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. 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.

- 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.

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

What is the name of your prep?

- What is the name of your prep? ________________

- You must have a driver with you at the procedure.

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

What is the name of your prep?

- What is the name of your prep? ________________
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, you must call your doctor.

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

Timeline of the Colonoscopy Preparation

How will I determine my colonoscopy prep schedule?

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.

<table>
<thead>
<tr>
<th>My Appointment is:</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Date, Day, Time)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Timeline Table</th>
<th>الجدول الزمني</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day before my appointment is a:</td>
<td>7 days before my appointment is a:</td>
</tr>
<tr>
<td>Sunday</td>
<td>Monday</td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Thursday</td>
</tr>
<tr>
<td>Thursday</td>
<td>Friday</td>
</tr>
</tbody>
</table>

If you have diabetes you must call your doctor.

إذا كنت بحاجة إلى إعادة جدولة ||

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Medical Procedures Unit

Colonoscopy Bowel Prep Instructions – SUPREP® (Arabic)
Colonoscopy Bowel Prep Instructions – SUPREP

Day: 7 days before your 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 taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

Day: 3 days before your colonoscopy

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

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, pour one (1) (6 ounce) bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix. Drink all the liquid in the container. You must drink 2 more 16 ounce containers of water over the next 1 hour.
- 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>&quot;Gatorade&quot;, &quot;Light Lemonade&quot;, &quot;Crystal Light Lemonade&quot;, Powerade® 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</td>
<td>Chicken, beef or vegetable broth, the broths chicken or beef or vegetable, Alcohol, milk or non-dairy creamer, the broths carbonated or non-carbonated, the broths fruit-flavored, the broths apple juice, white cranberry juice or white grape juice, Hard candy</td>
</tr>
</tbody>
</table>

Note: Nothing Red or Purple

The day of your colonoscopy

Fill in the day according to the timeline table

<table>
<thead>
<tr>
<th>Day/Time: 5 hours before leaving home for your colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>You may have to wake up early.</td>
</tr>
<tr>
<td>You must drink 2 more 16 ounce containers of water over the next 1 hour.</td>
</tr>
<tr>
<td>You need to drink 1 (6 ounce) bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container.</td>
</tr>
<tr>
<td>5 hours before you need to leave for your procedure, repeat these steps. Pour 1 (6 ounce) bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container. You must drink 2 more 16 ounce containers of water over the next 1 hour.</td>
</tr>
<tr>
<td>5 hours before leaving home to perform your colonoscopy:</td>
</tr>
<tr>
<td>Day/Time: 5 hours before leaving home for your colonoscopy</td>
</tr>
<tr>
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كَرِّرُ هَذِهِ الْخَطَّاوَاتِ قِبْلَ مَغادِرَتِكِ الدُّونِيَّةِ لِإِجْرَاءِ التَّنْظِيرِ بِصُمْسُمِ سَأْلَ، أَسْكِبْ زَجاَجَةً وَاحِدَةً مِن سَأْلَ سُوْرِيْبِ (6 أَوْقِيَاتٍ) فِي إِنَاءِ المُزْجِ. أَضْفِ مَاءً شَرْبً بَارْدً لَغاَياً الخَطُّ الدَّالُ عَلَى 16 أَوْقِيَةً مِن الإِنَاءِ وَإِمَزْجُهَا. أَشَرِبْ السَّاَلَ في الإِنَاءِ بِكَلِمَة. يُنْبِي عَلَيْكَ شَرِبُ أَنَاَئِيْنَ أَخْرِيَّيْنَ سِعَةً 16 أَوْقِيَةً مِن المَاءَ خَلَالِ السَّاعَةِ الْبَاقِينَةَ. |

لِإِجْرَاءِ التَّنْظِيرِ بِصُمْسُمِ سَأْلَ، أَسْكِبْ زَجاَجَةً وَاحِدَةً مِن سَأْلَ سُوْرِيْبِ (6 أَوْقِيَاتٍ) فِي إِنَاءِ المُزْجِ. أَضْفِ مَاءً شَرْبً بَارْدً لَغاَياً الخَطُّ الدَّالُ عَلَى 16 أَوْقِيَةً مِن الإِنَاءِ وَإِمَزْجُهَا. أَشَرِبْ السَّاَلَ في الإِنَاءِ بِكَلِمَة. يُنْبِي عَلَيْكَ شَرِبُ أَنَاَئِيْنَ أَخْرِيَّيْنَ سِعَةً 16 أَوْقِيَةً مِن المَاءَ خَلَالِ السَّاعَةِ الْبَاقِينَةَ. |

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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 Colonoscopy:** 2 hours before your colonoscopy

<table>
<thead>
<tr>
<th>Day/Time:</th>
<th>Fill in the day accordingly to the timeline table</th>
</tr>
</thead>
</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 can occur, 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. It is okay if you feel some pain in the rectum area. You can take pain relief medication if needed. If you need to use a laxative, make sure to use one that is safe for adults.

**Medical Procedures Unit**

Colonoscopy Bowel Prep Instructions – SUPREP® (Arabic)

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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.