

# Prepare for Your Colonoscopy: GoLYTELY® Extended Patients with Diabetes

Colonoscopies can help find colon cancer. To get ready, you will take something called GoLYTELY®. This will clean out your colon so that the doctor can do the colonoscopy.

- If you take a blood thinner or an antiplatelet, talk to your doctor to find out if you should stop taking it before your colonoscopy.
  - Some examples of blood thinners: warfarin, Eliquis® (apixaban), Pradaxa® (dabigatran), Savaysa® (edoxaban), Xarelto® (rivaroxaban), Lovenox® (enoxaparin), Fragmin® (dalteparin), Arixtra® (fondaparinux), or heparin.
  - Some examples of antiplatelets: aspirin, Plavix® (clopidogrel), Effient® (prasugrel), Brillinta® (ticagrelor), Pletal® (cilostazol), Persantine® (dipyridamole), Aggrenox® (aspirin/dipyridamole), or Trental® (pentoxifylline).
- You will need to get 2 GoLYTELY® Bowel Prep Kits from the pharmacy.
- The GoLYTELY® will come with instructions. Follow those instructions to mix the drink only.  
**Follow the instructions below to drink the mixture.**

## 7 Days Before Your Colonoscopy

- Stop taking iron pills if you take any.
- **Stop eating nuts, seeds, and popcorn.**
- Take all of your regular medicines unless your doctor has told you not to.

## 4 Days Before Your Colonoscopy

- Stop taking Steglatro™ (ertugliflozin) if you take it.

## 3 Days Before Your Colonoscopy

- Stop taking Invokana® (canagliflozin), Farxiga® (dapagliflozin), and Jardiance® (empagliflozin).

## Things to Remember for Your Colonoscopy

- **You must come with someone who will bring you home. They must stay for the whole colonoscopy.**
- If you have an inhaler, bring it with you.
- You can brush your teeth or dentures as normal.
- Leave all valuables at home.
- Tell your nurse or doctor if you have a pacemaker, defibrillation device, insulin pump, or any implanted device.
- Bring your photo ID and insurance card.
- Bring a list of your current medicines.

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## 2 Days Before Your Colonoscopy

- Drink at least **8 ounces of clear, sugar-free liquids each hour you are awake** during the day. 8 ounces is the same as 1 cup. You can use a liquid measuring cup to measure.

Examples of clear liquids:

- Clear diet pop
- Sugar free Popsicle®
- Sugar free Jell-O®
- Water
- Black coffee or tea (no cream)
- **Do not eat or drink anything that is red, orange, or purple.**
- Do not eat any solid food.



### Clear Liquid Meal Replacement Guide

Breakfast (60 carbs)	Lunch (60 carbs)	Dinner (60 carbs)	Snack (30 carbs)
1 cup clear fruit juice (30 carbs)  <b>and</b> 1 cup regular yellow or green Jell-O® (30 carbs).	1 cup clear fruit juice or clear regular pop (30 carbs)  <b>and</b> 1 cup regular yellow or green Jell-O® (30 carbs).	1 cup clear fruit juice or clear regular pop (30 carbs)  <b>and</b> 1 cup regular yellow or green Jell-O®.	½ cup clear fruit juice (15 carbs)  <b>and</b> 1 regular yellow or green Popsicle® (15 carbs).

### Diabetes Medicine Schedule

**Contact the doctor that manages your diabetes if you have any questions.**

Oral Medicine	Short-acting Insulin	Long-acting Insulin	Intermediate Insulin	Insulin Pump
Take your normal dose in the morning and at dinnertime.  <b>If you take sulfonylureas* only take ½ of your dose.</b>	Take ½ of your dose with meals.	Take ½ of your dose at your usual time.	Take ½ of your dose at your usual time.	Bolus for the carbohydrates.  Reduce your basal dose by 20%.

\*Some examples of sulfonylureas are chlorpropamide glipizide (Glucotrol or Glucotrol XL®), and glyburide (Diabeta®, Micronase®, Glynase® PresTab®).

### In the Afternoon

1. Follow the instructions that come with the GoLYTELY® to mix 1 container.
2. Throw away ½ of the mixed GoLYTELY®.
3. Put the GoLYTELY® that you have left into the refrigerator to keep it cold.

### At 6:00 PM:

- Drink at least 8 ounces of the GoLYTELY® mixture every 10 to 15 minutes until you finish the container.

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## The Day Before Your Colonoscopy

Drink at least **8 ounces of clear, sugar free liquids each hour you are awake** during the day.

- Do not eat or drink anything that is red, orange, or purple.
- Do not eat any solid food.
- Follow the instructions that come with the GoLYTELY® to mix 1 container.

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### At 6:00 PM

1. Drink at least 8 ounces of the GoLYTELY® mixture every 10 to 15 minutes until you **finish ½ the container**.
  - You must do this by 7:30 PM.
2. Put the leftover ½ container into the refrigerator.
  - You will drink the leftover GoLYTELY® the day of your colonoscopy.

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## The Day of Your Colonoscopy

### **If your colonoscopy is in the morning**

#### **At 3:00 am the day of your colonoscopy:**

1. Drink at least 8 ounces of the GoLYTELY® mixture every 10 to 15 minutes until you have finished drinking the container.

Stop drinking everything at least 3 hours before your colonoscopy.

You can have clear liquids until 3 hours before your colonoscopy.

Take all of your non-diabetes medicine with just 1 or 2 sips of water.

### **If your colonoscopy is in the afternoon**

#### **At 6:00 am the day of your colonoscopy:**

1. Drink at least 8 ounces of the GoLYTELY® mixture every 10 to 15 minutes until you have finished drinking the container.

Stop drinking everything at least 3 hours before your colonoscopy.

You can have clear liquids until 3 hours before your colonoscopy.

Take all of your non-diabetes medicine with just 1 or 2 sips of water.

## **Diabetes Medicine Schedule**

**Contact the doctor that manages your diabetes if you have any questions**

<b>Oral Medicine</b>	<b>Short-acting Insulin</b>	<b>Long-acting Insulin</b>	<b>Intermediate Insulin</b>	<b>Insulin Pump</b>
Do not take.	Do not take.	If you take a morning dose, only take 1/2.	If you take a morning dose, only take 1/2.	Reduce basal dose by 30-50% until colonoscopy is finished.

## Low Blood Sugar the Day of Your Colonoscopy

- If your blood sugar is below 70 mg/dL, drink 4 ounces of clear juice. Wait 15 minutes and check your blood sugar again.
  - If your blood sugar is still below 70 mg/dL, drink 4 ounces of clear juice. Wait 15 minutes and check your blood sugar again.
  - Repeat until your blood sugar is above 70 mg/dL.
- Before your colonoscopy, tell the nurse what time you drank the extra juice.