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.

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.

Please visit the following website:

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?

 سوف يساعدك الجدول الزمني أدناه على تحديد أي يوم من الأسبوع لبدء الإعداد. استخدم قلم تضليل أو ضع دائرة حول الصف الصحيح لتحديد اليوم الذي سيتم بدء عملية الإعداد. وستبدأ عملية الإعداد في بداية اليوم.

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

My Appointment is:
(Date, Day, Time)

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

Do not stop your aspirin.

Medical Procedures Unit
8-Liter Colonoscopy Bowel Prep Instructions – PEG/Electrolyte-Generic®, NuLYTELY®, GoLYTELY®, CoLyte®, and TriLytely(Arabic)
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 taking Phentermine (Adipex-P, Lomira, Fastin, Phentercot) Phentermine + topiramate (Qsymia). This is a weight loss medication.

### Before Colonoscopy

<table>
<thead>
<tr>
<th>Day: 3 days before your colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.</td>
</tr>
<tr>
<td>• Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.</td>
</tr>
<tr>
<td>• 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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day: 2 days before your colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.</td>
</tr>
<tr>
<td>• Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.</td>
</tr>
<tr>
<td>• 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.</td>
</tr>
</tbody>
</table>

### Day 1

- Before 5:00 pm: 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.

**Medical Procedures Unit**

8-Liter Colonoscopy Bowel Prep Instructions – PEG/Electrolyte-Generic®, NuLYTELY®, GoLYTELY®, CoLyte®, and TriLyte® (Arabic)
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:
- Crystal Light Lemonade®
- Gatorade
- Pedialyte®
- Powerade®
- NuLYTELY®
- GoLYTELY®
- CoLyte®
- TriLytely®
- "Gatorade" (جاتريدر، كرستل لايت)
- "Light Lemonade، ليمونيدين”، بيدلايت"
- "Powerade® or Pedialyte® (Powerade®، Powerade"
- "NuLYTELY®, GoLYTELY®, CoLyte®
- "white cranberry juice or white grape juice
- "apple juice, white cranberry juice or white grape juice
- "Jell-O or popsicles
- "Broth

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

# Before the colonoscopy

Fill in the day according to the timeline table.

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

In the morning before 8:00, drink 1 cup of PEG/Electrolyte-Generic® (PEG/Electrolyte-Generic) or TriLytely®.(PEG/Electrolyte-Generic), GoLYTELY® or NuLYTELY®

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

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.

Fill in the day according to the timeline table

2 hours before your colonoscopy

Day/Time: 2 hours before your colonoscopy

Fill in the day according to the timeline table

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: 2 hours before your colonoscopy

Fill in the day according to the 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. 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 need a prescription, talk to your doctor.
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)

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 that examined colonoscopies, about 4-8% of patients had complications, including:

- Bleeding. Most bleeding cases occur when they remove polyps, and the risk of bleeding increases if they remove more than 2 polyps.
- Perforation. This is a rare complication and usually occurs when they remove a polyp that penetrates the wall of the colon or when there is an underlying medical condition that makes the colon or polyp more prone to ulceration.

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.
• الالتهاب.

• رشف قد يؤدي لالتهاب في الرئة (التهاب الرئوي).

• رد فعل للأدوية المسكنة، بما في ذلك مشاكل في التنفس أو القلب.

• تزداد الخطر في الأشخاص الذين يتناولون المنشطات (الإستيروييد) أو الأدوية المضادة للتخثر، أو في الأشخاص الذين يعانون من أمراض كامنة. هناك أيضا خطر أن السرطان أو الأورام الحميدة لن يتم الكشف عنها.

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.
Disclaimer: 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.

Patient Education by Michigan Medicine is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License. Last Revised 11/2021