7 DAYS BEFORE your exam:

- You need to arrange for someone to bring you, stay with you, and drive you home after the procedure. For your own safety, you will not be able to drive yourself home or for the remainder of the day. You may not take a taxi, an online ride-sharing service, a bus, or public transportation (unless you have another adult with you).
- If you take a blood thinner please call the Anticoagulation Clinic at 303-739-4900 TODAY for instructions on how to safely stop and restart the medication around the exam.
- If you are unsure if you take a blood thinner, please call 303-649-5300 and press option 2 to talk with a nurse.
- If you take Plavix® (Clopidogrel), Ticlid® (Ticlopidine), Effient® (Prasugrel), or Brilinta® (Ticagrelor): Ask the doctor who prescribed it if you can stop. If you can NOT stop, call us at 303-649-5300 and press option 2 for a nurse.
- You may continue taking Aspirin, ibuprofen (like Advil® or Motrin®) or any other nonsteroidal medication.
- If you are pregnant or have a defibrillator, call us at 303-649-5300 and press option 1.

5 DAYS BEFORE your exam:

- Confirm your ride.
- If you need to cancel your appointment, call the GI department, 303-649-5300, option 1.
- For best results stop eating seeds, popcorn, nuts, and whole grains. If you accidentally eat these foods please call the GI department, 303-649-5300, press option 2.
- Review the diet you need to follow.

1 DAY BEFORE your exam:

- 7:00 a.m.: Start a strict, clear liquid, non-alcoholic diet. If you put a liquid in a clear glass, and you can see through it, it is OK to drink. A clear liquid diet can include: -Apple, white grape, and white cranberry juices -Beef or chicken broths that are clear -Tea and coffee without milk -Soda pop, Gatorade, Kool-Aid and Jell-O (any color except red, purple, blue, or orange).
- Avoid: juice with pulp, milk, cream, and solid food.
- If you are taking Coumadin® (warfarin), complete your Protime draw.
- Add water to fill line near the top of the 1 gallon jug. Shake well until the powder is dissolved and put the container in the refrigerator for later today.
- 6:00 p.m.: Drink 8 glasses of the laxative (GaviLyte) liquid - 1, 2, 3, 4, 5, 6, 7, 8. Drink one full glass (8oz.) about every 15 minutes. Try to drink one full glass at a time, instead of sipping.
- Put the rest of the GaviLyte in the refrigerator for tomorrow morning.
- 8:00 p.m.: Take two, 5 mg Dulcolax tablets and two chewable Simethicone.
- Continue to drink clear liquids as desired, but do not eat any solid food.
- The laxative (GaviLyte) liquid will cause you to have many bowel movements. This is needed so you have a clean colon for the procedure. If you have problems completing this preparation, call your doctor or nurse, at 303-338-4545 or 1-800-218-1059.
1 DAY BEFORE your exam: Caring for your diabetes:

You may need to adjust your diabetes medication(s). Follow the instructions and if you have questions about blood sugar or diabetes medications please call your primary care doctor at 303-338-4545.

If you have signs of low blood sugar (less than 70) while preparing for the exam, treat it with ONE of the following that contain 15 grams of fast acting carbohydrate:

- 3 five gram glucose tablets OR 4 four gram tablets.
- ½ cup (4oz) juice.
- ½ can regular soda (not diet).

Recheck your blood sugar in 15 minutes. If it is less than 70, repeat the above treatment. If it remains low, please call your doctor.

If you have completed the clear liquids and are not to have anything more to eat in preparation for the exam, use glucose tablets instead of liquids.

1 DAY BEFORE your exam (continued):

- Your meals should include 45 grams of clear liquid carbohydrate.
- Have 15 grams of clear liquid carbohydrates every hour between meals.

There are 15 grams of carbohydrates in:
- ½ cup of Jell-O, juice, or regular soda
- 1 cup of Gatorade

- Check your blood sugar as normal or if you feel your blood sugar may be low.

1 DAY BEFORE your exam (continued):

If you take Metformin, Lantus, or Actos:

- Take your usual dose. You do not need to make changes.

If you take Glipizide, Glimepiride, Glyburide, Acarbose, Prandin or Starlix

- Take ½ dose with your breakfast.
- Do NOT take these oral diabetes medications with your evening clear liquid meal.

If you take N and/or short acting insulin:

Before Breakfast

- If you are having a full breakfast before 7 a.m., take your usual dose of short acting insulin before the meal. OR if you are having a clear liquid breakfast after 7 a.m., take ½ dose of short acting insulin (R, Novolog, Humalog).
- Take ½ dose of N insulin.

The rest of the day depending on when you take your insulin (lunch, evening meal or bedtime)

- Take ½ dose of short acting insulin.
- Take ½ dose of N insulin.

If you take 70/30 insulin:

- Take ½ dose with your breakfast.
- Take ½ dose with your evening clear liquid meal.
Diabetic Colonoscopy with GaviLyte-C: Before Your Exam

ON THE DAY OF the procedure:
- Drink 8 more glasses of the GaviLyte-C. Finish at least 2 hours before your exam.
- Take 2 more chewable Simethicone.
- You may have clear liquids until 2 hours before the procedure.
- Output should be clear yellowish fluid.
- If you take blood pressure, heart, pain, or anti-anxiety medication, please take as regularly scheduled.

Bring the following to your appointment:
- Escort/driver.
- Insurance cards, photo ID, and a method of payment for your procedure.
- Do not bring valuables.

AFTER your procedure:
- Return to a normal diet.
- Check your blood sugar as usual or if you feel you may have low blood sugar.

If you take oral diabetes medications:
- If you are able to eat breakfast after your exam, take your medication(s) with this meal.
- If your first meal is after noon, wait until your evening meal to take your medication(s).

If you take N and/or short acting insulin:
- If you have an early exam and you are able to eat a late breakfast or early lunch, take your usual morning short acting insulin dose with this meal.
- Have meals 4-5 hours apart the rest of the day.
- Take your evening dose before your late evening meal.
- Resume your usual insulin doses with your evening meal and at bedtime.

If you take 70/30 insulin:
- If you are not able to eat breakfast after the exam, skip the morning dose.
- If you are able to eat breakfast after the exam, take your usual morning dose with this meal.
- Have meals 4-5 hours apart the rest of the day.
- Take your evening dose before your late evening meal.

ON THE DAY OF the procedure: Caring for your diabetes
- Check your blood sugar the morning of exam.
- If your exam is later in the am/day then check your blood sugars as usual or if you feel your blood sugar may be low.
- Bring your meter to the appointment with you.
- You may have clear liquids until 2 hours before your procedure then nothing, including water, until after the exam.

Metformin, Glipizide, Glimepiride, Glyburide, Acarbose, Prandin, Starlix, Short acting insulin (R, Novolog, Humalog), 70/30 insulin:
- Do NOT take these before your exam.

N insulin:
- Take ½ dose of N insulin the morning of exam.

Actos and Lantus insulin:
- Take your usual dose. You do not need to make any changes.