You must do a bowel prep.

If you do not follow the instructions exactly, your bowels may not be ready for your colonoscopy and you will need to repeat the procedure.

Please read this as soon as you get this information, and check off each box to show that you understand each item.

If you did not receive bowel prep solution, please call the Endoscopy Specialty at 9250-934-736 or 9250-938-777.

Medical Procedures Unit
Gather your prep supplies.

The name of your 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.

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

- If you have not received a bowel prep, call the Endoscopy Call Center at (734) 936-9250 or toll-free at (877) 758-2626.

Gather your prep supplies.

The name of your 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.

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

Gather your prep supplies.

The name of your 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.

- You must have a driver with you at the procedure.
You must have a driver who is 18 years or older with you when you check in and when you leave your appointment. If you do not have a driver with you at check in, we will need to reschedule your appointment.

Your entire procedure may take 3-4 hours to complete. Please tell your driver that they must stay 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 take it off.

Please do not wear contact lenses.

If you have diabetes, you must contact your doctor. People with diabetes have special diet and medication instructions. Call the doctor who ordered your colonoscopy for your special diet and medication instructions.

Watch the video describing the risks and benefits of a colonoscopy.

bit.ly/MM-colonoscopy
What are my instructions for preparing for my colonoscopy?

The timeline table below will help you figure out the days of the week for your prep. First, figure out what day of the week your appointment is. Then highlight or circle the correct row to see your other prep days.

If you reschedule your appointment, you must redo the timeline table to match your new date.

If you must cancel or reschedule your appointment, please call us as soon as possible at (734) 936-9250 or toll-free at (877) 758-2626.

You can watch the video online at: bit.ly/MM-colonoscopy

ما هي تعليماتي للتحضير لتنظير القولون؟

سيساعدك الجدول الزمني أدناه في معرفة أيام الأسبوع الخاصة بتحضيرك للإجراء. أولا، أعرف أي يوم من أيام الأسبوع سيكون موعدك. ثم قم بتلوين السطر الصحيح أو وضع دائرة حوله لرؤية أيام التحضير الأخرى.

إذا قمت بإعادة جدولة موعدك فيجب عليك إعادة الجدول الزمني بحيث يتطابق مع التاريخ الجديد.

My appointment is: ______________________________________
(Date, day, and time)

Timeline table:

<table>
<thead>
<tr>
<th>موعد سيكون:</th>
<th>3 أيام قبل الموعد سيكون:</th>
<th>4 أيام قبل الموعد سيكون:</th>
<th>7 أيام قبل الموعد سيكون:</th>
</tr>
</thead>
<tbody>
<tr>
<td>الأسبوع قبل:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>الأحد</td>
<td>جمعة</td>
<td>الأثنين</td>
<td>الثانيين</td>
</tr>
<tr>
<td>الاثنين</td>
<td>جمعة</td>
<td>الثلاثاء</td>
<td>الأربعة</td>
</tr>
<tr>
<td>الثلاثاء</td>
<td>السبت</td>
<td>الأربعة</td>
<td>الخميس</td>
</tr>
<tr>
<td>الأربعاء</td>
<td>الجمعة</td>
<td>الأسبوع قبل:</td>
<td></td>
</tr>
<tr>
<td>الخميس</td>
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</tr>
<tr>
<td>الجمعة</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>السبت</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

الجدول الزمني: موعد في: __________________________
(التاريخ واليوم والوقت)
Start your prep instructions as soon as you wake up on each day. Follow the instructions below carefully to ensure a successful procedure.

<table>
<thead>
<tr>
<th>My appointment is on:</th>
<th>7 days before is:</th>
<th>4 days before is:</th>
<th>3 days before is:</th>
<th>1 day before is:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Monday</td>
<td>Thursday</td>
<td>Friday</td>
<td>Sunday</td>
</tr>
<tr>
<td>Tuesday</td>
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<tr>
<td>Saturday</td>
<td>Saturday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Friday</td>
</tr>
</tbody>
</table>

If you take aspirin, do not stop taking your aspirin. If you take NSAIDs, such as Advil®, Motrin®, Celebrex®, or ibuprofen, you may continue to take them as usual.

