



# Digestive Disease Center of Taunton: 2 Day Bowel Prep Instructions



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<b>Important Reminders</b>  <b>Read your prep instructions thoroughly</b>	<b>1 week before your colonoscopy</b>	<b>The 2 days before your colonoscopy</b> (Date: _____)	<b>The day before your colonoscopy</b> (Date: _____)	<b>The day of your colonoscopy</b>
<p>If you are on blood thinners such as :</p> <ul style="list-style-type: none"> <li>Coumadin (Warfarin)</li> <li>Plavix (clopidogrel)</li> <li>Xarelto (rivaroxabán)</li> <li>Pradaxa (Dabigatran)</li> <li>Eliquis (Apixaban)</li> <li>Eferente (Prasugrel)</li> <li>Ticlid (ticlopidina)</li> <li>Agrylin (anagrelida)</li> </ul> <p>Call your prescribing doctor regarding the safety of holding your blood thinner and the timing for your procedure</p> <p style="text-align: center;"><i>DO NOT stop these medications without the consent of the prescribing physician</i></p> <p><u>Purchase the following from your pharmacy:</u></p> <ul style="list-style-type: none"> <li>Bisacodyl Laxative Tablets (Dulcolax) 8 Tablets</li> <li>MiraLAX Powder (or store Brand equivalent) 2x 238g bottles</li> <li>1 gallon , 2 64 oz bottles, or four 32 Oz. Bottles of Gatorade, Powerade, Pedialyte or Crystal Lite (non red or purple)</li> </ul>	<p style="text-align: center;"><b>STOP</b></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 food and begin your clear liquid diet</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.  <b>AVOID any RED or Purple colored beverages or eat RED Jell-O. No dairy products and juices with pulp</b></p> <p>Mix 238g MiraLAX with 64 ounces of fluid or Split in half and mix with 2 32 oz. Bottles</p> <p>4 PM: Take 2 Dulcolax. Drink 32 ounces of the MiraLa 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><i>*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.</i></p>	<p>Continue your clear liquid diet</p> <p>Mix 2nd bottle of 238g MiraLAX with 64 ounces of fluid or Split in half and mix with 2- 32 oz. Bottles</p> <p>4 PM: Take 2 Dulcolax. Drink 32 ounces of the MiraLa 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>Your stool should be clear yellow to be ready for the exam.</p> <p><i>*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.</i></p>	<p>Things to bring to the exam:-</p> <ul style="list-style-type: none"> <li>Someone to drive you home</li> </ul> <p>STOP drinking clear liquids 6 hours before you scheduled arrival time.</p> <p>If you take INSULIN Take ½ your normal dose.</p> <p>You may take your morning medicines with small sips of water <i>* Unless told otherwise</i></p> <p><b><u>Please do not wear fragrant perfumes, lotions, jewelry, or hairspray today.</u></b></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>