Colonscopy Bowel Prep Instructions
Miralax®/Gatorade™(Arabic)

Planing for Your Colonoscopy

Try to read these instructions 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?

- 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 who is 18 years or older present at check in and discharge. 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 your entire visit.

- The preparation will take 3 to 4 hours to complete. Please inform your driver to remain at the colonoscopy appointment during the entire visit.

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- The colonoscopy must be done by a licensed or registered nurse or physician assistant. The procedure may take 3 to 4 hours to complete. Please inform your driver to remain at the colonoscopy appointment during the entire visit.

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Please leave all jewelry and personal items at home. If you bring jewelry to your appointment, we may have to ask you to remove it.

لا تلبس العدسات اللاصقة.

Please do not wear contact lenses.

If you bring jewelry to your appointment, we may have to ask you to remove it.

People with diabetes have special diet and medicine instructions. Call the doctor who ordered your colonoscopy for your special diet and medicine instructions.

ما هي المواد الطبية التي أحتاج إلى إعدادها مسبقاً؟

What supplies do I need to prepare in advance?

Obtain the following supplies at your local pharmacy:

- Two Dulcolax® (bisacodyl) (laxative tablets – each tablet contains 5 mg of bisacodyl (do not get Dulcolax stool softener).)

Two Dulcolax® (bisacodyl) laxative tablets – each tablet contains 5 mg of bisacodyl (do not get Dulcolax stool softener).

- One bottle of Miralax® (8.3 ounces or 238 grams each)

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- Two bottles of clear liquid (32 ounces each) (not red): Gatorade®, G2®, Gatorade Ice®, Powerade®, or Powerade Zero®.

انسحاب بساطة النظم الغذائية والأدوية. أتصل بالطالب الذي وصف لك تنظير القولون للحصول على تعليمات النظام الغذائي والدوائي الخاص بك.

إذا كنت بحاجة إلى إعادة جدولة الموعد 

If you need to reschedule


قد ترى الالبسة بناء على إعادة جدولة الموعد.

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قم بمراجعة الفيديو الذي يقوم بوصف مخاطر وفوائد تنظير القولون (هذا الفيديو باللغة الإنجليزية):

http://michmed.org/EXL6d

قد ترى الالبسة بناء على إعادة جدولة الموعد.

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If you need to reschedule


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### 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>موعدتي في</th>
<th>My Appointment Is:</th>
</tr>
</thead>
<tbody>
<tr>
<td>موعدي في</td>
<td>My Appointment is on a:</td>
</tr>
<tr>
<td>(التاريخ، اليوم، الوقت)</td>
<td>(Date, Day, Time)</td>
</tr>
<tr>
<td>7 أيام قبل موعدتي هو يوم:</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>
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<td>Wednesday</td>
<td>Thursday</td>
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<tr>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>Friday</td>
<td>Saturday</td>
</tr>
</tbody>
</table>

### Timeline Table

<table>
<thead>
<tr>
<th>يوم واحد قبل موعدتي هو يوم:</th>
<th>3 أيام قبل موعدتي هو يوم:</th>
<th>7 أيام قبل موعدتي هو يوم:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day before my appointment is a:</td>
<td>3 days before my appointment is a:</td>
<td>7 days before my appointment is a:</td>
</tr>
</tbody>
</table>

#### التوقف عن تناول أي مكملات الحديد، مثل كبريتات الحديدوز (ferrous sulfate) أو مركب الحديد عديد السكريد (polysaccharide iron complex)

| التوقف عن تناول أي مكملات الحديد، مثل كبريتات الحديدوز (ferrous sulfate) أو مركب الحديد عديد السكريد (polysaccharide iron complex) | التوقف عن تناول أي مكملات الحديد، مثل كبريتات الحديدوز (ferrous sulfate) أو مركب الحديد عديد السكريد (polysaccharide iron complex) |

### Instructions

- لا تقم بإيقاف الأسبرين.
- إذا كنت تأخذ مميع للدم، أخبر الطبيب الذي أمر بتنظير القولون. إذا كنت غير متأكد من أن كنت تأخذ مميع للدم، اتصل ببطبيبك.

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.

### Timeline Table

Fill in the day according to the timeline table:

**Day:** 7 days before your colonoscopy

Date, Day, Time

**Do not** stop your aspirin.
Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

- توقف عن أخذ فينترمين (أديبكس-بي، لوميرا، فاستن، فينتركتو) فينترمين + توبيراميت (كسيميا).

Stop taking Phentermine (Adipex-P, Lomira, Fastin, Phentercot) Phentermine + topiramate (Qsymia). This is a weight loss medication.

<table>
<thead>
<tr>
<th>Day: 3 days before your colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fill in the day according to the timeline table</td>
</tr>
<tr>
<td>Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day: The day before your colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fill in the day according to the timeline table</td>
</tr>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

- At 12 noon, take 2 Dulcolax tablets. Mix 64 ounces of liquid with 8.3 ounces Miralax and place in the refrigerator (do not add ice).