If you take Plavix®, Pradaxa®, Clopidogrel® (Prasugrel®), Coumadin®, or Lovenox®, you must continue taking them as usual.
• If you take a blood thinner, such as Plavix®, Pradaxa®, Clopidogrel®, Coumadin®, warfarin, Effient®, Prasugrel®, or Lovenox®, ask your health care provider for specific instructions. If you are unsure if you are taking blood thinners, contact your doctor.

• Stop taking iron supplements (ferrous sulfate or polysaccharide iron complex).

• Stop taking phentermine (Adipex-P®, Lomaira™, Fastin®, Phentercot®) and phentermine and topiramate (Qsymia®). These are weight loss medications.

• If you take semaglutide (Ozempic®, Wegovy®), dulaglutide (Trulicity®) or tirzepatide (Mounjaro®) once a week, stop taking it a week before your procedure.

<table>
<thead>
<tr>
<th>Day: (Fill in the day according to the timeline table)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 days (96 hours) before your colonoscopy</td>
</tr>
</tbody>
</table>

- 96 ساعة قبل تنظير القولون الخاص بك، توقف عن تناول أدوية السكري/إنقاص الوزن التالية: إرتوجليفلوزين (ستيجلاترو®)، إرتوجليفلوزين وميتفورمين (سيغلوروميت®)، وإرتوجليفلوزين وسيتاجليبتين (ستيجولجان®).

- 96 hours before your colonoscopy, stop taking the following diabetic/weight loss medications: ertugliflozin (Steglatro®), ertugliflozin
and metformin (Segluromet™), and ertugliflozin and sitagliptin (Steglujan®).

If you do not stop taking these medications exactly 96 hours before your colonoscopy, your procedure may need to be cancelled and rescheduled.

| 3 days (72 hours) before your colonoscopy | Day: ____________________________ |
|________________________________________|________________________________ |
| (Fill in the day according to the timeline table) |

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

If you do not stop taking these medications exactly 96 hours before your colonoscopy, your procedure may need to be cancelled and rescheduled.
If you do not stop taking these medications exactly 72 hours before your colonoscopy, your procedure may need to be cancelled and rescheduled.

- If you do not stop taking these medications exactly 72 hours before your colonoscopy, your procedure may need to be cancelled and rescheduled.

Stop eating solid food. Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration. Look at the table below to check which liquids and drinks are allowed on a clear liquid diet.

<table>
<thead>
<tr>
<th>لا تشرب هذه السوائل:</th>
<th>يمكنك شرب هذه السوائل:</th>
</tr>
</thead>
<tbody>
<tr>
<td>أي سوائل حمراء أو بنفسجية</td>
<td>ماء</td>
</tr>
<tr>
<td>المشروبات الكحولية</td>
<td>جاتويدي را أوبيديالاس أو باوريد أوابا</td>
</tr>
<tr>
<td>الحليب، الكريمة أو الكريمة الخالية من الألبان</td>
<td>القهوة أو الشاي (بدون الحليب أو الكريمة أو الكريمة الخالية من الألبان)</td>
</tr>
<tr>
<td>العصير مع اللب</td>
<td>المشروبات الغازية أو غير الغازية</td>
</tr>
<tr>
<td>أي سائل لا يمكنك الرؤية من خلاله.</td>
<td>المشروبات بنكهة الفاكهة</td>
</tr>
</tbody>
</table>

- يمكّنك شرب هذه السوائل:
- أي سوائل حمراء أو بنفسجية
- المشروبات الكحولية
- الحليب، الكريمة أو الكريمة الخالية من الألبان
- العصير مع اللب
- أي سائل لا يمكنك الرؤية من خلاله.

- لا تشرب هذه السوائل:
- القهوة أو الشاي (بدون الحليب أو الكريمة أو الكريمة الخالية من الألبان)
- المشروبات الغازية أو غير الغازية
- المشروبات بنكهة الفاكهة
- عصير التفاح أو عصير الكرز الأبيض أو عصير العنب الأبيض
- الجلو (جيلياتين) أو المصاصات المثلجة
- الموصور
You may drink these liquids:

- Water
- Gatorade®, Pedialyte®, or Powerade®
- Coffee or tea (without milk, cream, or non-dairy creamer)
- Carbonated or non-carbonated soda
- Fruit-flavored drinks
- Apple juice, white cranberry juice, or white grape juice
- Jell-O (gelatin) or popsicles
- Broth

Do not drink these liquids:

- Any red or purple liquids
- Alcohol
- Milk, cream, or non-dairy creamer
- Juice with pulp
- Any liquid you cannot see through

Mix your prep solution with lukewarm water. You may chill it for at least 5 hours to make it easier to drink, or you can drink it at room temperature.

Between 5:00 and 6:00 PM, you will start drinking half of your prep solution (you will drink the second half tomorrow). Drink one 8 ounce (oz) glass of prep solution every 15 minutes until half of the prep solution (64 oz) is gone.

- Save the other half of your prep solution for tomorrow (the day of your colonoscopy).
• If you follow the instructions exactly, you should be done drinking the first 64 oz of prep solution no later than 8:00 PM.

• Stay near a toilet. Drinking this prep will give you diarrhea, usually within 1 hour of starting.

• If you take semaglutide (Rybelsus®) or liraglutide (Saxenda®) every day, do not take it on the day of your procedure.

5 hours before you leave to go to your colonoscopy appointment: Start drinking the other half (64 oz) of your prep solution. Drink one 8 ounce (oz) glass of prep solution every 15 minutes until all of the prep solution is gone.
• If you follow these instructions exactly, you should be done drinking all the prep solution 3 hours before you leave to go to your colonoscopy appointment.

• You may take all your morning medicines (except for oral diabetes medicine) as usual with a small amount of water up to 4 hours before your appointment time (unless you have been told otherwise). If you take diabetes medications, follow your doctor’s instructions.

• 2 hours before your procedure, stop chewing gum and stop drinking all liquids.

• Bring a list of all your current medicines with you, including over-the-counter medicines.

If you followed all of the instructions, your stool (poop) will be a clear or yellow liquid and you are ready for your colonoscopy.

If your stool is formed or your prep 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.

نصائح لتنظيف القولون:

Colon cleansing tips:

- **Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.**
- **If you have trouble drinking the prep solution, try drinking it through a straw.**
- **Rarely, people may have nausea or vomiting with the prep. If this happens, 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 been flushed from your colon (this may take 2-4 hours and sometimes much longer).**
- **You may have anal skin irritation or a flare of hemorrhoid inflammation. If this happens, treat it with over-the-counter treatments, such as hydrocortisone cream, baby wipes, Vaseline®, or TUCKS® pads. Don’t use products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

قد تكون هناك مشكلة في شرب محلول التحضير، فحاول شربه من خلال ماصة.

في حالات نادرة، قد يعاني بعض الأشخاص من الغثيان والتقيؤ عند شرب المحلول. إذا حدث ذلك، امنح نفسك فترة استراحة لمدة 30 دقيقة، اشطف فمك أو نظف أسنانك بالفرشاة، ثم استمر بشرب محلول التحضير.

قد تشعر بعدم الارتياح أو وجع في بطنك لحين طرد البراز من القولون (هذا قد يستغرق 2-4 ساعات وأحياناً أكثر من ذلك).

قد يطرأ لديك تهيج في البشرة أو تهيج في المناطق الحساسة. إذا حدث ذلك، يمكنك معالجته باستخدام أنواع متعددة من العلاجات بدون الوصفة الطبية مثل كريم الهيدروكورتيزون® (Hydrocortisone®), (Tucks® Pads)، الفازلين® (Vaseline®) أو فوط تاكس® (Tucks® Pads). تجنب المنتجات التي تحتوي على الكحول. إذا كان لديك وصفة لcream بالواسير، يمكنك استخدامه. لا تستخدم التحميلات.

医疗程序单位
4-Liter Colonoscopy Bowel Prep Instructions (Arabic)
When should I call the call center?

