

Buy at Store - Constipation Diabetic

Patient Name: _____

Procedure date: _____ Check in at _____ am/pm

At _____ with Dr. _____

To buy at the store:

- (1) 8.3 oz (238 g) bottle of Polyethylene Glycol 3350 (Generic for Miralax Brand)
- (4) Bisacodyl tablets (*Please note that packages are usually only available for purchase with a larger amount.*)
- 64 oz. of Propel--NO RED OR PURPLE (*Please note you may also purchase a powder of these items. You will need enough to equal 64 oz once mixed with water.*)
- (1) bottle of Magnesium Citrate (*Note: DO NOT PURCHASE/CONSUME if you have renal disease. Please call our office at 303.604.5000 for a potential alternative.*)
- You can purchase Sprite, 7-Up or Gingerale to mix with the Magnesium Citrate.

2 DAY DIABETIC BOWEL PREP

The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at: **800.349.0285**

You can reach your physician's office at: **303.604.5000**

Special Notes: The following medications may be continued prior to your procedure: Plavix, Persantine, Ticlid, Effient, Brilinta, Pletal, Aggrenox, Agrylin, aspirin, and/or anti-inflammatory medication(s).

* If you have any questions regarding medications, you may call our office at 303-604-5000.*

5 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p>Discontinue fiber supplements and medications containing iron.</p> <p>STOP high fiber foods such as: Nuts, seeds, dried fruits, raw vegetables, beans, whole-grain cereals, and oatmeal until after the procedure.</p> <p>BEGIN a low-fiber diet which includes the following foods: White bread, white rice, pasta, skinless potatoes, plain crackers, low fiber cereals, fish, white meat chicken, eggs, creamy peanut butter, tofu, cooked carrots, cooked green beans, cooked spinach, applesauce, bananas, canned peaches, milk, plain yogurt, cheese.</p>	<p>Continue a low fiber diet.</p> <p>STOP taking COUMADIN (WARFARIN). Please call the doctor that prescribes this medication to ensure it is safe for you to stop. If you are unable to stop Coumadin prior to your procedure, your doctor may prescribe an alternative therapy.</p> <p>If you need to cancel or reschedule your appointment, you MUST do so 3 business days prior to your appointment date or a cancellation fee may be assessed.</p>	<p>YOU MAY HAVE A LIGHT, LOW-FIBER BREAKFAST BEFORE 9:00 AM. AFTER 9:00 AM, NO SOLID FOODS until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p>Prep at a Glance 12:00 pm Drink 10oz of Magnesium Citrate</p> <p>Confirm arrangements with your driver.</p>	<p>NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p>Prep at a Glance 3:00 pm take 4 Dulcolax 5:00 pm take 32oz of prep solution</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p>	<p>5 hours before your procedure, take the second half (32 oz) of prep solution.</p> <p>Nothing by mouth 3 hours prior to your procedure.</p> <p>NO GUM OR HARD CANDY</p> <p>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</p> <p>*If you take daily medication, you may take it with SMALL SIPS OF WATER ONLY, at least 2 hours before your procedure.</p>

***Clear Liquid Diet Details: NO RED or PURPLE. NO DAIRY**

Approved

Sodas, coffee, tea
 Clear juices, fitness waters
 Popsicles without pulp
 Chicken, vegetable and beef broth
 Gelatin

Avoid

No milk/dairy
 No juices with pulp
NO RED or PURPLE



2 DAY DIABETIC BOWEL PREP

Bowel Prep Frequently Asked Questions

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter.

I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on call physician for further instructions.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure do, I need to reschedule?

You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

Why do I have to wake up so early for the 2nd dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds do, I need to take all of the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

2 DAY DIABETIC BOWEL PREP

Prep Day: Two days before your procedure

You may have a light, low-fiber breakfast before 9:00 am. Aer 9:00 am, no solid foods until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

Patients using an Insulin pump: When you begin clear liquids please decrease your basal rate by half (1/2). Do NOT administer bolus doses.

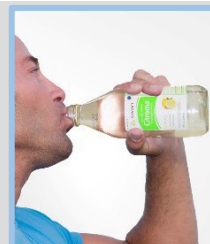
Patients taking Byetta: Do NOT take the day before the procedure.

1

12:00 PM two days prior to your procedure

Drink the entire bottle of Magnesium Citrate. You may mix it with Sprite, 7-Up or Ginger Ale.

If you have Congestive Heart Failure or have Kidney-Renal Failure, DO NOT drink.



Prep Day: The day before your procedure

No solid foods upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

2

3:00 PM the day prior to your procedure

Pour the 64 oz. (1/2 gallon) of Propel into a pitcher and chill in the refrigerator.

DO NOT ADD ICE

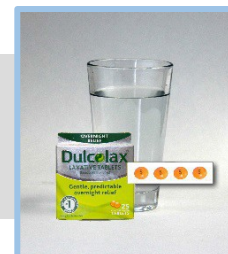


3

3:00 PM the day prior to your procedure

Take 4 (5mg) Dulcolax tablets with a glass of water.

***Please note you will only need 4 tablets total**



4

5:00 PM the evening prior to your procedure

Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Miralax with **64 oz.** of chilled Propel.



5

5:00 PM the evening prior to your procedure

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE (32 oz.)**.

Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.



2 DAY DIABETIC BOWEL PREP

Prep Day: The day of your procedure

6

5 hours prior to your procedure:

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking the **REMAINDER OF THE MIXTURE (32 oz.)**.



THE DAY OF THE PROCEDURE

3 HOURS BEFORE YOUR PROCEDURE

- **NOTHING BY MOUTH**
- **NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE.**
- You may take your morning medications with a sip of water with the exception of blood thinners.

