



Colonoscopy Prep for Diabetic Patients

Please check with your insurance company for coverage and deductible information.

You will need to buy (no prescriptions are needed):

1. One 238 gram bottle (8.3 oz) of Miralax laxative powder
2. 64 ounces of Crystal Light (NOT RED, PURPLE, OR ORANGE)
3. Fleet Enema

If constipation has been a problem you will need to start Miralax twice daily 7 days prior to procedure, to be used as directed on container.

THREE (3) DAYS PRIOR TO THE PROCEDURE:

- A. Eat light, smaller portions at mealtime. Avoid salad, vegetables (except potatoes), nuts, and seeds. (i.e. berries, jams, tomatoes, cucumbers, strawberries, and sesame seeds)
- B. Stop iron, calcium supplements, and multivitamins.

DAY PRIOR TO PROCEDURE:

****CONTACT YOUR PRESCRIBING PHYSICIANS OFFICE TO DISCUSS ANY INJECTIONS GIVEN FOR DIABETES****

ORAL DIABETIC MEDICATIONS: TAKE MORNING PRIOR TO PROCEDURE. DO NOT TAKE AGAIN UNTIL AFTER THE PROCEDURE.

- A. A clear liquid diet after breakfast – which means a clear liquid lunch and dinner that day. This may include plain tea, black coffee, clear broth, jello gelatin (not pudding), soda, popsicles, and fruit juices.
- B. **No liquids containing red or purple dye. No dairy products all day.**
- C. No alcoholic beverages.
- D. If you are hungry, you may add Glucerna to your diet.

6:00 p.m.

- Mix 238 grams of Miralax powder with 64 ounces of Crystal Light. (No red, purple, or orange coloring).
- Drink 1, 8 ounce glass of the prep mixture every 15 minutes until ½ of the prep solution is gone. (This will be four 8 ounce glasses in total.)

DAY OF THE PROCEDURE:

ORAL DIABETIC MEDICATION SHOULD NOT BE TAKEN UNTIL AFTER THE PROCEDURE. DO NOT TAKE INSULIN UNTIL AFTER THE PROCEDURE.

No Glucerna on the day of the procedure.

- 6 hours before procedure, drink one 8 ounce glass of the prep mixture every 15 minutes until the second half of the mixture is gone.
- STOP! DO NOT TAKE ANYTHING ELSE BY MOUTH (FOOD OR LIQUIDS). This includes chewing gum and mints.
- If rectal output is not clear yellow, then use the Fleet enema.

**Your procedure will be performed at:
Novant Health Brunswick Medical Center
240 Hospital Drive NE
Bolivia, NC, 28422**

Leave all jewelry at home

Due to the sedation, the hospital will NOT allow you to drive yourself home or use public transportation! You MUST have a family member or friend with you at the hospital. They will have to remain at the hospital with you the entire time until you are discharged, and then they will have to drive you home....NO EXCEPTIONS!!!!

Rest at home the remainder of the day. Memory, coordination, and judgement may be impaired on the day of the test.

PROCEDURE DATE: _____

ARRIVE AT BRUNSWICK MEDICAL CENTER AT: _____

START LAST PREP AT _____

SPECIAL INSTRUCTIONS:

BLOOD PRESSURE AND HEART MEDICATIONS: IF YOU ARE ON BLOOD PRESSURE AND/OR HEART MEDICATIONS AND THEY ARE USUALLY TAKEN IN THE MORNING, YOU MAY TAKE YOUR MEDICATION AS USUAL PRIOR TO THE PROCEDURE WITH A SIP OF WATER.

**BLOOD THINNERS – If you are currently taking any of the medications listed here, please contact our office to discuss how we will need to proceed.....
Aspirin or aspirin containing products, Coumadin, Warfarin, Effient, Plavix, Xarelto, Ticlid, Mobic, Meloxicam, Celebrex, Eliquis, Goody/BC Headache powders, and arthritis medications!**

*****IF YOU ARE ON PHENTERMINE YOU WILL HAVE TO BE OFF OF IT FOR 2 WEEKS BEFORE PROCEDURE DUE TO CARDIAC RISK*****