Colonoscopy Bowel Prep Instructions

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.

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.

Your entire procedure may take 3 to 4 hours to complete. Please tell your driver that they must remain at the colonoscopy appointment during

وإرشادات تحضير الأمعاء لإجراء تنظير القولون

SUPREP®

Coloscopy Bowel Prep Instructions

SUPREP®(Arabic)

إرشادات تحضير الأمعاء لإجراء تنظير القولون

COLONOSCOPY COLONOSCOPY

-colonoscopy bowel prep instructions-suprep-suprep

أرجع إلى صفحة التعليمات هذه أسبوع كامل قبل تنظير قولونك.

Refer to this instruction sheet for the entire week before your colonoscopy.

تعليمات تنظير القولون التحضيرية في غاية الأهمية لنجاح عملية تنظير قولون ناجح. إذا لم تلتزم التعليمات بدقة فلن تكون أمعائك مستعدة لهذا الإجراء، وسوف تحتاج إلى تكرار هذا الإجراء.

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.

الخطة لتنظيف القولون

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

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.

ما اسم محلول التحضير؟

What is the name of your prep?

We recommend that

وأوصي بالحصول على وصفتك الطبية قبل أسبوع على الأقل من الإجراء.

You must fill your prescription at least a week before your procedure.

وجب عليك القيام بإعداد الأمعاء. إذا لم تلتقي محلول تحضير الأمعاء، الرجاء الاتصال بمكتب إصدارات الأدوية.

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.

وبعد أن تكون متعبًا أو ألمًا، وانتظروا المتبقي من الأدوية.

We recommend that

you fill your prescription at least a week before your procedure.

وجب أن يكون سائقك سائق عند وقت الإجراء.

You must have a driver with you at the procedure.

وجب أن يكون سائقك على أن يكون 18 سنة أو أكبر، وأن يكون متواجداً معك أثناء التسجيل، وكذلك

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 زيارتكم 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

Medical Procedures Unit

- 1 -
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.

If you need to reschedule

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.

If you need to reschedule

وإذا كنت بحاجة إلى إعادة جدولة

الجدول الزمني لإعداد تنظير القولون

كيف سيتم تحديد جدول الإعداد لتنظير القولون الخاص بي؟

سواء بمساعدتك الجدول الزمني أدناه على تحديد أي يوم من الأسبوع لبدء الإعداد. استخدام قلم تسليل أو وضع دائرة حول الصف الصحيح لتحديد اليوم الذي سيتم بدء عملية الإعداد. وستبدأ عملية الإعداد في بداية اليوم.

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.

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – SUPREP® (Arabic)

- 2 -
### Timeline Table

**Before Colonoscopy**

<table>
<thead>
<tr>
<th>1 day before your appointment is a:</th>
<th>3 days before your appointment is a:</th>
<th>7 days before your appointment is a:</th>
<th>My Appointment is:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Monday</td>
<td>Monday</td>
<td>Monday</td>
</tr>
<tr>
<td>Monday</td>
<td>Saturday</td>
<td>Tuesday</td>
<td>Thursday</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Friday</td>
<td>Monday</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
<td>Friday</td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td>Friday</td>
<td></td>
</tr>
</tbody>
</table>

**My Appointment is:**

(Date, Day, Time)

---

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

---

- Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.
- Before your colonoscopy:
  - Stop drinking these fluids: water, soft drinks, milk, and other non-flavored drinks for
  - 8 hours before your colonoscopy.

---

Medical Procedures Unit

Colonoscopy Bowel Prep Instructions – SUPREP® (Arabic)
You may drink clear liquids. 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, pour one (1) (6 ounce) bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix. Drink all the liquid in the container. You must drink 2 more 16 ounce containers of water over the next 1 hour.

Stay near a toilet, as you will have diarrhea.

---

<table>
<thead>
<tr>
<th>You may drink these clear liquids:</th>
<th>Do not drink these liquids:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal Light Lemonade®</td>
<td>Alcohol</td>
</tr>
<tr>
<td>Gatorade®</td>
<td>Light Lemonade, Crystal Light Lemonade®</td>
</tr>
<tr>
<td>Coffee or tea (black only)</td>
<td>Milk or non-dairy creamer</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>Juice with pulp</td>
</tr>
<tr>
<td>Jell-O or popsicles</td>
<td>Any liquid you cannot see through</td>
</tr>
<tr>
<td>Broth</td>
<td>Hard candy</td>
</tr>
</tbody>
</table>

Note: Nothing Red or Purple

---

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

No solid foods, broth or Jello.

---

5 hours before leaving home

Day/Time: for your colonoscopy
You may have to wake up early.

- Before your procedure, repeat these steps. Pour 1 (6 ounce) bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all the liquid in the container. You must drink 2 more 16 ounce containers of water over the next 1 hour.

- You must drink 2 more 16 ounce containers of water over the next 1 hour.

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.

If you followed all of the instructions, your stool will be a clear or yellow liquid and you are ready for your colonoscopy.

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
- Productive cough (where your cough is producing phlegm)
- Diarrhea
- Vomiting (not related to taking the bowel prep)

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – SUPREP® (Arabic) - 6 -
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 patients, approximately 4-8% of patients had complications during or after colonoscopy. These complications may include:

- Bleeding
- Perforation or tearing in the colon or rectum
- Infection
- Adhesions

When complications do occur, they are usually minor, and most patients recover fully. However, some complications may require surgery or other medical treatment.

Before proceeding, you will need 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.
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 11/2019