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

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?

We recommend that you fill your prescription at least a week before your procedure.

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

Medical Procedures Unit
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.

Please visit the video describing risks and benefits of colonoscopy.

If you need to reschedule

Call (734) 936 - 9250 or toll-free (877) 758 - 2626.

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>Day</th>
<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>Tuesday</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Thursday</td>
<td>Friday</td>
<td>Saturday</td>
<td>Sunday</td>
</tr>
<tr>
<td>Friday</td>
<td>Saturday</td>
<td>Sunday</td>
<td>Monday</td>
</tr>
</tbody>
</table>

Fill in the day according to the timeline 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.
- لا تقم بإيقاف الأسبرين.
- إذا كنت تأخذ مكملات الحديد، مثل كبريتات الحديد (ferrous sulfate) أو مركب الحديد عديد السكريات (polysaccharide iron complex)
Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

- توقف عن أخذ فينترمين (أديباكس-بي، لوميرا، فاستن، فينتركوت) فينترمين + توبراميت (كسيميا).

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

### Before Colonoscopy

#### 3 Days Before Your Colonoscopy

Fill in the day according to the timeline table

- توقف عن تناول الفوشار، الذرة، الفاصوليا، المكسرات، الفواكه ذات البذور الصغيرة، البندورة، والكرفس.
- لا تتناول الأغذية الصلبة من الآن وحتى إنتهاء الإجراء. ابدأ بتناول نظام غذائي بتناول السوائل الشفافة (الصفحة التالية).
- اشرب ثمان (8) أكواب من الماء على الأقل خلال اليوم لتجنب الإصابة بالجفاف.
- احترف محلول التحضير مع ماء فاتر. بإمكانك تبريده لمدة 5 ساعات على الأقل لجعله سهل الشرب.
- أبقى بالقرب من مرحاض، إذ ستتعرض للإسهال.

#### The Day Before Your Colonoscopy

Fill in the day according to the timeline table

- توقف عن تناول نظام غذائي بتناول السوائل الشفافة (الصفحة التالية).
- لا تأكل أي نوع من الأطعمة من الآن وحتى الانتهاء من الإجراء.
- اشرب ثمان (8) أكواب من الماء على الأقل خلال اليوم لتجنب الإصابة بالجفاف.
- امزج محلول التحضير مع ماء فاتر. بإمكانك تبريده لمدة 5 ساعات.
- اشرب كوب واحد كل ساعة إلى أن تشرب نصف المحلول (64 أوقية).
- احفظ نصف المحلول المتبقي لزيادة اليوم الإجراء. إذا اتبعتها التعليمات بالضبط فيجب عليك إكمال أول 64 أوقية من محلول الإعداد بحلول الساعة 8:00 مساء.

#### Tomorrow

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.
- أبقى بالقرب من مرحاض، إذ ستتعرض للإسهال.

Stay near a toilet, as you will have diarrhea.
# Colonoscopy Bowel Prep Instructions – 4 Liter (Arabic)

<table>
<thead>
<tr>
<th>Do not drink these liquids:</th>
<th>لا تشرب هذه السوائل:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>المشروبات الكحولية</td>
</tr>
<tr>
<td>Milk or non-dairy creamer</td>
<td>الحليب مبيضات القهوة الخالية من الألبان.</td>
</tr>
<tr>
<td>Juice with pulp</td>
<td>العصير مع اللّب</td>
</tr>
<tr>
<td>Any liquid you cannot see through</td>
<td>أي سائل لا يمكنك الرؤية من خلاله.</td>
</tr>
<tr>
<td>Hard candy</td>
<td>الحلوى الصلبة</td>
</tr>
<tr>
<td>Note: Nothing Red or Purple</td>
<td>ملاحظة: لا شيء أحمر أو أرجواني اللون</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>You may drink these clear liquids:</th>
<th>يمكنك شرب هذه السوائل الشفافة:</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Gatorade&quot; (Gatorade)</td>
<td>&quot;جاتريد&quot; (Gatorade)</td>
</tr>
<tr>
<td>Crystal Light Lemonade®, Pedialyte® or Powerade®</td>
<td>&quot;كريستال ليمونيد&quot;، &quot;بيديليتي&quot; (Pedialyte)</td>
</tr>
<tr>
<td>Coffee or tea (black only)</td>
<td>القهوة أو الشاي (بدون الحليب)</td>
</tr>
<tr>
<td>Carbonated or non-carbonated soda</td>
<td>المشروبات الغازية أو غير الغازية</td>
</tr>
<tr>
<td>Fruit-flavored drinks</td>
<td>عصير التفاح، عصير الكرانبيري الأبيض أو عصير العنب الأبيض.</td>
</tr>
<tr>
<td>Apple juice, white cranberry juice or white grape juice</td>
<td>أبل جاي, أبل جاي</td>
</tr>
<tr>
<td>Jell-O or popsicles</td>
<td>الهلام أو المصاصات المثلجة</td>
</tr>
<tr>
<td>Broth</td>
<td>المرق</td>
</tr>
</tbody>
</table>

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

### لا تأكل الطعام الصلب أو المرق أو الهلام

- **No solid foods, broth or Jello.**

### 5 hours before leaving home for your colonoscopy

- **5 ساعة قبل مغادرة المنزل والتوجه لإجراء تنظير القولون**

### Fill in the day according to the timeline table

<table>
<thead>
<tr>
<th>Day/Time:</th>
<th>5 hours before leaving home for your colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 ساعات قبل مغادرة المنزل والتوجه لإجراء تنظير القولون</td>
<td>5 hours before leaving home for your colonoscopy</td>
</tr>
</tbody>
</table>

- **سجل اليوم وفقاً للجدول الزمني**
- **قد تضطر للاستيقاظ في وقت مبكر. قد تضطر للاستيقاظ في وقت مبكر.**
- **You may have to wake up early. You may have to wake up early.**

### إبدأ بشرب أخر 64 أوقية (ينا نسمات الطريقة التي شربت بها ال 64 أوقية السابقة أي: شرب كوب واحد 8 أوقية كل 15 دقيقة حتى تنتهي من شرب ال 64 أوقية الثانية. إذا كنت تشرب وفقًا للجدول الزمني سيتم الانتهاء من الشرب 3 ساعات قبل مغادرة المنزل.

### Medical Procedures Unit

- **6 -**
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.

- 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:

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 rare cases, some people may experience nausea or vomiting while drinking the solution. If you experience this, allow yourself to rest. After 30 minutes, repeat if needed.
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).

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)

Turn the page to learn about the benefits, risks and alternatives for a colonoscopy
What are the Benefits, Risks and Alternatives for a Colonoscopy? (Arabic)

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 colonoscopy procedures, approximately 5-8 people out of 10,000 experienced some risk. These risks include:

- **Risk of bleeding**. Blood loss occurs in about half of the cases where polyps are removed. The risk is higher if the polyp is large. (See also your bowel prep instructions.

- **Risk of perforation**. This is a small risk of the colon or rectum being torn or the colon wall breaking down. This is most likely to happen if a polyp is too big to remove whole and is left in the colon.
Warning: 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.

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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.

What are the alternatives?

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