

COLONOSCOPY PREPARATION for Insulin Diabetics

Enclosed please find your SUPREP prescription

Please call 989.839.0750 if you have any questions regarding your scheduled procedure.

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will be performing your procedure at the location checked below on _____ at _____

Great Lakes Bay Surgery & Endoscopy Center, 4228 Bay City Rd., Midland

Riecker Surgery Center, 4400 Wellness Dr., Midland

3 DAYS PRIOR TO YOUR PROCEDURE YOU MUST AVOID THE FOLLOWING:

- ~Foods with seeds (tomatoes/cucumbers)
- ~Iron supplements (including vitamins with iron)
- ~Bulking products (Metamucil, Citrucel)
- ~Foods difficult to digest (corn,nuts)

5 DAYS PRIOR TO YOUR PROCEDURE it is recommended that you stay off aspirin products, Celebrex, Ibuprofen, or Motrin.

Call our office if you:

- ~have a defibrillator
- ~are taking Coumadin, Effient, Plavix, Pradaxa or any blood thinning product
- ~have a heart valve replacement OR
- ~have a history of endocarditis (these may require antibiotics prior to your procedure)

THE DAY BEFORE YOUR PROCEDURE you must follow a clear liquid diet:

****Please see the enclosed dietary instructions****

Instructions for use of SUPREP

At 5:00pm on the evening before procedure pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water or any clear liquid to the 16-ounce line on the container and mix. **(NO RED or PURPLE)**

Drink ALL the liquid in the container.

You must drink two (2) more 16-ounce containers of clear liquid over the next one (1) hour.

At 8:00 pm the evening before your procedure repeat the previous preparation procedure.

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NOTHING BY MOUTH 3 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE

NO SMOKING AFTER MIDNIGHT THE DAY OF YOUR PROCEDURE

The day of your procedure you may take your medication for blood pressure and heartburn/anti-reflux medication with a sip of water.

Prior to leaving for your scheduled procedure the results from your prep should be a clear to light yellow liquid. If they are not, call the facility that will be performing your procedure. Failure to follow these preparation instructions could result in the cancellation of your procedure.

You will be sedated for your procedure which will impair your reflexes and judgment. Therefore, you will need to bring a responsible driver over the age of 18 as you will not be allowed to drive after your procedure.

What is a Colonoscopy?

Colonoscopy is a procedure that allows your physician to examine the lining of the entire large intestine (colon) from the rectum to the lower end of the small intestine for any abnormalities such as inflamed tissue, polyps, ulcers or bleeding. A small fiberoptic flexible tube is gently inserted into the anus and advanced into the colon. If an area needs further evaluation a biopsy will be taken. Biopsies do not imply cancer and most polyps are not cancerous. Removal of polyps is one of the best means of preventing colo-rectal cancer.

Written Consent is required from the patient or from the legal guardian prior to this procedure. Legal guardians may obtain the appropriate forms by calling the facility that will be performing your procedure.

**Great Lakes Bay Surgery & Endoscopy Center 989.495.9100
Riecker Surgery Center, 989.837.9493.**

After the procedure and upon discharge:

- ~ Your physician will explain the results of the exam to you and your designated driver.**
- ~ Do not drive or operate machinery the rest of the day.**
- ~ Do not go to work. Rest and take it easy. For your safety you must have someone stay with you the remainder of the day due to the side effects of the sedation or your procedure may be canceled.**
- ~ Do not drink alcoholic beverages.**
- ~ Do not make critical decisions, sign legal documents or do anything that requires you to be alert and coordinated.**

Diabetes Instructions for Colonoscopy Preparation and Procedure

There are general guidelines. Please call the health care 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 blood glucose.

INSULIN AND DIABETES PILLS: If you are a diabetic, it is important to monitor your blood sugar while doing the bowel preparation. **Non-insulin diabetics only take your am diabetes pills the day before your procedure. Insulin patients call Great Lakes Bay Surgery Center or the Riecker Surgery Preadmissions Department regarding taking your insulin the day before your procedure. You should not take any diabetic medications on the day of your procedure.** Please be sure to check your blood sugar at home at all meals, at bedtime and on the morning on your exam.

Please use these tips to schedule your examination:

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.

Bring your blood glucose meter, test strips, and a clear low blood glucose treatment with you on the day of the procedure.

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 liquid snacks.

*Avoid liquids that are red or have red dyes (cherry, berry, or grape flavors).

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Sample of Clear Liquid Choices with Grams of Carbohydrates:

- *Apple juice (4 ounces) 15 grams of carbohydrates
- *White grape juice (4 ounces) 10 – 15 grams of carbohydrates
- *Sports drinks such as Gatorade (8 ounces) 14 grams of carbohydrates
- *Gelatin (Jell-O), regular sweetened (1/2 cup) 15 grams of carbohydrates
- *Orange popsicles or ice pops (read the label) 30 grams of carbohydrates
- *Italian ice—not sherbet (read the label) 30 grams of carbohydrates
- *Sugar (for coffee or tea) (1 teaspoon or packet) 4 grams of carbohydrates

Food items without carbohydrates:

- *Fat-free broth, bouillon, or consommé
- *Diet clear soda
- *Coffee
- *Tea, unsweetened or diet
- *Seltzer
- *Flavored water