

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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Arrival Date: _____

___ **Great Lakes Bay Surgery & Endoscopy Center, 4228 Bay City Rd., Midland – see attached paperwork re: calling for your Arrival Time**

___ **Riecker Surgery Center, 4400 Wellness Dr., Midland – see attached paperwork re: calling for your Arrival Time**

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.

(over)

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).

(over)

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



Dear Patient,

Your Doctor has scheduled you for a procedure at Great Lakes Bay Surgery and Endoscopy Center in Midland. We are located just west of US 10 on Bay City Road. Please find a map and driving directions on the reverse side of this letter.

1. **You are to bring your driver's license and insurance card, as well as, a responsible adult (18 or older) who must remain on site until you are discharged and will drive you home.**

- Read and carefully follow any prep instructions that may be enclosed as a thorough prep is **VITAL** to a successful procedure.
- The "Patient Rights and Responsibilities" booklet provides important information for your knowledge including the center's ownership, your rights and responsibilities as a patient, and information about Advanced Directives.

2. **Please complete your on-line medical history form - Simple Admit - as soon as possible or at least one week prior to your procedure.**

- Go to our secure website: www.glbsurgery.com.
- Follow the link in **Complete Your Medical History Now** box.
- Enter this registration password: **GLBSEC222NEW** to begin.

It is important that we get this information ahead of time so that your anesthesia provider can plan your care. For questions call (989) 495-9100.

3. **Please call us at 989-495-9100 two (2) business days before your scheduled date to receive your arrival time for the procedure - call between 1:00pm and 3:00pm.**

Great Lakes Bay Surgery and Endoscopy is open Monday-Friday from 6:30 am - 4:30 pm. Our website provides additional information about our services - www.glbsurgery.com.

We appreciate the opportunity to partner with your physician to provide you with excellent care.

The Great Lakes Bay Surgery and Endoscopy Team

DIRECTIONS:

East (Bay City)

Take US-10 west to Bay City Rd. exit, turn left at W. Midland Rd. which turns into Bay City Rd.

West (Mt. Pleasant)

M-20 east, right at Buttles St./US-10 Business. Buttles St. turns into Lyons Rd. Continue to take US-10 Business east toward Bay City Rd. exit. Merge onto US-10 east, take Midland exit toward Bay City Rd. Turn left at W. Midland Rd. which turns into Bay City Rd.

South (Saginaw)

Take Midland Rd./M-47 north, exit onto US-10 west toward Midland, exit to Bay City Rd., turn left at W. Midland Rd. which turns into Bay City Rd.

North (Sanford)

US-10 east toward Bay City. Take Midland exit toward Bay City Rd. Turn left at W. Midland Rd. which turns into Bay City Rd.

GREAT LAKES BAY
**Surgery &
 Endoscopy Center**

4228 Bay City Rd.
 Midland, Michigan 48642
 Phone 989.495.9100 • Fax 989.495.9150

