

Prepare for Your Colonoscopy: MiraLAX® and Dulcolax® Patients with Diabetes

Colonoscopies can help find colon cancer. You will follow these instructions to get ready for your colonoscopy. This will clean out your colon so that the doctor can do the colonoscopy.

- If you take a blood thinner or an antiplatelet, talk to your doctor to find out if you should stop taking it before your colonoscopy.
 - Some examples of blood thinners: warfarin, Eliquis® (apixaban), Pradaxa® (dabigatran), Savaysa® (edoxaban), Xarelto® (rivaroxaban), Lovenox® (enoxaparin), Fragmin® (dalteparin), Arixtra® (fondaparinux), or heparin.
 - Some examples of antiplatelets: aspirin, Plavix® (clopidogrel), Effient® (prasugrel), Brillinta® (ticagrelor), Pletal® (cilostazol), Persantine® (dipyridamole), Aggrenox® (aspirin/dipyridamole), or Trental® (pentoxifylline).
- You will need to buy the following from the drug store or pharmacy:
 - Dulcolax® (bisacodyl) 5mg tablets
 - MiraLAX® (polyethylene glycol 3350) 8.3 oz.
 - Gatorade® 64 oz. that is not red, purple, or orange.



7 Days Before Your Colonoscopy

- Stop taking iron pills if you take any.
- **Stop eating nuts, seeds, and popcorn.**
- Take all of your regular medicines unless your doctor has told you not to.

4 Days Before Your Colonoscopy

- Stop taking Steglatro™ (ertugliflozin) if you take it.

3 Days Before Your Colonoscopy

- Stop taking Invokana® (canagliflozin), Farxiga® (dapagliflozin), and Jardiance® (empagliflozin).

Things to Remember for Your Colonoscopy

- **You must come with someone who will bring you home. They must stay for the whole colonoscopy.**
- If you have an inhaler, bring it with you.
- You can brush your teeth or dentures as normal.
- Leave all valuables at home.
- Tell your nurse or doctor if you have a pacemaker, defibrillation device, insulin pump, or an implanted device.
- Bring your photo ID and insurance card.
- Bring a list of your current medicines.

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The Day Before Your Colonoscopy

- Drink at least **8 ounces of clear, sugar-free liquids each hour you are awake** during the day. 8 ounces is the same as 1 cup. You can use a liquid measuring cup to measure.

Examples of clear liquids:

- Clear Diet Pop
- Sugar Free Popsicle®
- Sugar Free Jell-O®
- Water
- Black coffee or tea (no cream)
- **Do not eat or drink anything that is red, orange, or purple.**
- Do not eat any solid food.



Clear Liquid Meal Replacement Guide

Breakfast (60 carbs)	Lunch (60 carbs)	Dinner (60 carbs)	Snack (30 carbs)
1 cup clear fruit juice (30 carbs) and 1 cup regular yellow or green Jell-O® (30 carbs).	1 cup clear fruit juice or clear regular pop (30 carbs) and 1 cup regular yellow or green Jell-O® (30 carbs).	1 cup clear fruit juice or clear regular pop (30 carbs) and 1 cup regular yellow or green Jell-O®.	½ cup clear fruit juice (15 carbs) and 1 regular yellow or green Popsicle® (15 carbs).

Diabetes Medicine Schedule

Contact the doctor that manages your diabetes if you have any questions.

Oral Medicine	Short-acting Insulin	Long-acting Insulin	Intermediate Insulin	Insulin Pump
Take your normal dose in the morning and at dinnertime. If you take sulfonylureas* only take ½ of your dose.	Take ½ of your dose with meals.	Take ½ of your dose at your usual time.	Take ½ of your dose at your usual time.	Bolus for the carbohydrates. Reduce your basal dose by 20%.

*Some examples of sulfonylureas are chlorpropamide, glipizide (Glucotrol or Glucotrol XL®), and glyburide (Diabeta®, Micronase®, Glynase® PresTab®).

At 3:00 PM

1. At 3:00 pm swallow 4 Dulcolax® tablets.
 2. At 4:00 pm mix the whole bottle of MiraLAX® with the whole bottle of Gatorade® in a pitcher or large container.
 - Shake or mix it until the MiraLAX® is dissolved.
 - You can put it in the refrigerator to keep it cold.
 3. At 5:00 pm drink 8 ounces of the mixture every 10 to 15 minutes until you finish it.
 - You must finish it all by 10:00 pm.
 - If you feel nauseous, stop for 30 minutes and then try again. It is very important to drink everything.
 - Try to drink each glass all at once, not in small sips.
- You should have bowel movements often once you start drinking the mixture. These can last for 2 hours after you finish drinking the mixture.
 - You can use moist wipes to help stop soreness.

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The Day of Your Colonoscopy

- Take your non-diabetes medicine with just 1 or 2 sips of water.
- You can brush your teeth or dentures as normal.
- You can drink clear liquids until 3 hours before your colonoscopy.

Diabetes Medicine Schedule

Contact the doctor that manages your diabetes if you have any questions.

Oral Medicine	Short-acting Insulin	Long-acting Insulin	Intermediate Insulin	Insulin Pump
Do not take.	Do not take.	If you take a morning dose, only take 1/2.	If you take a morning dose, only take 1/2.	Reduce basal dose by 30-50% until colonoscopy is done.

Low Blood Sugar the Day of your Colonoscopy

- If your blood sugar is below 70 mg/dL, drink 4 ounces of clear juice. Wait 15 minutes and check your blood sugar again.
 - If your blood sugar is still below 70 mg/dL, drink 4 ounces of clear juice. Wait 15 minutes and check your blood sugar again.
 - Repeat until your blood sugar is above 70 mg/dL.
- Before your colonoscopy, tell the nurse what time you drank the extra juice.