

## 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**

**Monday-Thursday 5 AM – 8 PM | Friday 5 AM – 5 PM | Saturday 8 AM – 4 PM | Sunday 10 AM – 6 PM**

### PREP WEEK AT A GLANCE

<b>14 days to procedure</b>	<p>Two (2) weeks prior to your procedure, contact our office immediately at (775) 329-4600 if you have any of the following medical conditions and have not discussed them with us:</p> <ul style="list-style-type: none"> <li>• You take ANY medications that prevent your blood from clotting                             <ul style="list-style-type: none"> <li>○ I.E. Coumadin (Warfarin, Jantoven), Plavix, dabigatran (Pradaxa), prasugrel(Effient), Xarelto (Rivaroxaban)</li> </ul> </li> <li>• You have chest pain or shortness of breath with exertion</li> <li>• You have seizures</li> <li>• You are currently undergoing evaluation of a heart condition</li> <li>• You have a history of kidney disease OR dialysis treatment</li> </ul>
<b>7 days to procedure</b>	<p style="color: red;">Review your prep instructions thoroughly and make sure you have a driver for your procedure, or a responsible adult with you if utilizing a ride service.</p> <p>Purchase clear liquid diet options  <span style="color: red;">SEE PAGE 3 FOR GENERAL INFORMATION</span></p>
<b>2 Days to procedure</b>	<p><b>STOP</b> eating beans, corn, tomatoes, cucumbers, nuts or foods containing seeds until after the procedure. Complete all medical forms</p> <p><b>Prep at a Glance</b>  <b>9:00 AM</b> Drink 1oz (2 Tablespoons) of Milk of Magnesia  <b>Detailed, step-by-step instructions continue on page 2.</b></p>
<b>1 day to procedure</b>	<p><b>NO SOLID FOODS, CLEAR LIQUIDS* ONLY</b> upon rising, until after your procedure.</p> <p><b>Prep at a Glance</b>  <b>3:00 pm</b> take 2 bisacodyl   <b>5:00 pm</b> take 32oz of prep solution   <b>8:00 pm</b> take 2 Milk of Magnesia  <b>9:00 pm</b> take 2 simethicone   <b>10:00 pm</b> take simethicone</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p> <p><b>Detailed, step-by-step instructions continue on page 2.</b></p>
<b>Procedure Day</b>	<p><b>Morning of procedure</b> Drink remaining 32oz of prep solution. Nothing by mouth <b>4 hours prior</b> to your procedure.</p> <p style="color: red;"><b>NO GUM OR HARD CANDY, OR ILLICIT DRUG USE (INCLUDING MARIJUANA)   YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</b></p> <p style="color: red;">*If you take daily medication, you may take it with <b>SMALL SIPS OF WATER ONLY</b>, at least 4 hours before your procedure.</p>

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

**Approved**

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

**Avoid**

No juices with pulp  
 No dark sodas  
 No milk/dairy/creamer  
 No popsicles with pulp  
 No **RED** or **Purple**



## DIABETIC BOWEL PREP

### Prep Day: **2 days before your procedure.**

Step  
**1**

**9:00 AM** two (2) days prior to your procedure  
Drink 1 oz. (2 Tablespoons) of Milk of Magnesia



### Prep Day: **1 day before your procedure.**

**No solid foods today. Clear liquids only.**

Step  
**2**

**3:00 PM** the day prior to your procedure  
Mix the three packets of drink mix powder with 64 oz.(1/2 gallon) of water and chill in the refrigerator.



Step  
**3**

**3:00 PM** the day prior to your procedure  
Take 2 (5mg) Bisacodyl tablets with a glass of water.



Step  
**4**

**5:00 PM** the evening prior to your procedure  
Pour the entire bottle of Polyethylene Glycol 3350 into the pitcher, stir.



