



## COLONOSCOPY PREPARATION

*For the best exam possible, your colon must be clean. Your preparation will begin the day before your procedure.  
Please read the instructions carefully before you begin.*

**-PENDING CLEARANCE:** Hold blood thinners (Plavix, Xarelto, Eliquis, Effient, Coumadin/Warfarin) **THREE TO FIVE DAYS** before the procedure(s).

-Hold Aspirin 325 mg **FIVE DAYS** before the procedure.      -Hold iron **FIVE DAYS** before the procedure.

-Hold Vitamins C and E **TWO DAYS** before the procedure.

-Hold anti-inflammatory medication **TWO DAYS** before the procedure. (Tylenol is okay to take.)

If **DIABETIC**, please take half a dose of your Diabetic medication starting from the day before your procedure(s).  
If further questions, please refer to your Primary Care Provider

**ATTENTION:** Please **STOP** following medications **7 days** before procedures:

-OZEMPIC      - BYETTA      -ADLYXIN      -BYDUREON      -RYBELSUS

-TRULICITY      -VICTOZA      -SAXENDA      -WEGOVY      -ZEPBOUND      -MOUNJARO

**STARTING ON \_\_\_\_\_ / \_\_\_\_\_ / 20\_\_\_\_ ALL DAY**

### **CLEAR LIQUID DIET**

#### **CLEAR LIQUIDS INCLUDE:**

- Water
- Broth/Bouillon
- Coconut water (**NO PULP**)
- Clear Juices (**NO PULP**) - Apple, **WHITE** Cranberry, **WHITE** Grape
- Coffee (**BLACK** - **NO** creamer, **NO** dairy products)
- Tea (**HOT** or **COLD**) sugar or honey is okay (**NO** dairy products)
- Sports drinks - clear only, **NO** green, purple or red
- Clear carbonated soft drinks - Sprite, 7UP and/or Ginger Ale
- Yellow gelatin (**NO** toppings) - **STOP AFTER 5:00 P.M.**
- You may use menthol lozenges to help tolerate preparation (Halls cough drops - **CLEAR ONLY**)
- ★ **DO NOT** have dark liquids (red, orange, green, blue or purple)
- ★ **DO NOT** consume solid foods, dairy products, and cloudy liquids
- ★ **STOP** all clear liquids after midnight except water

\*If you have a dry mouth, you may rinse with water and spit out. **DO NOT** swallow the water. If your stomach is not empty, you may feel nauseated with the sedation and may vomit causing pneumonia.