Medical Procedures Unit

 Colonoscopy Bowel Prep
 MoviPrep® (Arabic)

Specific guidelines for colonoscopy treatment preparation in Arabic:

إرشادات تحضير الأمعاء لإجراء تنظير القولون

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.

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?

You must have a driver with you at the 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.

The 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.

Planning for Your Colonoscopy

التخطيط لتنظير القولون

The colonoscopy preparation 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.

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?

You must have a driver with you at the 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.

The 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.

Medical Procedures Unit
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.

If you need to reschedule:

Call (877) 936-2626 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.
### Timeline Table

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

### Before Colonoscopy

#### Before Your Procedure
- **Day:** 7 days before your colonoscopy

Fill in the day according to the timeline table

- لا تقم بإيقاف الأسبرين.
- إذا كنت تأخذ ممدد الدم، أخبر الطبيب الذي أمر بتنظير القولون. إذا كنت غير متأكد من أنك تأخذ ممدد الدم، اتصل بطبيبك.
- لا تتناول أي مكملات الحديد، مثل كبريتات الحديد (ferrous sulfate) أو مركب الحديد عديد السكر (polysaccharide iron complex).

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

#### Before Colonoscopy

Fill in the day according to the timeline table

- توقف عن تناول الفولاذ، الذرة، الفاصولياء، المكسرات، الفواكه ذات البذور الصغيرة، البندورة/الكرفس.

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

#### Before the Day of Colonoscopy

Fill in the day according to the timeline table

- لا تتناول الأغذية الصلبة من الآن وحتى إنهاء الإجراء. بدأ بتناول نظام غذائي يتناول السوائل الشفافة (أناء). اشرب ثمان (8) أكواب من الماء على الأقل خلال اليوم لتجنب الإصابة بالجفاف.

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – MoviPrep® (Arabic)
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, Crystal Light Lemonade® 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

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

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – MoviPrep® (Arabic)
The day of your colonoscopy (starting at 12 am midnight)

- Do not eat solid foods, broth or Jello.

5 hours before leaving home for your colonoscopy

You may have to wake up early

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.

5 hours before you need to leave for your procedure drink the second dose of the MoviPrep solution. The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (approximately 8 ounces), until the full liter (32 ounces) has been consumed. This process will take 1 hour. Next drink an additional 32 ounces of clear liquids within 30 minutes.

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.
 قبل تنظيف القولون بساعتين
اليوم/الوقت: 2 hours before your colonoscopy

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

وقف كل شيء عن طريق الفم، بما في ذلك جميع السوائل والتدخين والعلكة.
Stop everything by mouth, including all liquids, smoking and chewing gum.

Important!
هام جداً!
إذا اتبعت جميع التخليصات، فإن البراز سيكون سائلًا صافياً أو أصفرًا وستكون مستعدينًا لتنظيم القولون.

1. إذا كان البراز مشكل أو لم يستخدم تحضيرك كما هو متوقع، الرجاء الاتصال بالرقم: 2626-758-734 (734) أو على الرقم المجاني: 9250-936-9250 (734) أو (877) 758-2626. وأطلب الاتصال مع طبيب الجهاز الهضمي المنافب.
2. إذا كان البراز مشكل أو لم يستخدم تحضيرك كما هو متوقع، الرجاء الاتصال بالرقم: 2626-758-734 (734) أو (877) 758-2626. وأطلب الاتصال مع طبيب الجهاز الهضمي المنافب.

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:
نصائح لتنظيف القولون:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal
حاول شرب المحلول بالقصبة. قد يكون من الأسهل تحمجه.

2. Try drinking the solution with a straw. It may be easier to tolerate.
حاول شرب المحلول بالقصبة. قد يكون من الأسهل تحمجه.

3. In rare situations, some people may get 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.
من الشائع والطبيعي أن تشعر بعدم الارتياح أو وقوع في بطنك لحين طرد البراز من القولون (هذا قد يستغرق 2 إلى 4 ساعات وأحيانًا أكثر من ذلك).

You may have bowel cramps until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).

4. من الشائع والطبيعي أن تشعر بعدم الارتياح أو وقوع في بطنك لحين طرد البراز من القولون (هذا قد يستغرق 2 إلى 4 ساعات وأحيانًا أكثر من ذلك).

5. If you have diarrhea with the prep solution, this is normal. You may have some discomfort or cramps. Use Tucks Pads® (Vaseline®) or Waterless Tucks Pads® (Babywipes) for comfort. If you have a prescription for an antidiarrheal, you may use this. Do not use the treatments.

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – MoviPrep® (Arabic)
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.

When should I call the call center?

إذا كنت مريضاً ودك أي من الأعراض التالية خلال 48 ساعة من موعده ، فرجى الاتصال بمركز الاتصال على 9250 (734) 936-9250

- حرارتهم أكثر من 100.6
- السعال المنتج (حيث ينتج السعال البلغم)
- إسهال
- القيء (لا يتعلق باخذ محلول التحضير)

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)
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 10,000 people, about 4-8 of those people had complications from colonoscopy. The complications include:

- Hemorrhage: When the bleeding is severe, it can lead to surgery or endoscopy treatment.
- Perforation: When the colon is damaged, it can lead to infection or death.
- Sepsis: When the infection spreads, it can be life-threatening.
- Other: Infections, allergic reactions, and other problems can occur.

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.

Before the procedure, you will be asked to sign an informed consent indicating that you understand this procedure.

What are the Benefits, Risks and Alternatives for a Colonoscopy? (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.
Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by Michigan Medicine is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License. Last Revised 11/2019