肠镜检查肠道准备指示

 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.

البتريات لنظير القولون

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?
- 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
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:

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

The colonoscopy time frame is:

How will I determine my colonoscopy prep schedule?

If you need to reschedule:

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

<table>
<thead>
<tr>
<th>Visit: <a href="http://michmed.org/EXL6d">http://michmed.org/EXL6d</a></th>
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<tbody>
<tr>
<td>View the video describing risks and benefits of colonoscopy</td>
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</tbody>
</table>
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>Timeline Table</th>
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</thead>
<tbody>
<tr>
<td>1 day before my appointment is on a:</td>
</tr>
<tr>
<td>3 days before my appointment is on a:</td>
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<tr>
<td>7 days before my appointment is on a:</td>
</tr>
<tr>
<td>Sunday</td>
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<tr>
<td>Monday</td>
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<tr>
<td>Tuesday</td>
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<td>Wednesday</td>
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<tr>
<td>Thursday</td>
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</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.

Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.
Medical Procedures Unit

8-Liter Colonoscopy Bowel Prep Instructions – PEG/Electrolyte-Generic®, NuLYTELY®, GoLYTELY®, or CoLyte® (Arabic)

Follow these instructions exactly:
• 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.
• 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 and 6 pm: drink one 8-ounce glass of PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY, or CoLyte solution and continue drinking one 8-ounce glass every 15 minutes until 2 liters (64 ounces) of the prep solution is gone. If you follow the instructions exactly, you should be done with the first 2 liters (64 ounces) of prep.

Stay near a toilet, as you will have diarrhea.

You may drink these clear liquids:
- "Gatorade" (Crystal), "Crystal Light Lemonade, "Powerade" (Pedialyte Gatorade, Crystal Light Lemonade, PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY, or CoLyte®)

Do not drink these liquids:
- Alcohol
- Milk or non-dairy creamer
- "Krestel" (Fruit Flavored Carbonated Drink)
- "Bidorait®" (Beverage)
### Pre-Surgery Day Instructions

<table>
<thead>
<tr>
<th>Item</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juice with pulp</td>
<td>Any liquid you cannot see through the colon.</td>
</tr>
<tr>
<td>Hard candy</td>
<td></td>
</tr>
<tr>
<td>Note: Nothing Red or Purple</td>
<td></td>
</tr>
<tr>
<td>Coffee or tea (black only)</td>
<td></td>
</tr>
<tr>
<td>Carbonated or non-carbonated soda</td>
<td></td>
</tr>
<tr>
<td>Fruit-flavored drinks</td>
<td></td>
</tr>
<tr>
<td>Apple juice, white cranberry juice or white grape juice</td>
<td></td>
</tr>
<tr>
<td>Jell-O or popsicles</td>
<td></td>
</tr>
<tr>
<td>Broth</td>
<td></td>
</tr>
<tr>
<td>Any liquid you cannot see through</td>
<td></td>
</tr>
<tr>
<td>Hard candy</td>
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</table>

**Day: The day before your colonoscopy**

- Fill in the day according to the timeline table.

- Continue the clear liquid diet throughout the day. No solid foods.

- In the morning: Drink one 8-ounce glass every 15 minutes until 2 liters (64 ounces) of the prep solution is gone.

- Between 5 and 6 pm: Drink another 2 liters (64 ounces) of the prep solution over the course of 2 hours.

**Day of your colonoscopy (starting at 12 am midnight)**

- Do not eat or drink any solid foods, broth or Jell-O.

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Medical Procedures Unit
8-Liter Colonoscopy Bowel Prep Instructions – PEG/Electrolyte-Generic®, NuLYTELY®, GoLYTELY®, or CoLyte® (Arabic)
Before your colonoscopy

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

Fill in the day according to the timeline table

 قد تضطر للاستيقاف في وقت مبكر.

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

Begin drinking the final 2 liters (64 ounces), the same way you drank the previous 6 liters (192 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.

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. 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
- Chills more than 100.6
- Coughing up blood (including blood in sputum)
- Diarrhea
- The item used to hold the preparation (not related to the preparation itself)
• 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 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 side effects of colonoscopy, there were 4-8 people from 10,000 people who experienced adverse effects. The most common side effects of colonoscopy:

- Hemorrhage. The most common side effect is bleeding from the polyps or overt tumors and polyps. If the bleeding is severe, it can cause serious bleeding or even death.
- Perforation. The perforation can be caused by the insertion of a sharp instrument or a polyp that is too large.
- Infection. The infection can be caused by the introduction of bacteria or viruses into the colon.

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.
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.
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