



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.

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|---|--|
| <input type="checkbox"/> Waterbury Surgery Center | 1312 West Main Street, Waterbury   |
| <input type="checkbox"/> Waterbury Hospital       | 64 Robbins St, Waterbury<br>(Proceed to GI Endoscopy Unit – 1 <sup>st</sup> Floor) |

***NOTE:*** Because you received sedation, you can not be discharged after the procedure unaccompanied!! **An adult companion must be present to bring you home.**

PROCEDURE DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_