

COLONOSCOPY Date: _____

****REPORT TO GI CHECK-IN 1 hour prior to your appointment time**

Veterans Affairs Medical Center
50 Irving St NW, Washington DC 20422
202-745-8523

7 DAYS BEFORE TEST

Verify your bowel prep (GOLYTELY)

If you have not received your bowel prep, call
202-745-8523

IF YOU RECEIVED **Miralax** (polyethylene glycol) as part of your bowel preparation, **START TAKING IT TWICE A DAY.**

Verify your driver or escort for test day

An adult must be available to accompany you home after the procedure.

If you take these BLOOD-THINNING MEDICATIONS:

Contact your **Primary Care Provider** to receive instructions on when to stop taking them. If you do not stop these medications as directed, your procedure will be rescheduled:

Warfarin [Coumadin]	Clopidogrel [Plavix]
Rivaroxaban [Xarelto]	Apixaban [Eliquis]
Dabigatran [Pradaxa]	Dalteparin [Fragmin]
Cilostazol [Pletal]	Fondaparinux [Arixta]
Enoxaparin [Lovenox]	Prasugrel [Effient]
Dypiramide/ASA [Aggrenox]	Edoxaban [Savaysa]

Stop taking the following medications:

Iron, Multivitamins, Metamucil or fiber products

1 DAY BEFORE TEST

Start a Clear Liquid Diet ALL DAY

You cannot eat anything solid or drink any liquid you cannot see-through. If you eat solid food your procedure may be rescheduled because of an inadequate prep. Avoid **red or purple** liquids. **DRINK LOTS OF FLUIDS OR THE BOWEL PREP MAY NOT BE EFFECTIVE.**

Prepare the bowel prep:

Fill the whole Golytely bottle with water. You may add **Crystal Light Lemonade-flavored** powder to the Golytely. Refrigerate until ready to use

Drink the bowel prep at 6 pm:

At 6 pm drink ONE-HALF of the GOLYTELY Bottle

Drink 1 glass every 10 minutes until finished
Drink plenty of water throughout the day

***If you received 2 Gallons with your bowel prep then drink 1 entire gallon today**

Medications:

FOR DIABETES MEDICATIONS, PLEASE FOLLOW ATTACHED GUIDELINES.

DAY OF TEST

Finish your bowel prep

Drink the other half-gallon SIX (6) hours BEFORE your procedure time.

***If you received 2 Gallons with your prep then drink one-half of the second gallon now**

DO NOT DRINK FOR 4 HOURS BEFORE YOUR PROCEDURE

Medications:

Diabetics: DO NOT take your diabetes medications.

DO NOT take diuretics (WATER PILLS)

YOU CAN take most of your other daily medications **with small sips of water** such as:

Blood pressure, anti-arrhythmia (heart), pain medication

REPORT TO GI CHECK-IN, ROOM 3A-166A 1 hour prior to your appointment time

An adult must be available to accompany you home after the procedure. **Your procedure will be rescheduled** if you do not have an escort/ride.

Diabetes Instructions for Colonoscopy Preparation and Procedure

These 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.

TYPE 1 DIABETES (Insulin Dependent Diabetes)

If you have Type 1 Diabetes Mellitus, please contact the Endocrine Service for recommendations. If you are on an insulin pump, adjustments to your basal rates or targets may be made by anesthesia provider.

TYPE 2 DIABETES

If you have Type 2 diabetes, it is important to monitor your blood glucose while doing the bowel preparation and it is important to adjust your medications as below.

You should NOT take any oral diabetes medication the day of the procedure.

Diabetes Treatment	Before colonoscopy	After colonoscopy
Oral Diabetes Medications <ul style="list-style-type: none"> - Metformin (Metformin IR, SA) - Sulfonylureas (glipizide, glimepiride, glyburide) - DPPIV Inhibitors (sitagliptin, saxagliptin, alogliptin) - SGLT2 inhibitors (empaglifozin, dapaglifozin, canaglifozin) 	Hold for 48 hours prior to colonoscopy	Resume 24 hours after colonoscopy if resuming regular meals
GLP-1 agonists -daily (Liraglutide)	Hold for 48 hours prior to colonoscopy	Resume 24 hours after colonoscopy if resuming regular meals
GLP-1 agonists -weekly (Semaglutide, Dulaglutide)	If your next dose is within 48 hours of colonoscopy, hold that dose	Resume 24 hours after colonoscopy if resuming regular meals
Basal insulin (Glargine, Detemir, Degludec)	Take half (50%) your usual dose the day before the colonoscopy; hold the morning of the procedure.	Resume when tolerating regular meals.
Rapid insulin (Aspart, Lispro)	Take half your dose with meals or while on clear liquid diet day before colonoscopy Thereafter, if glucose is more than 250 mg/dl give only correctional dosing as discussed with your primary care or endocrinologist	Resume when tolerating regular meals

Test Blood Sugar: Check your blood sugars before meals and at bedtime (or every 6 hours) on preparation day, and the morning of your exam. Always test your blood sugar if you are feeling that you might be too high or too low. Blood sugar may not return to your usual numbers for up to 72 hours after the procedure.

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.

If you have a low blood sugar on preparation and/or procedure day, you must treat it with one of the following:

- four or five glucose tablets non-red or purple in color,
- ½ cup apple juice, ½ cup white grape juice,
- **OR** 1 cup real soda (15 grams of carbohydrate)
- and test your blood sugar more times than usual during the day while trying to keep blood sugar numbers between 100 and 200mg/dl.
- If low blood sugar persists, contact your health provider for guidance.

During preparation day (day before the procedure), drink both sugar free and sugar containing drinks (see below).

On test day you may have carbohydrate containing clear liquids (see below) until 3 hours before your scheduled arrival time. If you have a low sugar during nothing by mouth time, use glucose tablets or call our office to come in early.

Replace usual meals with 45-60 grams of liquid carbohydrate or 1 ½ cups to 2 cups. Liquid carbohydrate is absorbed in the stomach more rapidly and could increase the chance of low blood sugar.

Examples of sugar containing clear liquids(or 15 grams of carbohydrate) to be used for meals or snack:

- Apple or white grape juice ½ cup =15 grams
- Jello (non-diet) ½ cup = 20 grams
- Popsicles ½ cup = 15 grams
- Regular soda ½ cup = 15 grams
- Gatorade 1 cup = 15 grams
- Kool-aid ½ cup = 10 grams
- Clear Boost ½ cup = 18 grams
- Clear Ensure ½ cup = 16 grams

On the test day (until 3 hours before arrivaltime), mix clear liquids with an equal amount of water. Then, do not eat or drink anything until after the procedure.

Clear liquid food items that are sugar free:

- Fat-free broth, bouillon, or consommé
- Diet clear soda
- Coffee or tea, unsweetened or diet
- Seltzer and flavored water
- Resource Breeze- 10 gram proteindrink