

If you are affected by any of the conditions listed below, please follow these instructions:

Diabetes	<p>Inform your doctor that you will be on clear liquids the day prior to your procedure. Check your blood sugar frequently while taking the prep solution and on the morning of your procedure.</p> <p>On the day before your procedure:</p> <p>If you are diabetic and insulin dependent, your insulin dose may need to get adjusted the day before your procedure. Please discuss with your prescribing physician.</p> <p>On the day of your procedure:</p> <ul style="list-style-type: none"> • Do not take any diabetes pills • Do not take any long-acting insulin • Do not take any short-acting insulin (insulin pump — call your prescribing physician for dose adjustments). • Your physician will instruct you when to resume your diabetes medicine.
Coumadin, Warfarin, Plavix, Heparin, Lovenox, or other anticoagulants	<p>Check with your prescribing physician about your medication doses and when you are permitted to stop these prior to your procedure.</p> <p>Prior to discharge, ask your gastroenterologist when it is safe to resume your blood thinners.</p>

What to wear:

Wear comfortable, loose-fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear body piercing, jewelry or bring valuables.

What is a “clear liquid” diet?

As a rule, if you can see through it, you can drink it — water is great! But drink other clear liquids with sugar as well even if you are diabetic. This is for energy.

Other items:

- **Juices:** white grape juice, apple juice or white cranberry juice
- **Kool-Aide:** Powerade, Crystal Light, Lemonade or Gatorade. (no red or purple)
- **Broth or bouillon:** Beef, Chicken or Vegetable flavored
- **Popsicles:** no red or purple
- **Tea or coffee:** with sugar only (NO milk, cream or non-dairy products)
- **Hard candies:** clear only.
- **Jell-O:** (no red, purple or green)
- **Soda:** (no red or purple) 7-Up, Sprite, Pepsi, Coke, Ginger Ale, Orange Soda (diet or regular)

The key to a good preparation is to drink plenty of fluids. When laxatives are taken with adequate amount of fluid, this will clean the colon and will prevent you from having to reschedule the procedure due to poor preparation. *NOTE: You may apply a petroleum-based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.*