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

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.

You must have a driver with you at the procedure.

What is the name of your prep?
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 بأكمله 3 إلى 4 ساعات. الرجاء إبلاغ سائقك بأن عليه البقاء في 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 الدوائي 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

إذا كنت بحاجة إلى إعادة جدولة.


الجدول الزمني لإعداد تنظير القولون

How will I determine my colonoscopy prep schedule?

سوف يساعدك الجدول الزمني أدناه على تحديد أي يوم من الأسبوع لبدء الإعداد. استخدام قلم تضليل 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 يتطابق مع التاريخ الجديد.

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

<table>
<thead>
<tr>
<th>Days Before Appointment</th>
<th>Day 1</th>
<th>Day 3</th>
<th>Day 7</th>
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<tbody>
<tr>
<td>Sunday</td>
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</table>

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

Day: 7 days before your colonoscopy

Day: 3 days before your colonoscopy

Day: The day before your colonoscopy
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®, Pedialyte®, or Powerade®
- Coffee or tea (black only)
- Carbonated or non-carbonated soda
- Fruit-flavored drinks
- Juice with pulp
- Any liquid you cannot see through
- Hard candy

### Do not drink these liquids:
- Chicken, beef or vegetable broth
- Alcohol
- Milk or non-dairy creamer
- The red or purple colored liquids
- Coffee or tea (with milk or cream)
- Carbonated or non-carbonated soda
- Fruit-flavored drinks
- Any liquid you cannot see through
- Hard candy

Note: Nothing Red or Purple

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Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – Prepopik® (Arabic)
- 4 -
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.

- You may have to wake up early.
- 5 hours 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.

2 hours 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 you have any questions, please call the colonoscopy unit at 9250-936-(734).

If you have any questions, please call the colonoscopy unit at 9250-936-(734).
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.

نصائح لتنظيف القولون:

Colon cleansing tips:

1. إبقى قريباً من مكان المرحاض! سيكون لديك إسهال، والذي قد يحدث بشكل مفاجئ. هذا طبيعي.

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

2. حاول شرب المحلول مع قصبة. قد يكون من الأسهل تحمله.

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

3. في حالات نادرة، قد يعاني بعض الأشخاص من الغثيان والتقيؤ عند شرب المحلول. إذا حدث ذلك، امنح نفسك فترة استراحة لمدة 30 دقيقة، اغتسل فمك أو نظّف أنفك بالفرشاة، ثم استمر بشرب محلول التحضير.

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. من الشائع والطبيعي أن تشعر بعدم الارتياح أو وجع في بطنك لحين طرد البراز من القولون (هذا قد يستغرق 4-2 ساعات واحياناً أكثر من ذلك).

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. قد يطرأ لديك تهيج في جلد منطقة الشرج أو تورم التهاب في البواسير. إذا حدث ذلك، يمكنك معالجته باستخدام أنواع متعددة من العلاجات بدون الوصفة الطبية مثل كريم "الهيدروكورتيزون" (Hydrocortisone)، مناديل الأطفال المرطبة (Baby Wipes®)، "الفازلين" (Vaseline®) أو فوط تاكس (®Tucks Pads)، تتجنب المنتجات التي تحتوي على الكحول. إذا كان لديك وصفة لکريم البواسير، يمكنك استخدامه. لا تستخدم التحميلات.

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.

Turn the page to learn about the benefits, risks and alternatives for a colonoscopy.
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 about colonoscopy procedures, 4-8 out of every 10,000 people suffered from complications. These complications include:

- **bleeding**: occurs in the first few minutes after the procedure. It usually stops on its own but may require the doctor to use a tool to control the bleeding.
- **infection**: occurs in less than 1% of cases. It may require the use of antibiotics.
- **pneumonia**: occurs in less than 1% of cases. It may require the use of antibiotics.
- **pneumothorax**: occurs in less than 1% of cases. It may require additional medical treatment.
- **pulmonary embolism**: occurs in less than 1% of cases. It may require additional medical treatment.
- **perforation**: occurs in less than 1% of cases. It may require additional medical treatment.
- **thrombus formation**: occurs in less than 1% of cases. It may require additional medical treatment.
- **vomiting**: occurs in less than 1% of cases. It may require additional medical treatment.
- **urinary retention**: occurs in less than 1% of cases. It may require additional medical treatment.
- **wound infection**: occurs in less than 1% of cases. It may require additional medical treatment.

For more information, please refer to the Medical Procedures Unit.

Medical Procedures Unit

Colonoscopy Bowel Prep Instructions – Prepopik® (Arabic)
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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