Step  
**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.*

Step  
**6**

**8:00 PM** the evening prior to your procedure  
Drink 1 oz. (2 Tablespoons) of Milk of Magnesia



Step  
**7**

**9:00 PM** the evening prior to your procedure  
Chew the **ez2go Zero 80 mg** tablet and drink 2 oz. of water



Step  
**8**

**10:00 PM** the evening prior to your procedure  
Chew the **ez2go Zero 80 mg** tablet and drink 2 oz. of water



## DIABETIC BOWEL PREP

### Prep Day: **The day of your procedure**

#### Step 9

the morning of your procedure

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)** Drink an 8 oz. glass of the solution every 15-30 minutes **until gone**. **You must finish the entire prep, even if your bowels are already clear.**

**FINISH NO LATER THAN SIX (6) HOURS PRIOR TO YOUR PROCEDURE**

**NO SOLID FOOD PRIOR TO PROCEDURE AND Nothing by mouth four (4) hours prior to your procedure NO GUM OR HARD CANDY AND NO CHEWING TOBACCO, OR ILLICIT DRUG USE (including marijuana).**  
**If you take daily medication such as blood pressure medication, please take it with small sips of water only, at least four (4) hours prior to your procedure**



#### GENERAL INFORMATION:

Please comply with the following instructions listed below:

1. **Bring all completed forms from your packet.**
2. **YOU WILL NEED A RESPONSIBLE DRIVER TO TAKE YOU HOME.** Due to the sedation given for your procedure, you cannot drive for the remainder of the day.
  - If you choose to take a taxi, you **MUST** be accompanied by a responsible adult.
3. Bring in your insurance cards and a photo ID, such as a driver's license so that we may assist you in billing for our services.
  - **All co-pays, co-insurances, and deductibles are due at time of service.**
  - **Please be prepared to pay these fees on the day of your procedure.**
4. Leave all jewelry and personal valuables at home.
5. Bring any reading glasses and/or hearing aids to your procedure.
6. **Bring your inhalers if you use them.**
7. Contact Information: If you are coming from out of town or staying at a place other than your main residence, please call our office and leave a number where you will be staying in case we need to contact you.

#### DIABETIC INSTRUCTIONS:

- **Blood Sugar Management:**
  - Please check your blood sugar more frequently throughout the day during this 2-day prep.
  - When selecting foods listed on the clear liquid diet, please drink regular juices and sodas. You may consume non-diabetic products the day before procedure.
  - If your blood sugar becomes low during your preparation when you are to be drinking water only, you may drink clear juices to help raise your blood sugar.
  - If you have any concerns regarding your blood sugar, please call our office and speak to one of the nurses. If it is after hours, call the main office number and speak to the physician on call.
- **Oral Medications:**
  - Do not take any oral hypoglycemic agents on the day of the procedure.
- **Insulin Medications:**
  - Take only ½ the regular PM dose of insulin the evening prior to the procedure.
  - Do not take any insulin the morning of procedure.



# 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 to 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 (Jell-O), regular sweetened (1/2 cup)	15
Popsicles or ice pops (read the label)	15
Italian ice--not sherbet (read the label)	30
Sugar (for tea) (1 teaspoon or packet)	4
Fat-free broth, bouillon, or consommé	0
Diet clear soda	0
Tea, unsweetened or diet	0
Flavored water	0

### Sample Menu:

Breakfast	Lunch	Dinner
Apple or white grape juice (1 cup)	Broth (3/4 cup)	Broth (3/4 cup)
Sweetened gelatin (1 cup)	Italian ice (1/2 cup)	Apple or white grape juice (1 cup)
Tea with lemon	Sweetened gelatin (1/2 cup)	Sweetened gelatin (1/2 cup)
	Tea with lemon	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/DiabetesMedicationInstructionforColonoscopy.pdf>>. Contributing author: Catherine Parkhurst, RN,MSN,CDE, Diabetes Education St. Joseph Medical Center



### 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 2<sup>nd</sup> 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.