IF YOU ARE DIABETIC:

The morning of the procedure take:

- half (1/2) of your usual **NPH** dose
- your **REGULAR** insulin as you normally would
- half (1/2) of your normal **70/30** insulin dose
- Oral Hypoglycemic agents: Take this medication as you normally would

DAY OF THE PROCEDURE REMINDERS:

- Please bring your **PHOTO ID** and **INSURANCE CARD**.
- Please bring a list of your current medications (including non-prescription) and allergies.
- **Please make sure you have a driver who is 18 years of age or older who will accept responsibility for bringing you and taking you home from your procedure.** Please let your assigned driver know they will need to be within 15-minute driving distance from your facility. If your appointment is at 4 PM or after, your driver must stay on the premises until you have been discharged.
 - They will be notified when your procedure is over and **MUST** be present at your discharge time to receive discharge instructions. **You are NOT allowed to take a bus, taxi, Access a Ride, or walk home. If you do not have a responsible driver to take you home, your procedure will be cancelled or rescheduled.**
- You should plan on being at our facility for at least 2 hours.

CANCELLATION/ "NO SHOW" ADVANCE NOTICE REQUIREMENT AND FEE SCHEDULE

In order to provide the most efficient scheduling to our patients, we need to keep appointment cancellation and "no show" activity to a minimum. In order to do this, we are implementing cancellation and "no show" fees that will be charged if procedures are not canceled with proper advance notice, or if a patient does not show up for a scheduled procedure.

If you need to cancel or reschedule your appointment, you MUST do so 3 business days prior to your appointment date or a \$150.00 cancellation fee may be assessed.

As a courtesy, we make every effort to remind patients of their procedures by telephone 3-4 days before the appointment date. These are not calls to confirm the appointment, but are calls to remind the patient of their appointment. It is your responsibility to provide us with the appropriate advance notice if you need to cancel a procedure. Cancellations can be made at ANY time by calling 303-604-5000.

2 DAY DIABETIC BOWEL PREP

PLEASE CHECK IN USING THE WHITE PHONE LOCATED IN THE LOBBY.

- Boulder – phone is located to your left, next to the door with a stop sign.
- Lafayette – phone is located to the right of the receptionist's desk.
- Longmont – phone is located on a small table on the east side of partition in the lobby.
- Lakewood – located to the left of the door in the endoscopy waiting room.

If you have medical questions or concerns, please contact Gastroenterology of the Rockies at 303-604-5000.

MEDICATION RESTRICTION INFORMATION

- Stop taking **PRADAXA, XARELTO, or ELIQUIS** two days prior to your procedure. Please call the doctor that prescribes this medication to ensure it is safe for you to stop. If you are unable to stop Pradaxa, Xarelto, or Eliquis prior to your procedure, your doctor may prescribe an alternative therapy.

Gastroenterology of the Rockies Patient belongings and valuables policy:

Patients and visitors are responsible for all belongings. We recommend you bring only essential items to your procedure. Gastroenterology of the Rockies is not responsible for replacing lost or misplaced items.

2 DAY DIABETIC BOWEL PREP

Colonoscopies and Diabetic Patients

For patients with diabetes a colonoscopy can be challenging especially if you are taking medications to regulate your blood sugar. Below are some tips to help you have a safe preparation and a successful colonoscopy.

Before you start a liquid diet you should **contact your health care provider** that manages your diabetes. If you take oral medications or insulin make sure to ask them the dosages and when you should take these medications. Schedule your colonoscopy for the **first procedure of the morning**. This will shorten the amount of time that you have to fast. Verify that the doctor's office knows that you are diabetic and that you need be the first or second patient the doctor sees that morning. **Check your blood sugar levels** frequently. Check your blood sugar levels before each meal and before bedtime (at least every 4-6hrs). Bring your meter and test strips with you to your procedure.

The American Diabetes Association states that a sugar-free liquid diet is not recommended for patients with diabetes. Diabetics need sugar and the carbohydrates they contain in order to manage their blood glucose levels when they are taking diabetes medications. It is recommended that diabetics should consume about 200 g of carbohydrates the day of their clear liquid diet spread out over the day. Even though you are consuming sugar- these liquid carbohydrates are replacing what you would normally eat and should not cause your blood sugar to rise to high. Be sure to drink plenty of liquids to avoid becoming dehydrated while you're using the laxative. If your blood sugar falls too low you can treat it with clear juice, non-diet soda, or glucose gel.

Clear liquid food choices for the day before your colonoscopy:

Food Items	Grams of Carbohydrate
Apple juice (4 ounces)	15
White grape juice (4 ounces)	20
Sports drink such as Gatorade (8 ounces)	14
Gelatin (Jello), regular sweetened (1/2 cup)	15
Popsicles or ice pops (read the label)	15
Italian ice--not sherbet (read the label)	30
Sugar (for coffee or tea) (1 teaspoon or packet)	4
Fat-free broth, bouillon, or consommé	0
Diet clear soda	0
Coffee	0
Tea, unsweetened or diet	0
Flavored water	0

Sample Menu

Breakfast

Apple or white grape juice (1 cup)
Sweetened gelatin (1 cup)
Tea with lemon

Lunch

Broth (3/4 cup)
Italian ice (1/2 cup)
Sweetened gelatin (1/2 cup)
Tea with lemon

Dinner

Broth (3/4 cup)
Apple or white grape juice (1 cup)
Sweetened gelatin (1/2 cup)
Tea with lemon

Clear liquid food chart and sample menu (slightly modified):

Diabetes Medication Instructions for Colonoscopy Preparation and Procedure. CONCORD: Concord Hospital, 2008. Web. <<http://www.concordhospital.org/uploads/DiabetesMedicationInstructionsforColonoscopy.pdf>>.

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