed. The risk is higher for polyps that are larger than 2 cm.
- **A tear or a hole in the colon or rectum wall (perforation).**
- **Infection.**
- **Aspiration that may lead to a lung infection (pneumonia).**
- **A reaction to the sedating medication, including breathing or heart problems.**

Risks are higher in people taking steroids or anti-coagulation medicines, or in people that have significant underlying diseases. There is also a risk that cancer or polyps will not be detected.

**What are the alternatives?**

There are other screening tests that may detect abnormalities in the colon and rectum but colonoscopy is the only method that enables the doctor to take a sample tissue and/or remove polyps during the procedure. This reduces the need for additional tests and surgeries.

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