



424 St 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

FIRST AND LAST NAME

ADDRESS

CITY, STATE, AND ZIP

Procedure: Colonoscopy - Suprep

Date:

Arrival Time:

Dr. Todd Elftmann

Dr. Dawn Stapleton

Dr. Boriana Petkov

Dr. Kevin Taylor

Dr. Timothy Thormodsgard

Dr. Steven Turner

Patient Responsibility	<ul style="list-style-type: none">• 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>• Prescription for Suprep will be called into your preferred pharmacy, for pickup within one week of procedure
Diabetics: Please read	<ul style="list-style-type: none">• 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 procedure.
7 days prior to Procedure	<ul style="list-style-type: none">• Stop taking NSAIDS (Aspirin, Ibuprofen, etc) Tylenol <u>is</u> ok• Stop taking Plavix (Clopidogrel)• Stop GLP-1 medications: Dulaglutide (Trulicity), Exenatide (Byetta, Bydureon), Liraglutide (Victoza), Lixisenatide (Adlyxin), or Semaglutide (Ozempic, Rybelsus, Wegovy) Check with your primary care provider or Endocrinologist before temporarily stopping these medications
5 days prior to Procedure	<ul style="list-style-type: none">• Stop taking Coumadin (Warfarin)• 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
3 days prior to Procedure	<ul style="list-style-type: none">• Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil, and Fibercon.
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2 – 3 days prior to Procedure	<ul style="list-style-type: none"> • 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 provider <u>DOES NOT</u> want you to stop these medications, please have your primary provider contact your Colonoscopy/Endoscopy physician to discuss • Note: Be sure to Pick up the prescription for Suprep and read the insert for further information.
1 day prior to Procedure	<ul style="list-style-type: none"> • <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, 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> alcoholic beverages, dairy products, pulp containing juices, and carbonated beverages. • <u>Limit</u> coffee to 8oz, black only if needed
Evening prior to Procedure	<ul style="list-style-type: none"> • <u>First dose</u> of Suprep at 5:00 pm (must complete steps 1-4 using one 6 oz bottle of Suprep) <ul style="list-style-type: none"> o Step 1 – Pour one 6 oz bottle of Suprep liquid into the mixing container o Step 2 – Add cool drinking water to the 16 oz line on the container and mix o <u>NOTE</u> – Dilute solution concentration as directed prior to use o Step 3 - Drink <u>ALL</u> the liquid in the container o Step 4 – <u>IMPORTANT</u> – You must drink 2 more 16 oz containers of water over the next 60 minutes o Continue drinking clear liquids for the remainder of the evening
Day of your Procedure	<ul style="list-style-type: none"> • <u>Second dose</u> of Suprep four (4) hours prior to Arrival Time using the other 6 oz bottle of Suprep <ul style="list-style-type: none"> o Step 1 – Pour one 6 oz bottle of Suprep liquid into the mixing container o Step 2 – Add cool drinking water to the 16 oz line on the container and mix o <u>NOTE</u> – Dilute solution concentration as directed prior to use o Step 3 - Drink <u>ALL</u> the liquid in the container o Step 4 – <u>IMPORTANT</u> – You must drink 2 more 16 oz containers of water over the next 60 minutes. You must finish drinking the final glass of water at least 2 hours before check in time. • 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. • DO NOT smoke, chew tobacco, use e-cigarettes, THC, marijuana or illicit drugs. • 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.
Comments: