


Miralax (Polyethylene Glycol) Bowel Prep (Diabetic)

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: **414.918.3556**

Special Notes: If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. **If you are diabetic**, please ask your Prescribing Physician or Primary Care Physician for diet and medication restrictions. Please do not take any diabetic medication the morning of your appointment, but bring it with you to your procedure.

Detailed Medication Instructions included in Packet

5 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p>Review your prep instructions thoroughly.</p> <p>SEE PAGE 5 & 6 FOR DETAILED DIABETIC DIETARY RESTRICTIONS AND MEDICATION GUIDELINES</p> <p>STOP all vitamin and mineral supplements including fish oil, iron, etc.</p> <p>Patients on blood thinners/ anticoagulants and/or diabetic medications should have contacted prescribing physician regarding any medication discontinuation</p>	 <p>STOP eating any raw vegetables or vegetables containing seeds, corn, popcorn, whole wheat or multigrain foods, nuts and seeds and stop any fiber supplements, bran or bulking agents until after the procedure.</p>	<p>Continue a low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>Prep at a Glance 5:00 pm take 1 Dulcolax 5mg (Bisacodyl) tablet</p> <ul style="list-style-type: none"> • Do NOT eat solid foods after midnight. • You may take all other medications as usual unless directed otherwise. • Confirm arrangements with your driver. 	<p>NO SOLID FOODS CLEAR LIQUIDS ONLY upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p>Prep at a Glance</p> <ul style="list-style-type: none"> • 3:00 pm take 1 Dulcolax 5mg (Bisacodyl) tablet • 5:00 pm drink 32oz of prep solution • Drink plenty of water and liquids throughout the day to avoid dehydration. <p>Detailed, step-by-step instructions continue on page 3.</p>	<p>Drink remaining 32oz of prep solution.</p> <p>Nothing by mouth 4 hours prior to your procedure.</p> <p>NO GUM OR HARD CANDY</p> <p>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</p> <p>*If you take daily medication you may take it with SMALL SIPS OF WATER at least 4 hours before your procedure. Do not take your diabetic medication/ insulin the day of your procedure.</p>

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 and continue to drink liquids. Warm liquids can also help. Activity such as stretching, walking, and moving about your space aids in bowel motility. 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, rinse your mouth with water, take a 15 to 30-minute break and then continue drinking the solution. Drinking hot liquids also calms the stomach. 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 4 hours prior to leaving for your procedure until after your procedure is complete.

Why do I have to wake up at 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.

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Two days before your procedure

1

5:00 PM Take 1 Dulcolax 5mg (Bisacodyl) tablet with a glass of water.



The day before your procedure

No solid foods upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

2

At some point this morning Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Miralax (Polyethylene Glycol) with **64 oz** of sugar free clear liquid (sports drink preferred) and refrigerate.



3

3:00 PM Take 1 Dulcolax 5mg (Bisacodyl) tablet with a glass of water.



COLON CLEANSING TIPS

- Chill the solution in the refrigerator. **DO NOT** add ice to the solution or your drinking glass.
- Stay near a toilet! You will have diarrhea.
- You will be uncomfortable until the stool has flushed from your colon (in about 2 to 4 hours). You may feel chilled.
- Alcohol-free baby wipes may help ease skin irritation.

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4

5:00 PM Drink an 8 oz glass of the solution every 15 minutes until you have finished drinking **HALF OF THE SOLUTION (32 oz)** Refrigerate the remaining half of the solution.



The day of your procedure

5

6 hours prior to leaving, drink the **OTHER HALF OF THE SOLUTION (32 oz)** drink an 8 oz glass of the solution every 15 minutes **until gone**. **You must finish the entire prep, even if your bowels are already clear.**



6

After you finish drinking the solution

If you opted to purchase Gas-X 125mg (Simethicone) please take now with a sip of water.



7

Nothing by mouth to eat or drink (including gum and hard candy) 4 hours prior to leaving for your procedure until after the procedure is complete.

You are ready for the exam, if you followed all instructions and your stool is no longer formed, but clear or yellow liquid (like urine or tea).

THE DAY OF THE PROCEDURE

REMINDERS:

- Take all other usual morning medications unless directed otherwise with a sip of water
- Do not take any diabetic medications
- Bring a list of all current medications including allergy or over-the counter medications.
- If you use inhalers, please bring them to your appointment.
- Please bring a photo ID as well as up-to-date insurance information.
- Leave all other valuables at home.
- Remember you must have a pre-arranged ride or your scheduled procedure may be canceled.

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DIABETIC BOWEL PREP GENERAL GUIDELINES

Please call your health care provider who manages your diabetes for questions.

1. If you are diabetic, it is important to monitor your blood sugar while doing the bowel preparation.
2. Please be sure to check your blood sugar at home at all meals (clear liquid meals), at bedtime and on the morning of your exam.
3. Frequently check your blood glucose level for symptoms of low blood glucose or high glucose.
4. Aim for 45 grams of carbohydrates at meals and 15-30 grams of carbohydrates for snacks.
5. Items with carbohydrates (sugar additive items)

Liquid Items	Ounces	Carbohydrate value
Apple Juice	4 ounces	15 grams
White grape juice	4 ounces	15 grams
Sports drink (Gatorade)	8 ounces	14 grams
Gelatin (Jello)	½ cup	15 grams
Orange popsicles/ ice pops	2	15 grams
Italian ice (not sherbet)	Read label	30 grams

6. Food items without carbohydrates:
 - Fat-free broth
 - Bouillon or consommé
 - Diet clear soda
 - Coffee
 - Tea (unsweetened or diet)
 - Seltzer
 - Flavored water (Crystal Lite)

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MEDICATION RESTRICTION INFORMATION

Aspirin (ASA)	continue
NSAIDs	continue in low doses
Dipyridamole (Persantine)	*stop 2 days prior
Aggrenox	*stop 2 days prior
Clopidogrel (Plavix)	*stop 5 days prior
Prasugrel (Effient)	*stop 5 days prior
Ticlodipine (Ticlid)	*stop 10 days prior
Ticagrelor (Brilinta)	*stop 3 days prior
Cilostazol (Pletal)	*stop 2 days prior
Anticoagulants	
Warfarin (Coumadin)	* stop 5 days prior
Heparin	hospital indications
Enoxaparin (Lovenox)	*stop 1 day prior
Dalteparin (Fragmin)	*stop 1 day prior
Fondaparinux (Arixtra)	*stop 2 days prior
Rivaroxaban (Xarelto)	*stop 2 days prior
Apixaban (Eliquis)	*stop 2 days prior
Edoxaban (Savaysa)	*stop 2 days prior
Dabigatran (Pradaxa)	*stop 1 day prior
All Supplements	
Vitamin E	stop 5 days prior
Iron	stop 5 days prior
Multivitamins	stop 5 days prior
Fish Oil	stop 5 days prior

*Please consult with your prescribing physician regarding the discontinuation of these medications