



Naugatuck Valley
Gastroenterology
Consultants, LLC

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Two Day Preparation for Colonoscopy

Prior to your procedure, confirm that you can safely stop taking blood thinners (Coumadin, Plavix, Xarelto, Pradaxa, Eliquis) before your procedure.

Be certain that you take all heart and high blood pressure medication on the morning of the procedure (with a sip of water).

If you have a history of asthma or breathing problems, please use any inhalers as prescribed as well.

For diabetic patients, please follow the diabetic instruction sheet and **contact your doctor that manages your diabetes for the instructions regarding adjustment of your diabetes medication.**

TWO DAYS BEFORE THE PROCEDURE

1) **CLEAR LIQUID DIET:** It is essential that you drink enough fluids to prevent dehydration. In addition to other clear liquids, you should plan on drinking at least 6-8 glasses of water starting two days before your procedure. Any liquids you can see through are acceptable (i.e., water, fruit juice without pulp, tea, black coffee, clear broth/bouillon, ginger ale, lemon-lime soda, lemonade, Gatorade/sports drink, Jell-O). You may not have any soft/solid food or any milk/dairy products. Do not drink any red or purple liquids. In addition, please do not take any fiber products (i.e. Citrucel, Benefiber or Metamucil).

2) **MAGNESIUM CITRATE:** One 10 ounce bottle chilled with ice (340cc). Drink this at 3pm in the afternoon after returning home from your day.

DAY BEFORE THE PROCEDURE

1) **CLEAR LIQUID DIET:** It is essential that you drink enough fluids to prevent dehydration. In addition to other clear liquids, you should plan on drinking at least 6-8 glasses of water the day before your procedure. Any liquids you can see through are acceptable (i.e., water, fruit juice without pulp, tea, black coffee, clear broth/bouillon, ginger ale, lemon-lime soda, lemonade, Gatorade/sports drink, Jell-O). You may not have any soft/solid food or any milk/dairy products. Do not drink any red or purple liquids. In addition, please do not take any fiber products (i.e. Citrucel, Benefiber or Metamucil).

2) **MIRALAX/GATORADE or GOLYTE/TRILYTE:** Follow the directions as outlined for the specific prep that has been chosen for you.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

ON THE DAY OF THE PROCEDURE

DO NOT EAT OR DRINK ANYTHING ON THE MORNING OF THE EXAM

It is okay to take your morning medications (blood pressure and heart medications) with a sip of water.

If you are unsure about which medications are okay to take, please check with our office.

Because you received sedation, you cannot be discharged after the procedure unaccompanied - **an adult companion must be present to bring you home. If you do not have a companion, your procedure will be cancelled.**