Arabic:
إرشادات تحضير الأمعاء لإجراء تنظير القولون بمحلول البولي ايثيلين جليكول/الكتروليت - 6 لتر
(PEG/Electrolyte-Generic) 
، تريليت (TriLytely)، نويلونتي (NuLYTELY®)، جوليتلي (GoLYTELY®)، 
كوليت (CoLyte®) و جوليتلي (GoLYTELY®).

6-Liter Colonoscopy Bowel Prep Instructions
PEG/Electrolyte-Generic, NuLYTELY®, GoLYTELY®,
CoLyte®, and TriLytely (Arabic)

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.

التحضير لتنظير القولون

Planning for Your Colonoscopy

الرجاء قراءة الإرشادات حال تلقى هذه المعلومات ووضع علامة تأشير في كل مربع على أنك قمت بفهم كل بند.

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.

ما اسم محلول التحضير؟

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.

Medical Procedures Unit

- 1 -
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 view the video describing risks and benefits of colonoscopy

If you need to reschedule

If you need to reschedule, call the number below:

- 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.

Timeline Table

<table>
<thead>
<tr>
<th>7 days before my appointment is a:</th>
<th>My Appointment is:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 days before my appointment is a:</td>
<td></td>
</tr>
<tr>
<td>5 days before my appointment is a:</td>
<td></td>
</tr>
<tr>
<td>4 days before my appointment is a:</td>
<td></td>
</tr>
<tr>
<td>3 days before my appointment is a:</td>
<td></td>
</tr>
<tr>
<td>2 days before my appointment is a:</td>
<td></td>
</tr>
<tr>
<td>1 day before my appointment is a:</td>
<td></td>
</tr>
</tbody>
</table>

Fill in the day according to the timeline table

Medical Procedures Unit
6-Liter Colonoscopy Bowel Prep Instructions- PEG/Electrolyte-Generic, NuLYTELY®, GoLYTELY®, CoLyte® and TriLytely (Arabic)
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.

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

No solid food from now until your procedure is done. Begin a clear liquid diet (below). Drink at least 8 glasses of water during the day to avoid dehydration.
### Before Your Colonoscopy

**Day:** The day before your colonoscopy

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 am</td>
<td>At 8 am drink one 8-ounce glass of PEG/Electrolyte_Generic, NuLYTELY®, GoLYTELY®, CoLyte®, or TriLyte solution and continue drinking one 8-ounce glass every 15 minutes until 2 liters (64 ounces) of the prep solution is gone.</td>
</tr>
<tr>
<td></td>
<td>Between 5:00 and 6:00 am: Shrub to 2 liters (64 ounces) from PEG/Electrolyte_Generic, NuLYTELY®, GoLYTELY®, CoLyte®, or TriLyte solution during the prep.</td>
</tr>
</tbody>
</table>

**Note:** Nothing Red or Purple

**Do not drink these liquids:**

- Alcohol
- Milk or non-dairy creamer
- Juice with pulp
- Any liquid you cannot see through
- Hard candy

**You may drink these clear liquids:**

- "Gatorade"® Light Lemonade, "BiedaLyt"®
- (Powerade® or Pedialyte®, Gatorade, Crystal Light Lemonade® Pedialyte® 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
- Broth

**Note:**

- Before your colonoscopy:
  - Keep the day
  - Fill in the day according to the timeline table
  - Continue the clear liquid diet throughout the day. No solid foods.
  - Mix your prep solution with lukewarm water. You may chill it at least 5 hours to make it easier to drink, or, you can drink it at room temperature.
  - If you reach the maximum total volume of 2 liters (64 ounces) of your prep solution, you may stop drinking.
  - You may drink these clear liquids:
    - "Gatorade"® Crystal Light Lemonade®
    - Pedialyte® 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
    - Broth

**Medical Procedures Unit**

6-Liter Colonoscopy Bowel Prep Instructions: PEG/Electrolyte_Generic, NuLYTELY®, GoLYTELY®, CoLyte® and TriLyte (Arabic)
Between 5 and 6 pm: drink another 2 liters (64 ounces) of the prep solution over the course of 2 hours.

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

No solid foods, broth or Jello.

5 hours before leaving home for your colonoscopy

Day/Time: 5 hours before leaving home for your colonoscopy

You may have to wake up early.

Begin drinking the final 2 liters (64 ounces), the same way you drank the previous 4 liters (128 ounces), i.e.: drink an 8-ounce glass every 15 minutes until the final 2 liters (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.

2 hours before your colonoscopy

Day/Time: 2 hours before your colonoscopy

Stop everything by mouth, including all liquids, smoking and chewing gum.

Important!

If you followed all the instructions, your bowel movements will be liquid or light yellow and will be ready for your colonoscopy.
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. If you experience 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. 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 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.

ال руководства по подготовке больного для калопись от колонной вирапсиси:

1. لا تبقى بعيدا عن الحمام! ستكون لديك الإسهال، وهذا طبيعي.

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

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

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

5. قد يطرأ لديك تهيج في جلد منطقة الشرج أو تهيج التهاب في البواسير. إذا حدث ذلك، يمكنك معالجته باستخدام أنواع متعددة من العلاجات دون الوصفة الطبية مثل كريم "هيئدروكورتيزون" (Hydrocortisone)، مناديل الأطفال المرطبة (Tucks Pads)، "الفازلين" (Vaseline®)، أو فوط تاكس (Tucks Pads®). تجنب المنتجات التي تحتوي على الكحول. إذا كان لديك وصفة لcream البواسير، يمكنك استخدامه. لا تستخدم التحميلات.

When should I call the call center?

إذا كان البراز متشكل أو لم يسير التحضير كما هو متوقع ، الرجاء الاتصال بالرقم:

(734) 9250-936-(734) أو على الرقم المجاني:

(877) 758-2626-(734) وأطلب التحدث مع طبيب الجهاز الهضمي المنارب.

Mti jayb na ateschal bimark eshtabal?

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.

نصائح لتنظيف القولون:

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

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

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

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

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متى يجب على الاتصال بمركز الاتصال؟
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)

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?

The colonoscopy is an exam that allows your doctor to check the inner area of your colon or large intestine. In this exam your doctor uses a tool called a colonoscope that is inserted into the rectum. This tool is used to check for polyps, tumors, ulcers, and inflammation in the lining of the colon or large intestine. If you have polyps or tumors in this area, they can be removed during the exam.

The colon is cleaned out before the exam so the doctor can see your colon clearly. For this reason, you cannot eat or drink anything for several days before the exam. It is important to follow the instructions given to you.
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? 

What are the risks of a colonoscopy? 

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.

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