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.

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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.

Visit: http://michmed.org/EXL6d

If you need to reschedule

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

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.

View the video describing risks and benefits of colonoscopy

http://michmed.org/EXL6d
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>Day before appointment</th>
<th>Day of appointment</th>
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<tr>
<td>1 day before</td>
<td>3 days before</td>
<td>7 days before</td>
<td>My Appointment is a:</td>
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</table>

### Instructions

- **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.
Fill in the day according to the timeline table

Day: 3 days before your colonoscopy

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

Day: The day before your colonoscopy

- Start 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®
- Powerade®
- Light Lemonade
- "Gatorade" (Gatorade, Crystal Light Lemonade®
- "Powerade®"

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

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
•
Broth

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

No solid foods, broth or Jello.

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.

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.
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 التعليمات، فإن البراز سيكون سائلاً صافياً أو أصفرًا وستكون مستعداً لتنظيم القولون.

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. إبقى قريبًا من مكان المرحاض! سيكون لديك إسهال، والذي قد يحدث بشكل مفاجئ. هذا طبيعي.

   Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.

2. حاول شرب المحلول من قصبة. قد يكون من الأسهل تحمله.

   Try drinking the solution with a straw. It may be easier to tolerate.

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

   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. من الشائع والطبيعي أن تشعر بعدم الارتباك أو وعى في بطلك لحين طرد البراز من القولون (هذا قد يستغرق 4-6 ساعات)

   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. قد يطرأ لديك تهيج في جلد منطقة الشرج أو توجه التهاب في البواسير. إذا حدث ذلك، يمكنك معالجته باستخدام أنواع متعددة من العلاجات بدون الوصفة الطبية مثل كريم "الهيدروكورتيزون" (Hydrocortisone)، مناديل الأطفال المرطبة (Baby Wipes)

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

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 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 colonoscopies, 4-8 out of 10,000 people have some risk of complications. This includes:

• Bleeding. A high risk of bleeding is associated with polyps. This can lead to severe complications.

• Perforation. If the colon is perforated, it can lead to sepsis. This is a serious complication that can be fatal.

• Peritonitis. Peritonitis is a serious infection of the abdominal cavity. It is a life-threatening condition.

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?**

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.