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.

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...

---

ما اسم محلول التحضير؟

وتصني بالحصول على وصفتك الطبية قبل أسبوع على الأقل من الإجراء.

يجب أن يكون مخالفك سابق عند وقت الإجراء.

قد يستغرق الإجراء باكماله 3 إلى 4 ساعات. الوجه إبلاغ مخالفك بأن عليه البقاء في مكان موقعة التحضير خلال فترة زيارة بكاملها.

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
للمصابين بالسكري تعليمات خاصة بالنظام الغذائي والأدوية. اتصل بالطبيب الذي وصف لك تنظير القولون
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
If you need to reschedule
الجدول الزمني لإعداد تنظير القولون

Timeline of the Colonoscopy Preparation
كيف سيتم تحديد جدول الإعداد لتنظير القولون الخاص بي؟
How will I determine my colonoscopy prep schedule?
سوف يساعدك الجدول الزمني أدناه على تحديد أي يوم من الأسبوع لنبدأ الإعداد. استخدام قلم تضليل أو وضع 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.

If you reschedule your appointment, you must redo the timeline table to match your new date.
إذا قمت بإعادة جدولة موعدك فيجب عليك إعادة الجدول الزمني بحيث يتطابق مع التاريخ الجديد.

My Appointment Is:
مواعيد في:
(Date, Day, Time)
التاريخ، اليوم، الوقت

<table>
<thead>
<tr>
<th>Weekday</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day</td>
<td>1 day before my appointment</td>
<td>3 days before my appointment</td>
<td>7 days before my appointment</td>
<td>My Appointment is on a:</td>
<td>My Appointment is on a:</td>
</tr>
<tr>
<td>Day</td>
<td>Friday</td>
<td>Saturday</td>
<td>Sunday</td>
<td>Friday</td>
<td>Monday</td>
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<td>Days</td>
<td>Friday</td>
<td>afternoon</td>
<td>afternoon</td>
<td>Thursday</td>
<td>Monday</td>
</tr>
</tbody>
</table>

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – SUPREP® (Arabic)
Fill in the day according to the timeline table

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.

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.
### Medical Procedures Unit

**Colonoscopy Bowel Prep Instructions – SUPREP**

### Do not drink these liquids:
- Chicken, beef or vegetable broth
- Alcohol
- Milk or non-dairy creamer
- The beverage or food that turns the stool red or purple

### You may drink these clear liquids:
- Gatorade®, Crystal Light Lemonade®, Pedialyte®
- 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

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### The day of your colonoscopy

### 5 hours before leaving home

**Day/Time:** 5 hours before leaving home for your colonoscopy

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day/Time</td>
<td>Your procedure</td>
</tr>
</tbody>
</table>

**You may have to wake up early.**

1. **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.**

**Note:** Nothing Red or Purple

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**Medical Procedures Unit**

**Colonoscopy Bowel Prep Instructions – SUPREP® (Arabic)**
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 bowel prep:

- 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.

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 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.

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 توهج التهاب في البواسير. إذا حدث ذلك، يمكنك معالجته باستخدام أنواع متعددة من العلاجات بدون الوصفة الطبية مثل كريم "الهيدروكورتيزون" (Hydrocortisone)، مناديل الأطفال المططة (Baby) أو فوطة تاكس (Tucks Pads®). تجنب المنتجات التي تحتوي على الكحول. إذا كان لديك وصفة لكرم 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.
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, we surveyed outcomes of colonoscopy procedures, leading to an estimated 4-8 new cases of cancer. The most common complications are:

- **Nasal irritation:** Common in patients with nasopharyngeal cancer, this can occur after the procedure.
- **Skin rash:** Common in patients with skin cancer, this can occur after the procedure.
- **Respiratory distress:** This can occur in patients with respiratory cancer, and is common after the procedure.
- **Cardiac arrhythmia:** This can occur in patients with cardiac cancer, and is common after the procedure.

Medical Procedures Unit

Colonoscopy Bowel Prep Instructions – SUPREP® (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.