



424 State Hwy 5 W. Waconia, MN 55387

Ridgeview Professional Building- Pond Level, Suite 2
(Take Elevator Down to -2)
560 South Maple Street Waconia, MN 55387

Two Twelve Medical Center- Suite 320
111 Hundertmark Road Chaska, MN 55318

IMPORTANT: These procedures are done at the highlighted address above, **NOT** at Lakeview Clinic.

FIRST AND LAST NAME
ADDRESS
CITY, STATE, AND ZIP

Procedure: Colonoscopy & Endoscopy Prep PM

Date:

Arrival Time:

Dr. Timothy Thormodsgard

Dr. Dawn Stapleton

Dr. Steven Turner

Patient Responsibility	• Contact your Insurance Company to verify coverage and benefits. If prior authorization is required prior to procedure, contact your primary care clinic for a referral to be submitted to insurance. • A driver is required on the day of the procedure. • <i>If you need to cancel or change your appointment, please call Lakeview Clinic at 952-442-5755</i>
Diabetics: Please read	• If you are taking oral medications or using Insulin, please contact your primary care provider or Endocrinologist as they may need to be adjusted, and you may need a modified diet prior to the procedure.
7 days prior to Procedure	• Stop taking NSAIDS (Aspirin, Ibuprofen, etc.) Tylenol <u>is</u> ok • Stop taking Plavix (Clopidogrel) • Stop GLP-1 medications such as but not limited to: Dulaglutide (Trulicity), Exenatide (Byetta), Tirzepatides (Mounjaro, Zepbound) Liraglutide (Victoza), Lixisenatide (Adlyxin), or Semaglutide (Ozempic, Rybelsus, Wegovy) Check with your primary care provider or Endocrinologist before temporarily stopping these medications. • Purchase the following over the counter items: ○ One 238-gram bottle of powder MiraLAX ○ Four (4) Dulcolax 5mg laxative tablets (generic is fine) ○ Two (2) Gas-X (Simethicone) 125mg tablets ○ One 64 oz clear liquid to mix with MiraLAX (Gatorade or Water is ok but NO red coloring)
5 days prior to Procedure	• Begin a low fiber diet (Skinless Potatoes, wheat or white bread, English Muffins, bagels, low fiber cereal, soda crackers, pasta, fruit juice, white rice, low fat meats, dairy) • Avoid: Nuts, whole-wheat products and grains, ALL fruit, ALL vegetables, beans, raisins, berries, popcorn • Stop taking Coumadin (Warfarin)
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3 days prior to Procedure	Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil, and Fibercon.
2 - 3 days prior to Procedure	Xarelto (Rivaroxaban), Pradaxa (Dabigatran Etexilate) and Eliquis: It is recommended to stop taking these medications <u>two days</u> prior to your procedure. If you have chronic kidney disease, these medications should be stopped <u>three days</u> prior to your procedure. If your primary care provider DOES NOT want you to stop taking these medications, please have your primary care provider contact the provider doing the procedure.
1 day prior to Procedure	<u>Upon Waking Up in the Morning: Clear</u> liquids <u>only</u> all day, <u>Nothing Red</u> (Gatorade, Propel, Vitamin water, apple juice, white grape juice, white cranberry juice, soup bouillon, decaf tea/coffee, Jell-O, Pedialyte, popsicles, gummy bears, Crystal Light) <u>No</u> solid foods <u>Stop</u> taking all supplements until after procedure <u>Avoid</u> dairy products, carbonated beverages and alcohol <u>Limit</u> coffee to 8oz, black only if needed 3:00 PM - Take 4 Dulcolax laxative tablets with 8 oz of water 5:00 PM - Mix the entire bottle of MiraLAX with 64 oz of clear liquid and shake/stir it well. Drink half of the mixture, 32 oz by drinking an 8 oz glass every 10-15 minutes until gone. All should be consumed in 2-4 hours. If you become nauseated, take a 30 – 60-minute break and then resume. - Continue drinking clear liquids for the remainder of the evening, at least 3 (three) 8 oz glasses STARTING AT MIDNIGHT: DO NOT smoke, chew tobacco, use e-cigarettes, THC, marijuana or illicit drugs until after your procedure.
Day of your Procedure	- Before drinking the remaining 32 oz of prep, take two (2) 125mg tablets of Gas-X (Simethicone). Do not take more than 250mg (maximum dose). <u>Four hours prior to leaving for your procedure: drink the remaining 32 oz of the prep mixture. Drink an 8 oz glass every 15 minutes until the prep liquid is gone. (EG: If your arrival time is 7:15 AM you <u>WILL</u> have to get up at 3:00 AM or earlier to complete the second half of the Miralax.) ** This is the best way to ensure a successful exam. **</u> - Continue drinking clear liquids up to 2 hours prior to your procedure - Stools should be yellow/clear, absent of sediment - Continue to take your regular medication the day before and the day of your procedure except for those medications your physician has recommended to stop. - Morning medications should be taken by 5:00 AM with a small sip of water. - Non-essential medications may be taken after your procedure. A driver is required to drive you home. (No driving, working, or making any life altering decisions for 24 hours after procedure) Your driver must pick you up within 2 hours after dropping you off. Public transportation is not an option. - Bring all prescription medications and supplements with or bring a complete list with dosing and instructions - Wear loose fitting clothing Do not wear perfume or cologne - Bring photo ID and Insurance card(s)

If you have any questions, please contact the Procedure Scheduling Team at Lakeview Clinic at (952) 442–5755.