Medical Procedures Unit

4-Liter Colonoscopy Bowel Preparation Instructions
PEG/Electrolyte-Generic, NuLYTELY®, GoLYTELY®, and CoLyte® (Arabic)

Refer to this instruction sheet for the entire week before your colonoscopy.

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.

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 may call the Endoscopy Call Center at (734) 936-9250 to schedule your colonoscopy.

You must have an empty stomach before your colonoscopy. Please eat a light meal before your appointment and do not eat or drink anything after midnight the night before your procedure.

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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.

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

Timeline of the Colonoscopy Preparation

How will I determine my colonoscopy prep schedule?

If you need to reschedule call (734) 936 - 9250 or toll-free (877) 758 - 2626.

الجدول الزمني لإعداد تنظير القولون

كيف سيتم تحديد جدول الإعداد لتنظير القولون الخاص بي؟

سوف يساعدك الجدول الزمني أنت من أجل تحديد أي يوم من الأسبوع لبدء الإعداد. استخدم 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.

<table>
<thead>
<tr>
<th>Days before appointment</th>
<th>My Appointment is on a:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Monday</td>
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<td>Monday</td>
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<td>Thursday</td>
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<td>Thursday</td>
<td>Friday</td>
</tr>
</tbody>
</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 (on next page). Drink at least 8 glasses of water or clear liquids during the day to avoid dehydration.

Between 5pm and 6pm, you will begin drinking half of your prep solution. Tomorrow you will drink the last half. Drink one 8 ounce glass every 15 minutes until half of the solution (64 ounces) is gone. Save the remaining half solution for the day of your procedure. If you follow the instructions exactly, you should be done with the first 64 ounces of prep by 8 p.m.

Stay near a toilet, as you will have diarrhea.

You may drink these clear liquids:
- Gatorade, Crystal Light Lemonade, Light Lemonade, Pedialyte®
- "Gatorade" or "Powerade®"
- "Crystal Light Lemonade" or "Pedialyte®"
- "Light Lemonade"
- "Crystal/Light Lemonade"
- "Pedialyte®" or "Powerade®"
- "Gatorade"
- "Crystal Light Lemonade"
- "Powerade®"
- "Pedialyte®"
- "Gatorade"
- "Crystal Light Lemonade"
- "Powerade®"
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<table>
<thead>
<tr>
<th>Arabic</th>
<th>English</th>
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</thead>
<tbody>
<tr>
<td>أي سائل لا يمكنك الرؤية من خلاله.</td>
<td>Any liquid you cannot see through</td>
</tr>
<tr>
<td>الحلوى الصلبة</td>
<td>Hard candy</td>
</tr>
<tr>
<td>ملاحظة: لا شيء أحمر أو أرجواني اللون</td>
<td>Note: Nothing Red or Purple</td>
</tr>
<tr>
<td>أبيض عصير التفاح، عصير الكرانبيري الأبيض أو عصير العنب الأبيض.</td>
<td>White apple juice, white cranberry juice or</td>
</tr>
<tr>
<td></td>
<td>white grape juice</td>
</tr>
<tr>
<td>الباردة أو المفصليات المثلجة</td>
<td>Jell-O or popsicles</td>
</tr>
<tr>
<td>المقر</td>
<td>Broth</td>
</tr>
</tbody>
</table>

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

- لا تأكل الطعام الصلب أو المقر أو الباردة.

No solid foods, broth or Jello.

5 ساعات قبل مغادرة المنزل والتوجه لإجراء تطهير القولون

<table>
<thead>
<tr>
<th>اليوم/الوقت:</th>
<th>5 hours before leaving home for your colonoscopy</th>
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<tbody>
<tr>
<td></td>
<td>Fill in the day according to the timeline table</td>
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</table>

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

 Begin drinking the final 64 ounces, the same way you drank the previous 64 ounces, i.e.: drink an 8 ounce glass every 15 minutes until the second 64 ounces are gone. If you drink according to schedule, you will finish drinking 3 hours before leaving home.

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

Start drinking the final 64 ounces, the same way you drank the previous 64 ounces, i.e.: drink an 8 ounce glass every 15 minutes until the second 64 ounces are gone. If you drink according to schedule, you will finish drinking 3 hours before leaving home.

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 (2 hours):  

**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. 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.  

4. 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. If a doctor has ordered you to take a medication before the colonoscopy, follow all instructions.  

**Medical Procedures Unit**  
Colonoscopy Bowel Prep Instructions – 4 Liter (Arabic)  

- 6 -
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?**

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)

If you have any questions about Colonoscopy Bowel Prep Instructions – 4 Liter (Arabic), contact the call center at 1-800-925-0734.

Turn the page to learn about the benefits, risks and alternatives for a colonoscopy.
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 happens during colonoscopy procedures, 4 of every 10,000 people who undergo a colonoscopy found cancer or polyps. The procedure can cause:

- Bleeding. A large amount of bleeding can occur in the rectum or colon during or after the colonoscopy. To control the bleeding, the doctor may put a catheter (a thin tube) in the rectum or colon to remove blood or to control bleeding.
- Perforation. This occurs when the colon is perforated, or punched, by the colonoscope or by a tool used to remove the polyp.
- Infection.
- Adverse reaction to the sedative.

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – 4 Liter (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?**

Here 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.