



Constipation/Diabetic Bowel Prep Instructions

Your appointment is set for

_____ at _____.

Please review all instructions one week before your procedure.

Important Reminder

You must be on a **clear liquid diet** for 2 days before your procedure.

Locations

St. Luke's GI Diagnostics - 4321 Washington Street, Suite 5700 - Medical Plaza III - KCMO 64111
St. Luke's Surgery Center Shoal Creek - 8860 NE 82nd Terrace - KCMO 64158
St. Luke's Hospital - 4401 Wornall Rd., PEET Center - KCMO 64111

Special Note

We must receive your cancellation request within 72 hours of your procedure date. Cancellation notices that are received less than 72 hours prior to procedure will result in a \$100.00 cancellation fee.

Prep Materials You Will Need

You will need to purchase the following - all are available over the counter at any pharmacy:

- 2-10 oz Bottle of Lemon Lime Magnesium Citrate
- 1-238 gram bottle of Miralax
- 1-box of Dulcolax Laxative Tablets (Only 4 tablets are needed)
- 1-64 oz Bottle of Propel Fitness Water
- Be sure to pick up any clear liquid items you may need for Prep Day. Chicken/Beef Broth, Jello, Sodas, Popsicles, or Coconut Water. Nothing red or purple. **If you cannot see through it - do not eat it!**

Special Note

If you are taking Coumadin, Plavix or Lovenox or either a history of prior stroke, or for coronary stents, or for atrial fibrillation, or artificial heart valves, please contact the scheduling department at **(816) 561-2000**.

You can reach Your Patient Advisor with non-medical prep questions at **(800) 349-0285**. You can reach your physician's office at **(816) 561-2000**.

How to Prepare for Your Procedure

3 Days Prior

Begin a Low-Residue Diet

Begin a low-residue diet, and continue until you start your clear liquid diet the day before your procedure.

What is a low-residue diet?

Suggested Foods

These are examples of foods low in fiber and easily digestible.

- Pancakes with butter and syrup
- White bread
- White Rice
- Eggs
- Ripe Bananas, Avocados, Soft Cantaloupe
- Lean Meats (Chicken, Boneless Fish, Pork, Ground Beef)
- Potatoes (no skin) with sour cream and butter
- Smooth Peanut Butter
- Mushrooms, Spinach

Foods to Avoid

The following foods should not be eaten because they are hard to digest.

- Fruits
- Nuts
- Red Meats
- Brown Rice
- Raw Vegetables
- Cheese

2 Days Prior

Start Your Colonoscopy Preparation

No solid foods until after your procedure. You must be on a clear liquid diet. Drink water throughout the day to avoid dehydration while preparing for your procedure.

How to Prepare for your Procedure

6:00PM

Step 1

Drink the entire bottle of Magnesium Citrate. You may mix it with Sprite, 7-Up or Ginger Ale. **If you have Congestive Heart Failure or have Kidney-Renal Failure DO NOT drink.**



The Day Before Your Procedure

Continue Your Colonoscopy Preparation

No solid foods until after your procedure. You must be on a clear liquid diet. Drink water throughout the day to avoid dehydration while preparing for your procedure.

How to Prepare for your Procedure

2:00PM

Step 1

Pour the 64 oz. (1/2 gallon) of Propel Fitness Water into a pitcher and chill in the refrigerator.



4:00PM

Step 2

Drink the entire bottle of Magnesium Citrate. You may mix it with Sprite, 7-Up or Ginger Ale. **If you have Congestive Heart Failure or have Kidney-Renal Failure DO NOT drink.**



4:30PM

Step 3

Take 2 (5mg) Dulcolax tablets with a glass of water.



The Day Before Your Procedure

5:30PM

Step 4

Mix together the **ENTIRE BOTTLE** of Miralax (8.3oz/238g) with **64 oz.** of chilled Propel Fitness Water.



Step 5

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE (32 oz.)**.



7:30PM

Step 6

Take 2 Dulcolax tablets with a glass of water. **Please note you will only need 4 tablets total.**



10:15PM

Step 7

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)**. Drink an 8 oz. glass of the solution every 15-30 minutes **until gone**. **You must finish the entire prep, even if your bowels are already clear.**



Nothing by mouth, including water, after midnight.

The Day of Your Procedure

- **Nothing by mouth, including water, after midnight.**
- If you take blood pressure medication, you may do so the day of the procedure with just a sip of water.
- If you have questions regarding medications, please call your doctor at (816) 561-2000.
- **PLEASE DO NOT APPLY ANY LOTION, VASELINE, BABY OIL, OR BODY SPRAY.**
- Come to your procedure with **NO MASCARA.**

You will be medicated for this procedure. It is necessary to have someone with you to drive you home. Your doctor will speak with you after the procedure; you may want to have your driver with you at that time, as you may not recall the discussion due to sedation.

Colonoscopies and Diabetic Patients

For patients with diabetes a colonoscopy can be challenging especially if you are taking medications to regulate your blood sugar. Below are some tips to help you have a safe preparation and a successful colonoscopy.

Before you start a liquid diet you should **contact your health care provider** that manages your diabetes. If you take oral medications or insulin make sure to ask them the dosages and when you should take these medications.

Schedule your colonoscopy for the **first procedure of the morning**. This will shorten the amount of time that you have to fast. Verify that the doctor's office knows that you are diabetic and that you need be the first or second patient the doctor sees that morning.

Check your blood sugar levels frequently. Check your blood sugar levels before each meal and before bedtime (at least every 4-6hrs). Bring your meter and test strips with you to your procedure.

The American Diabetes Association states that a sugar-free liquid diet is not recommended for patients with diabetes. Diabetics need sugar and the carbohydrates they contain in order to manage their blood glucose levels when they are taking diabetes medications. It is recommended that diabetics should consume about 200 g of carbohydrates the day of their clear liquid diet spread out over the day. Even though you are consuming sugar these liquid carbohydrates are replacing what you would normally eat and should not cause your blood sugar to rise too high. Be sure to drink plenty of liquids to avoid becoming dehydrated while you're using the laxative. If your blood sugar falls too low you can treat it with clear juice, non-diet soda, or glucose gel.

Clear liquid food choices for the day before your colonoscopy

Food Items	Grams of Carbohydrate
Apple juice (4 ounces)	15
White grape juice (4 ounces)	20
Sports drink such as Gatorade (8 ounces)	14
Gelatin (Jello), regular sweetened (1/2 cup)	15
Popsicles or ice pops (read the label)	15
Italian ice--not sherbet (read the label)	30
Sugar (for coffee or tea) (1 teaspoon or packet)	4
Fat-free broth, bouillon, or consommé	0
Diet clear soda, coffee, tea (unsweetened), flavored water	0

Bowel Prep Frequently Asked Questions

What is a clear liquid diet?

A clear liquid diet can consist of any liquid that is not red or purple, does not contain dairy and does not contain pulp. Coffee, tea, apple juice, soda, broths, sports drinks, popsicles and Jell-O are all examples of liquids that fall into a clear liquid diet.

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, continue to drink liquids. 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 slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution, even if it takes longer.

Can I drink alcohol on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

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.

Can I use an Uber or Taxi for my appointment?

No. Your driver should be a trusted family member or friend, and s/he must stay on the hospital campus during your procedure.