If you have been sick 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°F Fahrenheit
- Productive cough (your cough brings up a thick fluid)
- Diarrhea or vomiting (that is not related to taking the bowel prep)

➔ 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 a consent form. By signing this form, you are agreeing that we have given you information and you understand the procedure, its benefits and risks, and the alternatives (other options) for a colonoscopy. Read this handout or watch the video at: bit.ly/MM-colonoscopy to understand your informed consent.

What is the purpose of a colonoscopy?

A colonoscopy is a procedure in which a doctor puts a thin tube with a very small camera into the anus. This allows the doctor to look inside your rectum and colon. Colonoscopies can show irritated and swollen tissue, ulcers, polyps, and cancer.

What are the benefits of a colonoscopy?

Can there be a colonoscopy benefits in cancer detection? Can there be a colonoscopy benefits in cancer prevention? Can there be a colonoscopy benefits in the diagnosis of some digestive system diseases? Can there be a colonoscopy benefits in the treatment of some digestive system diseases?

What are the risks of a colonoscopy?

Can there be colonoscopy risks in terms of bleeding? Can there be colonoscopy risks in terms of perforation? Can there be colonoscopy risks in terms of reaction to sedatives? Can there be colonoscopy risks in terms of infection? Can there be colonoscopy risks in terms of other medical conditions? Can there be colonoscopy risks in terms of abnormal anatomy?
Colonoscopy exams can find cancers at earlier stages, and **polyps** (bits of extra tissue) can be found and removed before they develop cancer. 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?

A study of colonoscopies found that between 4 and 8 people in 10,000 have a serious **complication** (medical problem) 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 centimeters (cm).

- A tear or a hole, called a **perforation**, in the colon or rectum wall

- **Infection**

- **Aspiration** (accidentally breathing a substance into your lungs) that may lead to a lung infection (**pneumonia**)
What are the alternatives to a colonoscopy?

There are other tests that may find abnormalities in the colon and rectum. However, a colonoscopy is the only method that allows the doctor to take a tissue sample or remove polyps during the procedure. This reduces the need for additional tests and surgeries.

What is the bowel prep for a colonoscopy?

The bowel prep for a colonoscopy is a series of steps designed to prepare the colon for the examination. There are different types of bowel prep depending on the type of colonoscopy and the preference of the patient and the doctor. Here are some of the most common types of bowel prep:

- **Logan Prep**: This is a clear liquid diet for one day before the procedure, followed by a laxative on the day of the exam. This prep is ideal for those who are allergic to gluten or dairy products.

- **Prep, Drink and Go**: This type of prep involves drinking a solution of sodium phosphate on the day of the exam. The solution is usually mixed with water and taken in small amounts throughout the day. This prep is quick and easy, but may cause some discomfort.

- **Prep, Drink and Stay**: This type of prep involves drinking a solution of sodium phosphate on the day of the exam, followed by staying hydrated with water. This prep is similar to the Prep, Drink and Go, but may cause some discomfort.

- **Prep, Drink and Stay Overnight**: This type of prep involves drinking a solution of sodium phosphate on the night before the exam. The patient is encouraged to drink water throughout the day of the exam. This prep is similar to the Prep, Drink and Stay, but may cause some discomfort.

- **Prep, Drink and Stay for 48 Hours**: This type of prep involves drinking a solution of sodium phosphate on the day before the exam. The patient is encouraged to drink water throughout the day of the exam. This prep is similar to the Prep, Drink and Stay Overnight, but may cause some discomfort.

It is important to follow the instructions for the bowel prep carefully, as this will help ensure a successful and comfortable colonoscopy.

Risks are higher in people taking steroids or blood thinners, or in people that have significant underlying diseases. There is also a risk that cancer or polyps will not be found.

ما هي بدائل تنظير القولون؟

هناك اختبرات أخرى قد تجد اعتلالات في القولون والمستقيم. ومع ذلك، فإن تنظير القولون هو الطريقة الوحيدة التي تسهم للطبيب بأخذ عينة من الأنسجة أو إزالة الزوائد اللحمية أثناء العملية. هذا يقلل من الحاجة إلى اختبارات وجراءات إضافية.

Risks are higher in people taking steroids or blood thinners, or in people that have significant underlying diseases. There is also a risk that cancer or polyps will not be found.

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