



# Digestive Disease Center of Taunton: 1 Day Bowel Prep Instructions



Important Reminders: <i>Read your prep instructions thoroughly</i>	<u>STOP 1 week before your colonoscopy</u>	The day before your colonoscopy (Date: _____)	The day of your colonoscopy	
<p>If you are taking blood thinners such as:</p> <ul style="list-style-type: none"> <li>Coumadin (warfarin)</li> <li>Plavix (clopidogrel)</li> <li>Xarelto (rivaroxaban)</li> <li>Pradaxa (Dabigatran)</li> <li>Eliquis (apixaban)</li> <li>Efferent (Prasugrel)</li> <li>Ticlid (ticlopidine)</li> <li>Agrilin (anagrelide)</li> </ul> <p>Call your prescribing physician about the safety of stopping your blood thinners and the timing of your procedure.</p> <p><b>DO NOT</b> stop these medications without the consent of the prescribing doctor.</p> <p>Buy the following at your pharmacy:</p> <ul style="list-style-type: none"> <li>Bisacodyl Laxative Tablets (Dulcolax) 4 Tablets</li> <li>MiraLAX powder (or store brand equivalent) 1 bottle of 238 g 1 - 64 oz. or two 32 oz. Bottles of Gatorade, Powerade, Pedialyte or Crystal Life (not red or purple)</li> </ul>	<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><b>STOP</b> <u>all solid foods</u> and begin your clear liquid diet</p>	<p>Things to bring to the exam: Someone to drive you home</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>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.</p>	<p><b>AVOID</b> 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>Iron supplements, Fiber supplements, antidiarrheals (Lomotil, Imodium, Pepto-Bismol, Kaopectate)</p> <p><b>If you take weekly injections of any of the following medications, please STOP 1 week prior to procedure:</b></p> <ul style="list-style-type: none"> <li>Trulicity</li> <li>Bydureon BCise</li> <li>Byetta</li> <li>Saxenda</li> <li>Victoza</li> <li>Adlyxin</li> <li>Ozempic, Wegovy, Rybelsus</li> </ul>	<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 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, your stool should be clear yellow to be ready for the exam.</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>*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><b>Please do not wear fragrant perfumes, lotions, jewelry, or hairspray today.</b></p> <p><b>If you take any of the following medications daily, please HOLD day of procedure:</b></p> <ul style="list-style-type: none"> <li>Trulicity</li> <li>Bydureon BCise</li> <li>Byetta</li> <li>Saxenda</li> <li>Victoza</li> <li>Adlyxin</li> <li>Ozempic, Wegovy, Rybelsus</li> </ul> <p><b>Day Surgery Phone #: 508-828-7280</b></p>