 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. 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 with you at the procedure.
- You must have a driver with you at the procedure.

Medical Procedures Unit
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.

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

الجدول الزمني لإعداد تطعيم القولون

كيف سيتم تحديد جدول الإعداد لتطعيم القولون الخاص بيك؟

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – Prepok® (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>
<th>My Appointment is on a:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Thursday</td>
<td>Sunday</td>
<td>Monday</td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
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<td>Monday</td>
</tr>
<tr>
<td>Thursday</td>
<td>Saturday</td>
<td>Wednesday</td>
<td>Monday</td>
</tr>
</tbody>
</table>

### Before Colonoscopy Schedule

- 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.

Timeline Table

<table>
<thead>
<tr>
<th>Day: 7 days before your colonoscopy</th>
<th>My Appointment is on a:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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<td>Monday</td>
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<tr>
<td>Monday</td>
<td>Monday</td>
</tr>
</tbody>
</table>

Medical Procedures Unit

Colonoscopy Bowel Prep Instructions – Prepok® (Arabic)
Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

**Day: 3 days before your colonoscopy**

<table>
<thead>
<tr>
<th>Day</th>
<th>Fill in the day according to the timeline table</th>
<th>Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.</th>
</tr>
</thead>
</table>

**Day: The day before your colonoscopy**

<table>
<thead>
<tr>
<th>Day</th>
<th>Fill in the day according to the timeline table</th>
<th>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.</th>
</tr>
</thead>
</table>

**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)

<table>
<thead>
<tr>
<th>Do not drink these liquids:</th>
<th>You may drink these clear liquids:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>Crystal Light Lemonade® (Gatorade), Light Lemonade®, or &quot;Powerade&quot; (Pedialyte)</td>
</tr>
<tr>
<td>milk or non-dairy creamer</td>
<td>Coffee or tea (black only)</td>
</tr>
<tr>
<td>citrus with pulp</td>
<td>Carbonated or non-carbonated soda</td>
</tr>
<tr>
<td>hard candy</td>
<td>Fruit-flavored drinks</td>
</tr>
<tr>
<td>Note: Nothing Red or Purple</td>
<td>Apple juice, white cranberry juice or white grape juice</td>
</tr>
<tr>
<td></td>
<td>Jell-O or popsicles</td>
</tr>
<tr>
<td></td>
<td>Broth</td>
</tr>
</tbody>
</table>

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

No solid foods, broth or Jello.

5 hours before leaving home

You may have to wake up early.

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

---

Fill in the day according to the timeline table

Day/Time: for your colonoscopy

---

You may have to wake up early.

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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---

You may have to wake up early.
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 أدويةك الصباحية مع كمية صغيرة من الماء 4 ساعات قبل وقت الموعد (لا 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.

 قبل تنظيف القولون
اليوم/الوقت: 2 hours before your colonoscopy
Day/Time: 

 Fill in the day according to the timeline table

 وقف كل شيء عن طريق الفم، بما في ذلك جميع السوائل والدخان واللعكة.

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

 Important!

هام جداً!

إذا اتبعت جميع التعليمات، فإن البراز سيكون سانلاً صافياً، أو أصفرًا وستكون مستعدًا لتنظيف 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.

نصائح لتنظيف القولون:

Colon cleansing tips:

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 قصب. 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 والدوار عند شرب المحلول. إذا حدث ذلك، امتحن نفسك فترة استراحة لمدة 30 دقيقة، انشط فمك أو أطفئ أضواء اللفتة، ثم استمر بشرب المحلول التحضير.

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – Prepok® (Arabic)
- 6 -
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)

If you need to call the call center:

- Call (734) 936-9250
- Call (734) 936-9250
- Call (734) 936-9250

Turn the page to learn about the benefits, risks and alternatives for a colonoscopy

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – Prepopik® (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 which looked at cases of colonoscopy, there was an average of 4-8 people out of 10,000 who had serious complications from the procedure. The serious complications included:

- **Nausea**: This occurs when there is blood in the colon or rectum.
- **Diarrhea**: This rarely occurs.
- **Perforation**: This occurs when there is a tear in the colon wall.
- **Infection**: This is rare.
- **Obstruction**: This occurs when the colon becomes blocked.

Before 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

**What are the Benefits, Risks and Alternatives for a Colonoscopy?** (Arabic)

ما هي فوائد ومخاطر وبدائل تنظير القولون؟

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

**ما هو الغرض من تناول القولون؟**

مشاكل الهربة أو إزالة السوائل أو الأورام الحميدة أو سرطانية.

**ما هي فوائد تناول القولون؟**

من فتحة الشرج لفحص المستقيم والقولون لديك. قد يكشف تناول القولون عن تهيج الأنسجة وتجاربها أو عن وجود قرحة أو سلائل أو أورام حميدة أو سرطانية.

**ما هي المخاطر المرتبطة على تناول القولون؟**

في دراسة ما أجريت حول إجراءات تناول القولون، تبين أن حوالي 4-8 أشخاص بين 10,000 شخص يعانون من مضاعفات خطيرة بعد إجراء تناول القولون. وتتضمن المضاعفات الخطيرة:

- **نزيف**: يحدث معظم حالات النزيف لدى المرضى الذين يتم إزالة السلائل أو الأورام الحميدة لديهم. وتزداد الخطورة عندما يكون حجم هذه السلائل أو الأورام الحميدة أكبر من 2 سم.
- **تمزق أو ثقب في جدار القولون أو المستقيم (انتقاب)**
- **الالتهاب**
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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