



Digestive Disease Center of Taunton: 2 Day Bowel Prep Instructions



72 Washington St. Taunton MA 02780 Thayer Building Suite 2200

Important Reminders	1 week before your colonoscopy	The 2 days before your colonoscopy (Date: _____)	The day before your colonoscopy (Date: _____)	The day of your colonoscopy
<p>Read your prep instructions thoroughly</p>	<p>STOP</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>STOP <u>all solid food</u> 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.</p> <p>AVOID any RED or Purple colored beverages or eat RED Jell-O. No dairy products and juices with pulp</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 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>*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>Things to bring to the exam: - Someone to drive you home</p> <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><u>Please do not wear fragrant perfumes, lotions, jewelry, or hairspray today.</u></p> <p>If you take any of the following medications daily, please HOLD day of procedure:</p> <p>Trulicity Bydureon BCise Byetta Saxenda Victoza Adlyxin Ozempic, Wegovy, Rybelsus</p> <p>Day Surgery Phone #: 508-828-7280</p>
<p>If you are on blood thinners such as :</p> <p>Coumadin (Warfarin) Plavix (clopidogrel) Xarelto (rivaroxabán) Pradaxa (Dabigatrán) Eliquis (Apixaban) Eferente (Prasugrel) Ticlid (ticlopidina) Agrilyn (anagrelida)</p> <p>Call your prescribing doctor regarding the safety of holding your blood thinner 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></p> <p>Bisacodyl Laxative Tablets (Dulcolax) 8 Tablets MiraLAX Powder (or store Brand equivalent) 2x 238g bottles 1 gallon, 2 64 oz bottles, or four 32 oz. bottles of Gatorade, Powerade, Pedialyte or Crystal Lite (NO red or purple)</p>	<p>Iron supplements, Fiber supplements, antidiarrheals (Lomotil, Imodium, Pepto-Bismol, Kaopectate)</p> <p>If you take weekly injections of any of the following medications, please STOP 1 week prior to procedure:</p> <p>Trulicity Bydureon BCise Byetta Saxenda Victoza Adlyxin Ozempic, Wegovy, Rybelsus</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 MiraAX 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>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 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>*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>Things to bring to the exam: - Someone to drive you home</p> <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><u>Please do not wear fragrant perfumes, lotions, jewelry, or hairspray today.</u></p> <p>If you take any of the following medications daily, please HOLD day of procedure:</p> <p>Trulicity Bydureon BCise Byetta Saxenda Victoza Adlyxin Ozempic, Wegovy, Rybelsus</p> <p>Day Surgery Phone #: 508-828-7280</p>