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.

- 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?

  ■ No

  ■ Yes

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

  ■ No

  ■ Yes

  - 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.

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

  - 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.

  - The procedure will take 3 to 4 hours to complete. Please have a driver with you who is 18 years or older.

  - 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.

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

  - Please expect a procedure lasting 3 to 4 hours. You must have a driver with you who is 18 years or older.

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

  - The procedure will take 3 to 4 hours to complete. Please have a driver with you who is 18 years or older.

  - You must leave all jewelry and personal items at home. If you bring jewelry to your appointment, we may have to ask you to remove it.
Please do not wear contact lenses.

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.

View the video describing risks and benefits of colonoscopy

Visit: http://michmed.org/EXL6d

If you need to reschedule

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.

(Date, Day, Time): My Appointment Is

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – MoviPrep® (Arabic)
### Timeline Table

<table>
<thead>
<tr>
<th>Day</th>
<th>Before Colonoscopy (Days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>7</td>
</tr>
<tr>
<td>Monday</td>
<td>3</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1</td>
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<tr>
<td>Wednesday</td>
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<td>Thursday</td>
<td></td>
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<tr>
<td>Friday</td>
<td></td>
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</tbody>
</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 taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.
- Stop taking Phentermine (Adipex-P, Lomira, Fastin, Phentercot) Phentermine + topiramate (Qsymia). This is a weight loss medication.
- Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.
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.

Mix first dose of MoviPrep by emptying one Pouch A and one Pouch B into the container. Add lukewarm drinking water to the top line of the container and mix to dissolve. If you prefer, mix solution ahead of time and refrigerate prior to drinking. The mixed solution must be used within 24 hours.

- Between 5 and 6 pm, begin drinking the prep. The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (about 8 ounces), until the full liter (32 ounces) has been consumed. This process will take on hour. Over the course of the evening, drink an additional ½ liter of clear liquids from the table below.

Stay near a toilet, as you will have diarrhea.

You may drink these clear liquids:
- "Gatorade" (registered trademark of Gatorade)
- "Crystal Light" (registered trademark of Kraft Foods)
- "Powerade" (registered trademark of Coca-Cola)
- Coffee or tea (black only)
- Carbonated or non-carbonated soda
- Fruit-flavored drinks

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
**Colonoscopy Bowel Prep Instructions – MoviPrep® (Arabic)**

| Apple juice, white cranberry juice or white grape juice | • الهلام أو المصاصات المثلجة |
| Jell-O or popsicles | • المرق |

The day of your colonoscopy (starting at 12 am midnight)

- لا تأكل الطعام الصلب أو المرق أو الهلام
- لا تشرب المرق أو الهلام
- لا تأكل السواد أو المرق أو الهلام
- لا تأكل أي الطعام بالنعنا

You may have to wake up early

- No solid foods, broth or Jello.
- You may have to wake up early
- You may have to wake up early
- You may have to wake up early

Before you leave home for your procedure:

- Mix second dose of MoviPrep by emptying the second Pouch A and second Pouch B into the container. Add lukewarm drinking water to the top line of the container and mix to dissolve. If you prefer, mix solution ahead of time and refrigerate prior to drinking.
- Fill in the day according to the timeline table
- Fill in the day according to the timeline table
- Fill in the day according to the timeline table

Medical Procedures Unit

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

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

Day/Time:

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 of fainting, vomiting or feeling uneasy, take a 30-minute break. If this occurs, give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.

4. From the hour and a half after the preparation, 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)
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, 4-8 patients in 10,000 have complications due to colonoscopy. Some complications may be:

- **Bleeding.** This occurs when the physician removes polyps or section of tissue. The bleeding usually stops.
- **Perforation.** This is a hole in the colon or rectum. It needs to be repaired by a surgeon. Perforation is rare.
- **Spasm of the colon.** This causes pain and cramping.
- **Infection.** This may occur if the colonoscope is not clean.
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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