



Southwest Gastroenterology Associates
7788 Jefferson St NE, Albuquerque, NM 87109
Phone: (505) 999-1600
Fax: (505) 999-1650
southwestgi.com

| Diabetic Miralax with Magnesium Citrate | | |
|--|--------------|-------------------|
| Date: | Time: | Physician: |
| Location: Southwest Endoscopy 7788 Jefferson St NE, Albuquerque, NM 87109 | | |
| Please call to confirm appointment 505-999-1600 | | |

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

You can reach your physician's office at: 505-999-1600



NO SHOW: Any patient who fails to keep an appointment will be charged a \$100.00 fee for scheduled procedure appointments. The fee must be paid prior to rescheduling any appointments.

Cancellations must be made 72 hours prior to your scheduled appointment. Any cancellation made less than 72 hours will be charged \$100.00. For Monday appointments, cancellations must be made by noon on the preceding Friday. This fee will have to be paid prior to rescheduling the appointment.

Shopping List

1 week prior to your procedure purchase the following:

- 1 bottle of over the counter Miralax Powder, 8.3 oz. – No prescription is needed for Miralax
- Dulcolax (Bisacodyl) Laxative 5mg tablets. (4 tablets)
- Magnesium Citrate 10oz bottle
- 64 oz. Gatorade GZERO or Gatorade G2– No red or purple
- Optional for a sore bottom – plain or aloe baby wipes, Desitin, A&D ointment or Vaseline
- Clear liquids

| 7 days prior to procedure | 3 days prior to procedure | 2 days prior to procedure | 1 day prior to procedure | Day of procedure |
|--|--|---|--|--|
| <p>Special Notes: Let us know if you are on any of the following blood thinners: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medications.</p> <p>STOP: iron supplements or vitamins that contain iron</p> <p>STOP: fish oil, krill oil or shark oil supplements.</p> |  <p>STOP eating any vegetables, fruits, or corn. No foods that contain seeds like tomatoes, green chile or sesame seed buns.</p> <p>You can eat meat, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.</p> <p>Purchase clear liquid diet items, ointment, reading material, etc.</p> |  <p>Continue to avoid vegetables, fruits, or corn. No foods that contain seeds like tomatoes, green chile or sesame seed buns.</p> <p>Confirm arrangements with your driver.</p> <p>Prep at a Glance</p> <p>5:00 pm take 10oz of Magnesium Citrate</p> <p>NO SOLID FOODS AFTER MIDNIGHT</p> | <p>NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy. Alcohol is not permitted.</p> <p>Prep at a Glance</p> <p>12:00 pm take 4 Dulcolax</p> <p>5:00 pm take 32oz of prep solution</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p> <p>Detailed, step-by-step instructions continue on page 3.</p> | <p>8 hours prior to your procedure</p> <p>Begin drinking the remaining 32oz of prep solution.</p> <p>Do not eat or drink 6 hours prior to your procedure except for your usual medication with small sips of water 2 hours prior to your procedure.</p> <p>Do not skip heart, blood pressure or seizure medications.</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



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 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.

DIABETIC MIRALAX WITH MAGNESIUM CITRATE

Prep Day: Two days before your procedure

Drink plenty of water throughout the day to avoid dehydration.

1

5:00 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.



No solid foods after midnight until after your procedure. Drink plenty of water to avoid dehydration.

Prep Day: The day before your procedure

2

12:00 PM the day prior to your procedure

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



3

12:00 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 10-15 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.

DIABETIC MIRALAX WITH MAGNESIUM CITRATE

Prep Day: The day of your procedure

6

8 hours prior to your procedure

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)** Drink an 8 oz. glass of the solution every 10-15 minutes **until gone**. **You must finish the entire prep, even if your bowels are already clear.**



THE DAY OF THE PROCEDURE

If your procedure is before 7 AM, please check in at 6:30 AM. Our office opens at 6:30 AM.

- Start drinking the second dose of the prep 8 hours prior then nothing for 6 hours prior to your procedure
- TAKE YOUR BLOOD PRESSURE MEDICATIONS, HEART MEDICATIONS, OR SEIZURE MEDICATIONS AS PRESCRIBED WITH A SMALL SIP OF WATER AT LEAST 2 HOURS PRIOR TO YOUR PROCEDURE.
- **You must arrange to have a responsible adult (18 or older) come with you to your procedure to drive you home.** You are not allowed to drive, take a bus, or leave the facility alone. Your driver does not need to stay at our facility during your procedure but needs to remain reachable by phone.
- You will need your current insurance card, picture ID, and copayment.
- If you are female under age 50 you may need to submit a urine specimen for a pregnancy test.

If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800-349-0285 or emailing support@yourpatientadvisor.com.

Diabetic Medication and Diet Instructions for Colonoscopy

The following information is both diet and medication recommendations for our diabetic patients undergoing endoscopic procedures. These are general guidelines. Please contact your healthcare provider who manages your diabetes for questions.