<table>
<thead>
<tr>
<th>Day:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay near a toilet, as you will have diarrhea</td>
</tr>
</tbody>
</table>

- Between 5 and 6 pm, drink one 8-ounce glass of the Miralax/Gatorade solution and continue drinking one 8 ounce glass every 15 minutes thereafter until half the mixture (32 ounces) is gone. Set a timer for every 15 minutes to keep pace.

- أبقى بالقرب من مرحاض، إذ ستتعمر للإسهال.
<table>
<thead>
<tr>
<th>You may drink these clear liquids:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• &quot;Gatorade®&quot; (Gatorade®)</td>
</tr>
<tr>
<td>• &quot;Light Lemonade®, Crystal Light Lemonade®, Pedialyte® or Powerade®)</td>
</tr>
<tr>
<td>• Coffee or tea (black only)</td>
</tr>
<tr>
<td>• Carbonated or non-carbonated soda</td>
</tr>
<tr>
<td>• Fruit-flavored drinks</td>
</tr>
<tr>
<td>• Apple juice, white cranberry juice or white grape juice</td>
</tr>
<tr>
<td>• Jell-O or popsicles</td>
</tr>
<tr>
<td><strong>Broth</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Do not drink these liquids:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Alcohol</td>
</tr>
<tr>
<td>• Milk or non-dairy creamer</td>
</tr>
<tr>
<td>• Juice with pulp</td>
</tr>
<tr>
<td>• Any liquid you cannot see through</td>
</tr>
<tr>
<td>• Hard candy</td>
</tr>
<tr>
<td><strong>Note: Nothing Red or Purple</strong></td>
</tr>
</tbody>
</table>

You may drink these clear liquids:

- "Gatorade®" (Gatorade®)
- "Light Lemonade®, Crystal Light Lemonade®, Pedialyte® or Powerade®)
- 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
- **Broth**

Do not drink these liquids:

- 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 (starting at 12 am midnight)

- No solid foods, broth or Jello.

Fill in the day according to the timeline table

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

You may have to wake up early

- قد تضطر للاستيقاظ في وقت مبكر.
- شرب آخر كوب (32 أو 36 أوقية) من محلول التحضير قبل مغادرة المنزل وقت الدراسة.
- تناول أدوية الصباحية مع كمية صغيرة من الماء 4 ساعات قبل وقت الموعد (إلا إذا قد قيل لك خلاف ذلك). إذا كنت تأخذ أدوية لمرض السكري اتبع تعليمات طبيبك.

### سجل اليوم وفقاً للجدول الزمني
Fill in the day according to the timeline table

You may have to wake up early

- قد تضطر للاستيقاظ في وقت مبكر.
- شرب آخر كوب (32 أو 36 أوقية) من محلول التحضير قبل مغادرة المنزل وقت الدراسة.
- تناول أدوية الصباحية مع كمية صغيرة من الماء 4 ساعات قبل وقت الموعد (إلا إذا قد قيل لك خلاف ذلك). إذا كنت تأخذ أدوية لمرض السكري اتبع تعليمات طبيبك.
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 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 you feel hungry 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. 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).
When should I call the call center?

If you have been ill and have had any of the following symptoms within 48 hours of your appointment, please call the call center at (734) 936-9250:

- Fever greater than 100.6
- Productive cough (where your cough is producing phlegm)
- Diarrhea
- Vomiting (not related to taking the bowel prep)

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 المرطبة (Baby Wipes)، "الفازلين" (Vaseline) أو "فوط تاكس" (Tucks Pads). تجنبي المنتجات التي تحتوي على الكحول.

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.

يتم yakın التهيج جلد منطقتي الشرج أو مروحة التهاب 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). تجنبي المنتجات التي تحتوي على الكحول.

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- Productive cough (where your cough is producing phlegm)
- Diarrhea
- Vomiting (not related to taking the bowel prep)
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. Read this handout or view the video at: http://michmed.org/EXL6d to understand your informed consent.

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 what happened after colonoscopy procedures, about 4 out of 10,000 people experienced some complications:•

- Bleeding
- Perforation (a tear) of the colon or rectum
- Infection

When complications occur, they are usually treated and do not lead to serious complications.
- The virus
- Inhaling may lead to inflammation in the lungs (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.
Tutwehe bihlaa muaa'alsa: twisted hasi la xumayta waxa leh oo ay x letzioo haddii aad ka hesho laba haddii aad u leeyahay. Waa xogdaa ay ka muhiim ah oo ah u kUBaato ceebta dalka sharciga oo la xogtaa. Fadlan isharcayaan waxaana la xogtaa waxa uu u muhiimsan raadinta u qaarkaani, laakiin uu loo baahan tahay. 

Mitarabta: Madaxbanaada haddii aad ku heshay, waxa uu leeyahay xogtaa qaar ah oo la yaabti aad u baahan tahay. Fadlan fahmaan xogtaa waxa uu u baahan tahay. 

Istadaagaan: Madaxbanaada haddii aad ku heshay, waxa uu leeyahay xogtaa qaar ah oo la yaabti aad u baahan tahay. Fadlan fahmaan xogtaa waxa uu u baahan tahay. 

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