



# COLONOSCOPY - FREQUENTLY ASKED QUESTIONS & DIABETIC INFORMATION

**What is a clear liquid?** A clear liquid is any transparent liquid, this includes water, broth, bone broth, juice without pulp, soda, sports drinks (ex: Gatorade), Jell-o, tea, or coffee without cream. Milk and cream are not clear liquids.

**What is a clear stool?** A clear stool can have a slight tint of yellow or green. It is completely transparent & does not contain any solid matter.

**Is it normal to have diarrhea & cramping?** YES. This is normal. Bloating, abdominal discomfort, nausea, cramping and diarrhea could happen at any point during the bowel prep process.

**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. Take a break for 20-30 minutes, drink water and then continue bowel preparation. Drink all of the laxative solution, even if it takes longer. If vomiting persists, or you are not able to finish the preparation, call your physician's office for further instructions.

**I am not having bowel movements. What should I do?** Individual responses to laxatives vary. Bowel movements may begin up to 3-4 hours after beginning the prep solution. Be patient, and continue to drink liquids and walk around.

**If you have not started having diarrhea 4 hours after drinking the first dose (9:00pm), please call your RMG physician's office for further instructions.** You may be asked to take an additional dose of the prep solution.

**Can I continue to drink liquids after I begin the laxatives/prep solution?** YES. We recommend you drink more water and other clear liquids through the preparation process to avoid dehydration. You may continue drinking clear liquids until 4 hours prior to procedure.

**Why do I have to wake up early to take an additional dose 6 hours prior - why can't I take it all the night before?**

A split prep has been proven to be the most effective strategy for a successful colonoscopy preparation. It is essential that you follow the directions provided.

## **FOR PATIENTS WITH DIABETES CONTROLLED BY INSULIN OR ORAL MEDICATIONS:**

***We recommend using sugar free liquid for your bowel preparation. Options include Gatorade Zero, Propel & Crystal Light.***

It is important to keep your blood sugar controlled when you are preparing for your procedure. Below are general recommendations for peri operative diabetes management. Please call your healthcare provider who manages your diabetes with additional questions regarding diabetes medication.

Check your blood sugar regularly throughout the preparation process, including at bedtime and the morning of your procedure. If your blood sugar is less than 60, you make take a glucose tablet and/or call your health care provider for further instructions.

### **➡ The day before your procedure:**

- \* Take your oral medications as usual
- \* Be sure to drink any clear liquids necessary to maintain your blood sugar
- \* Insulin: If you take insulin with meals: you should skip the insulin you would usually take with meals.

### **➡ The evening before your procedure:**

- \* **Oral medications:** continue usual dosage until midnight
- \* **Insulin:** If you usually take long-acting insulin in the evening (e.g. lantus or glargine), you may take your usual dose of long-acting insulin in the evening before your procedure.

### **➡ The morning of your procedure:**

- \* **Oral medications:** Do not take any diabetes pills on the day of your procedure
- \* **Insulin:** If you usually take long-acting insulin in the morning (e.g. lantus or glargine), please take between one-third and one-half of your usual morning dose.

### **➡ Insulin Pump:**

- \* Discontinue BOLUS insulin dosing on the day prior to the procedure and on the day of the procedure. Continue BASAL insulin infusion rate throughout the preparation process and on the procedure day.