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Prepopik®
Colonoscopy Bowel Prep Instructions
Prepopik® (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.

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. 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.

قد يستغرق الإجراء بأكمله 3 إلى 4 ساعات. الرجاء إبلاغ سائقك بأن عليه البقاء في مكان موعد التنظير خلال فترة زيارتك بأكملها.

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.

الرجاء ترك جميع المجوهرات والأشياء الشخصية في المنزل. إذا قمت بإحضار المجوهرات إلى موعدك فمن الممكن أن نطلب منك أن تنزعها.

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.

لا تلبس العدسات الاصطناعية.

Please do not wear contact lenses.

If you have diabetes you must call your doctor

للمرضى الذين مصابون بالسكري اتصل بالطبيب الذي وصف لك تنظير القولون للحصول على تعليمات النظام الغذائي والدواعي الخاص بك.

People with diabetes have special diet and medicine instructions. Call the doctor who ordered your colonoscopy for your special diet and medicine instructions.

قم بمشاهدة الفيديو الذي يقوم بوصف مخاطر وفوائد تنظير القولون (هذا الفيديو باللغة الإنجليزية):

http://michmed.org/EXL6d

قم بزيارة الموقع :

View the video describing risks and benefits of colonoscopy

Visit: http://michmed.org/EXL6d

If you need to reschedule

اتصل على الرقم التالي: 205-936(734) أو الاتصال على الرقم المجاني: 2626(877(758).

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

الجدول الزمني لإعداد تنظير القولون

Timeline of the Colonoscopy Preparation

كيف سيتم تحديد جدول الإعداد لتنظيم القولون الخاص بي؟

Medical Procedures Unit

Colonoscopy Bowel Prep Instructions – Prepopik® (Arabic)
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>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>Monday</td>
</tr>
<tr>
<td>Monday</td>
<td>Wednesday</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Thursday</td>
<td>Thursday</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Friday</td>
<td>Friday</td>
</tr>
</tbody>
</table>

Before colonoscopy:

- Day: 7 days before your colonoscopy

- 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.

Medical Procedures Unit

Colonoscopy Bowel Prep Instructions – Prepok® (Arabic)
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 or clear liquids during the day to avoid dehydration.

Between 5 and 6pm, fill the provided dosing cup with cold water up to the lower line on the cup (5 ounces of water). Pour in the contents of one (1) packet and stir for 2 to 3 minutes. After stirring, drink the entire contents of the dosing cup. At your own pace over the next 5 hours, drink five (5) 8 ounce glasses of clear liquid.

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

**You may drink these clear liquids:**
- Gatorade (Crystal light Lemonade®)
- 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

**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

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

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

5 hours before you need to leave for your procedure, fill the provided dosing cup with cold water up to the lower line on the cup (5 ounces of water). Pour in the contents of one (1) packet and stir for 2 to 3 minutes. After stirring, drink the...

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Fill in the day according to the timeline table

<table>
<thead>
<tr>
<th>Time</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 am</td>
<td>Breakfast, lunch, dinner</td>
</tr>
<tr>
<td>5 pm</td>
<td>Last bowel movement (4 oz of water)</td>
</tr>
<tr>
<td>8 pm</td>
<td>Empty stomach, last bowel movement (4 oz of water)</td>
</tr>
<tr>
<td>11 pm</td>
<td>Last bowel movement (4 oz of water)</td>
</tr>
<tr>
<td>12 am</td>
<td>Empty stomach</td>
</tr>
</tbody>
</table>

Session time: 5 hours before leaving home

Day/Time: for your colonoscopy

You may have to wake up early.

5 hours before leaving home, follow the provided dosing cup instructions. After stirring, drink the...

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Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – Prepopik® (Arabic)
entire contents of the dosing cup. At your own pace over the next 2 hours, drink at least three (3) 8 ounce glasses of clear liquid.

• تناول دوّيتك الصباحية مع كمية صغيرة من الماء 4 ساعات قبل وقت الموعد (إلا إذا نصحوك خلاف ذلك). إذا كنت تأخذ أدوية مرض السكري اتبع تعليمات طبيبك.

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.

• ﻠﻠﻠﻨﺎول أدوﯾﺘﻚ اﻟﺼﺒﺎﺣﯿﺔ ﻣﻊ ﻛﻤﯿﺔ ﺻﻐﯿﺮة ﻣﻦ اﻟﻤﺎء 4 ﻣﺎﻋـﺎت ﻗﺒﻞ وﻗﺖ اﻟﻤﻮﻋـﺪ )إﻻ إذا ﻧﺼﺤﻮك ﺧﻼف ذﻟـﮏ(. إذا ﻛﻨﺖ ﺗﺄﺧـﺬ أدوﯾـﺔ ﻣﺮض اﻟﺴﻜـﺮي اﺗﺒـﻊ ﺗﻌﻠـﯿﻤﺎت طـﺒـﯿـﺐك.

Before your colonoscopy:
اليوم/الوقت: 2 hours before your colonoscopy

Day/Time:

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

Important!

هﺎم جداً!

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:

١. إبقاء 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.

٢. حاول شرب المحلول من قبضة. قد يكون من الأسهل تحمله.

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

٣. في حالات نادرة، قد يعاني بعض الأشخاص من الغثيان والتقويض عند شرب المحلول. إذا حدث ذلك، امتح نفسك فترة استراحة لمدة 30 دقيقة، انتظف فمك أو نظف استانك بالفرشاة، ثم استمر بشرب محلول التحضير.

٤. إذا كان البراز مشكل أو لم يسهم تحضيرك كما هو متوقع، الرجاء الاتصال بالرقم: 2520-8256-758 (877) بعد ساعات العمل أو في عطلة نهاية الأسبوع أو الأعياد أتصل على هيئة الاستدعاء "البيجر" على الرقم 6267-936-9250 أو أطلب التحدث مع طبيب الجهاز الهضمي المتاح.

If you followed all of the instructions, your stool will be a clear or yellow liquid and you are ready for your colonoscopy.
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.
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 10,000 people, around 4-8% experience serious complications after colonoscopy. These complications include:

- Bleeding
- Perforation or tear in the colon wall
- Infection

If these complications occur, treatment may be needed, which could involve hospitalization or surgery. However, the risk of these complications is very low.
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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