Naugatuck Valley
Gastroenterology
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Golyte/Trilyte Colonoscopy Preparation

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.**

THE DAY BEFORE YOUR PROCEDURE

1) **CLEAR LIQUID DIET**: It is essential that you drink enough fluids to prevent dehydration. You should plan on drinking at least 6-8 glasses of water on 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) **GOLYTE:** Mix the Golyte/Trilyte with cold water and place in refrigerator.

3) **GOLYTE**: Start to drink the Golyte/Trilyte around 12pm. Drink the full gallon over the next 4-6 hours. It helps to drink the Golyte/Trilyte when it is cold/over ice and perhaps through a straw as well. If you feel nauseated or bloated, wait 30 minutes then resume with smaller amounts each time.

4) **DULCOLAX**: Take 3 tablets at 2pm with 8 ounces of water

5) You may continue to drink clear liquids until bedtime. **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.

☐ Waterbury Surgery Center — 1312 West Main Street, Waterbury

☐ Waterbury Hospital — 64 Robbins St, Waterbury
(Proceed to GI Endoscopy Unit – 1st 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: _____