Suprep is 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
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.

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.

If you have diabetes you must call your doctor

If you have diabetes you must call your doctor.

المصابين 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

اتصل على الرقم التالي: 9250 -9367(734)أو الاتصال على الرقم المجاني: 2626-758(877).

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

الجدول الزمني

How will I determine my colonoscopy prep schedule?

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

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

Medical Procedures Unit

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

**Day: 7 days before your colonoscopy**

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

**Day: 3 days before your colonoscopy**

- **Fill in the day according to the timeline table**
  - Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.

**Day: The day before your colonoscopy**

- **Fill in the day according to the timeline table**
  - 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.

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Medical Procedures Unit

Colonoscopy Bowel Prep Instructions – SUPREP® (Arabic)

- **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.
Colonoscopy Bowel Prep Instructions – SUPREP® (Arabic)

You may drink these clear liquids:

- "Gatorade" (Gatorade), "Crystal Light Lemonade" (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

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

The day of your colonoscopy

5 hours before leaving home for your colonoscopy:

You may have to wake up early.

You must drink 2 more 16 ounce containers of water over the next 1 hour.

Conduct any medications with a small amount of water.

If you are taking diabetes medication, follow your doctor's instructions.

Medical Procedures Unit
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: 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 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. In cases where the patient is nauseated or vomiting, rest in bed and do not wash your mouth or brush your teeth. Give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the solution.

4. 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 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).
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 of colonoscopy, 4-8% of patients developed serious complications after having colonoscopy. These complications include:

- Bleeding. Most bleeding occurs in patients who have had a polypectomy. It is more common when the polyp is large. When bleeding occurs, the bleeding can be severe and can cause severe anemia.
- Perforation. This complication can occur if the colonoscope is inserted too far or if the colonoscope is too large. Perforation can cause severe peritonitis and can be life-threatening.
- Infection. Patients who have had a bowel preparation may develop an infection.
- Allergic reaction to the bowel preparation.

Before beginning the procedure, we will explain the importance of bowel preparation.
تزداد المخاطر في الأشخاص الذين يتناولون المنشطات (الإستيروييد) أو الأدوية المضادة للتخثر ، أو في الأشخاص الذين يعانون من أمراض كامنة. هناك أيضا خطر أن السرطان أو الأورام الحميدة لن يتم الكشف عنها.

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.

ما هي البدائل؟

هناك اختبارات أخرى يمكن بواسطةها الكشف عن الأوضاع غير الطبيعية في القولون والمستقيم لكن تنظير القولون هي الطريقة الوحيدة التي تمكن الطبيب من أخذ عينة من النسيج و/أو إزالة السلائل والأورام الحميدة أثناء الإجراء. وهذا يقلل من الحاجة لاختبارات وعمليات إضافية.

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.