



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

<b>Patient Responsibility</b>	<ul style="list-style-type: none"><li>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.</li><li>A driver is required on the day of the procedure.</li><li><i>If you need to cancel or change your appointment, please call Lakeview Clinic at 952-442-5755</i></li><li>Prescription for Suprep will be called into your preferred pharmacy, for pickup within one week of procedure</li></ul>
<b>Diabetics: Please read</b>	<ul style="list-style-type: none"><li>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.</li></ul>
<b>7 days prior to Procedure</b>	<ul style="list-style-type: none"><li><b>Stop</b> taking NSAIDS (Aspirin, Ibuprofen, etc) Tylenol <b>is ok</b></li><li><b>Stop</b> taking Plavix (Clopidogrel)</li><li><b>Stop</b> 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</li></ul>
<b>5 days prior to Procedure</b>	<ul style="list-style-type: none"><li><b>Stop</b> taking Coumadin (Warfarin)</li><li>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)</li><li><b>Avoid:</b> Nuts, whole-wheat products and grains, <b>ALL</b> fruit, <b>ALL</b> vegetables, beans, raisins, berries, popcorn</li></ul>
<b>3 days prior to Procedure</b>	<ul style="list-style-type: none"><li>Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil, and Fibercon.</li></ul>

**CONTINUED ON NEXT PAGE**

<b>2 – 3 days prior to Procedure</b>	<ul style="list-style-type: none"> <li>• <b>Xarelto (Rivaroxaban), Pradaxa (Dabigatran Etexilate) and Eliquis:</b> It is recommended to stop taking these medications <u>two days</u> prior to your procedure. <b>If you have chronic kidney disease</b> these medications should be stopped <u>three days</u> prior to your procedure. If your primary provider <b>DOES NOT</b> want you to stop these medications, please have your primary provider contact your Colonoscopy/Endoscopy physician to discuss</li> <li>• <b>Note:</b> Be sure to Pick up the prescription for Suprep and read the insert for further information.</li> </ul>
<b>1 day prior to Procedure</b>	<ul style="list-style-type: none"> <li>• <b>Upon Waking Up In the Morning:</b> <u>Clear liquids only</u> all day, <b>Nothing Red</b> (Gatorade, Propel, Vitamin water, apple juice, white grape juice, white cranberry juice, soup bouillon, decaf tea, Jell-O, Pedialyte, popsicles, gummy bears, Crystal Light)</li> <li>• <b>No solid foods</b></li> <li>• <b>Stop</b> taking all supplements until after procedure</li> <li>• <b>Avoid</b> alcoholic beverages, dairy products, pulp containing juices, and carbonated beverages.</li> <li>• <b>Limit</b> coffee to 8oz, black only if needed</li> </ul>
<b>Evening prior to Procedure</b>	<ul style="list-style-type: none"> <li>• <b>First dose</b> of Suprep at <b>5:00 pm</b> (must complete steps 1-4 using one 6 oz bottle of Suprep) <ul style="list-style-type: none"> <li>o Step 1 – Pour one 6 oz bottle of Suprep liquid into the mixing container</li> <li>o Step 2 – Add cool drinking water to the 16 oz line on the container and mix</li> <li>o <b>NOTE</b> – Dilute solution concentration as directed prior to use</li> <li>o Step 3 - <b>Drink ALL</b> the liquid in the container</li> <li>o Step 4 – <b>IMPORTANT</b> – You must drink 2 more 16 oz containers of water over the next 60 minutes</li> <li>o Continue drinking clear liquids for the remainder of the evening</li> </ul> </li> </ul>
<b>Day of your Procedure</b>	<ul style="list-style-type: none"> <li>• <b>Second dose</b> of Suprep four (4) hours prior to Arrival Time using the other 6 oz bottle of Suprep <ul style="list-style-type: none"> <li>o Step 1 – Pour one 6 oz bottle of Suprep liquid into the mixing container</li> <li>o Step 2 – Add cool drinking water to the 16 oz line on the container and mix</li> <li>o <b>NOTE</b> – Dilute solution concentration as directed prior to use</li> <li>o Step 3 - <b>Drink ALL</b> the liquid in the container</li> <li>o Step 4 – <b>IMPORTANT</b> – You must drink 2 more 16 oz containers of water over the next 60 minutes. <b>You must finish drinking the final glass of water at least 2 hours before check in time.</b></li> </ul> </li> <li>• Stools should be yellow/clear, absent of sediment</li> <li>• <b>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.</b></li> <li>• Morning medications should be taken by <b>5:00 AM</b> with a small sip of water.</li> <li>• Non-essential medications may be taken <b>after</b> your procedure.</li> <li>• <b>DO NOT</b> smoke, chew tobacco, use e-cigarettes, THC, marijuana or illicit drugs.</li> <li>• <b>A driver is required to drive you home.</b> (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.</li> <li>• Bring all prescription medications and supplements with or bring a complete list with dosing and instructions</li> <li>• Wear loose fitting clothing</li> <li>• <b>Do not</b> wear perfume or cologne</li> <li>• Bring photo ID and Insurance card(s)</li> </ul>

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