



Digestive Disease Center of Taunton: 1 Day Bowel Prep Instructions



Important Reminders <i>Read your prep instructions thoroughly</i>	<u>STOP</u> 1 week before your colonoscopy	The day before your colonoscopy (Date: _____)	The day of your colonoscopy
<p>If you are on blood thinners such as : Coumadin (Warfarin) Plavix (clopidogrel) Xarelto (rivaroxabán) Pradaxa (Dabigatrán) Eliquis (Apixaban) Eferente (Prasugrel) Ticlid (ticlopidina) Agrylin (anagrelida)</p> <p>Call your prescribing doctor regarding the safety of holding your blood thinners and the timing for your procedure</p> <p>DO NOT stop these medications without the consent of the prescribing physician</p> <p><u>Purchase the following from your pharmacy:</u> Bisacodyl Laxative Tablets (Dulcolax) 4 Tablets MiraLAX Powder (or store Brand equivalent) 1x 238g bottle 1 - 64 Oz. or <i>two</i> 32 Oz. Bottles of Gatorade, Powerade, Pedialyte or Crystal Lite (non red or purple)</p>	<p>Eating any high fiber foods or foods containing seeds (Ex. Trail mix, poppy seeds, sesame seeds, sunflower seeds, corn, popcorn, nuts and granola)</p> <p>Iron supplements, Fiber supplements, antidiarrheals (Lomotil, Imodium, Pepto-Bismol, Kaopectate)</p>	<p>STOP all solid foods and begin your clear liquid diet</p>	<p>Things to bring to the exam:- Someone to drive you home</p>
		<p>A clear liquid diet may include: water, soft drinks, coffee or tea without cream or milk , Jell-O, non-pulpy juice (apple, white grape, white cranberry), popsicles, broth and bouillon. AVOID any RED or Purple colored beverages or eat RED Jell-O. No dairy products and juices with pulp</p>	<p>STOP drinking clear liquids 6 hours before you scheduled arrival time.</p>
		<p>Mix 238g MiraLAX with 64 ounces of fluid or Split in half and mix with 2- 32 oz. Bottles</p>	<p>If you take INSULIN Take ½ your normal dose.</p>
		<p>4 PM: Take 2 Dulcolax. Drink 32 ounces of the MiraLAX mixture. Drink 8 ounces at a time every 10-15 minutes</p> <p>8PM: Take 2 Dulcolax. Drink 32 ounces of the MiraLAX mixture. Drink 8 ounces at a time every 10-15 minutes</p> <p>Continue to drink plenty of fluids</p>	<p>You may take your morning medicines with small sips of water * <i>Unless told otherwise</i></p>
		<p>Your stool should be clear yellow to be ready for the exam.</p> <p>*Note: If you are taking INSULIN on the day before the colon procedure reduce the dose by 1/3. Ex. If you normally take 24, only take 16.</p>	<p>Please do not wear fragrant perfumes, lotions, jewelry, or hairspray today.</p> <p>Location: Morton Hospital Day Surgery 1st Floor 508-828-7280</p> <p><i>*Note The hospital will call you the evening before your procedure. If your procedure is on a Monday they will call you on a Friday evening. If you do not receive a call by 3:30 pm please call the office at 508-828-7740</i></p>