For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage your blood sugar levels.

- Schedule the appointment for early in the day so that you can eat afterwards and take your medication as close to the usual time as possible.
- Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of the procedure.
- Check your blood glucose if at any time you have symptoms of low blood glucose or very high blood glucose.

DIET: Clear liquid food choices for the day before your colonoscopy:

Aim for 45 grams of carbohydrate at meals and 15-30 grams of carbohydrate for snacks. Avoid anything that is colored RED, ORANGE, or PURPLE. Look for CLEAR, YELLOW, or GREEN flavors (examples: lemon, lime, apple, white grape, peach, banana).

| <u>Food Item:</u> | <u>Grams of Carbohydrate:</u> |
|---|-------------------------------|
| 1. *Ensure Active Clear (4 ounces) | 18 |
| 2. *Clear Boost Breeze (4 ounces) | 27 |
| 3. clear apple juice (not cider) (4 ounces) | 15 |
| 4. white grape juice (4 ounces) | 20 |
| 5. Jello (gelatin), regular sweetened (1/2 cup) | 17 |
| 6. popsicles or ice pops (read label) | 15 |
| 7. Italian ice (1/2 cup) | 16 |
| 8. sugar (for coffee or tea) (1 teaspoon or packet) | 4 |
| 9. fat-free broth, bouillon, or consommé | 0 |
| 10. diet clear soda | 0 |
| 11. coffee | 0 |
| 12. tea, unsweetened or diet | 0 |
| 13. Seltzer | 0 |
| 14. flavored water | 0 |

*May not be available locally, but can be purchased online. Check your local pharmacy

SAMPLE MENU

Avoid foods that are colored red, orange or purple

| Breakfast | Lunch | Dinner |
|---|---|--|
| Apple or white grape juice (1 cup) Regular sweetened Jello (1/2 cup) Tea with lemon | Broth Italian ice (1 cup) Tea with lemon Regular sweetened Jello (1/2 cup) | Broth Apple or white grape juice (1 cup) Tea with lemon Regular sweetened Jello (1/2 cup) |

MEDICATIONS:

DAY PRIOR TO PROCEDURE (Preparation Day)

Follow the clear liquid described above and adjust your medications as follows:

| If you take: | Morning | Lunch/Dinner | Bedtime |
|---|---|---|----------------------|
| Glucophage(metformin), Januvia, Janumet, Byetta, Tradjenta, Onglyza, Invokana, Avandia, Avandamet, Actos (pioglitazone), ACTOplus Met (pioglitazone & metformin), Farxiga | Take your usual dose | Take your usual dose | |
| Glucotrol, Glucotrol XL, Micronase (glyburide), Glucovance (glyburide and metformin), Jardiance, Metaglip (glipizide& metformin HCl), Prandin (repaglinide), Starlix (nateglinide), Victoza, Amaryl (glimepiride), Avandaryl, DiaBeta, Glynase, Duetact (pioglitazone & glimepiride). | Do not take | Do not take | Do not take |
| Lantus Levemir | Take your usual dose | | Take your usual dose |
| Humalog, Novolog, Regular Insulin or NPH Insulin If you use insulin sliding scale, then you may continue using it. | Take ½ the usual amount if you take a fixed dose— OR—Cover your carbs with your usual carb ratio | Take ½ the usual amount if you take a fixed dose— OR—Cover your carbs with your usual carb ratio | |
| Premixed insulin; 75/25, Novolin 70/30 or Novolog Mix 70/30 | Take ½ the usual dose at breakfast | Take ½ the usual dose at dinner | |

DAY OF PROCEDURE

Do not make up or “double up” on any missed medication after the procedure

| If you take: | Morning | Lunch/Dinner | Bedtime |
|---|-----------------------|----------------------------------|------------------------|
| Glucophage(metformin), Januvia, Janumet, Byetta, Tradjenta, Onglyza, Invokana, Avandia, Avandamet, Actos (pioglitazone), ACTOplus Met (pioglitazone & metformin), Farxiga | DO NOT TAKE | DO NOT TAKE | |
| Glucotrol, Glucotrol XL, Micronase (glyburide), Glucovance (glyburide and metformin), Jardiance, Metaglip (glipizide& metformin HCl), Prandin (repaglinide), Starlix (nateglinide), Victoza, Amaryl (glimepiride), Avandaryl, DiaBeta, Glynase, Duetact (pioglitazone & glimepiride). | DO NOT TAKE | Resume your usual dose if eating | |
| Lantus Levemir | Take ½ the usual dose | | Resume your usual dose |
| Humalog, Novolog, Regular Insulin or NPH Insulin If you use insulin sliding scale, then you may continue using it. | DO NOT TAKE | Resume your usual dose if eating | |
| Premixed insulin; 75/25, Novolin 70/30 or Novolog Mix 70/30 | DO NOT TAKE | Resume your usual dose if eating | |