



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

FIRST AND LAST NAME  
ADDRESS  
CITY, STATE, AND ZIP

**Procedure:** Colonoscopy - GoLytx

**Date:**

**Arrival Time:**

Dr. Todd Elftmann  
Dr. Kevin Taylor

Dr. Dawn Stapleton  
Dr. Timothy Thormodsgard

Dr. Boriana Petkov  
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>• A prescription for GoLytx will be called into your preferred pharmacy and ready for pickup within one week of your 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 <u>is</u> ok</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>

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<p><b>2 - 3 days prior to Procedure</b></p>	<ul style="list-style-type: none"> <li>• <b>Xarelto</b> (Rivaroxaban), <b>Pradaxa</b> (Dabigatran Etexilate) and <b>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 care provider <b>DOES NOT</b> want you to stop taking these medications, please have your primary care provider contact the provider doing the procedure</li> <li>• Be sure you have picked up your prescription for GoLyteLy</li> </ul>
<p><b>1 (one) day prior to Procedure</b></p>	<ul style="list-style-type: none"> <li>• <b><u>Upon Waking Up in the Morning: Clear</u></b> liquids <b><u>only</u></b> all day, <b><u>Nothing Red</u></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><u>No</u></b> solid foods</li> <li>• <b><u>Stop</u></b> taking all supplements until after procedure</li> <li>• <b><u>Avoid</u></b> alcoholic beverages, dairy products, pulp containing juices, and carbonated beverages.</li> <li>• <b><u>Limit</u></b> coffee to 8oz, black only if needed</li> </ul>
<p><b>Evening prior to Procedure</b></p>	<ul style="list-style-type: none"> <li>• Partially fill the GoLyteLy jug with lukewarm tap water. Shake vigorously. Continue filling the jug until full and shake until dissolved. It can be refrigerated if you prefer it cold.</li> <li>• <b><u>5:00 pm</u></b> – drink a large glass of GoLyteLy and continue to drink a glass every 15 minutes or as tolerated until the gallon is gone. You may alternate with clear liquids</li> <li>• Within 1-3 hours after drinking the solution, you may begin to have bowel movements as well as diarrhea for the next 4-6 hours therefore stay near a bathroom.</li> </ul>
<p><b>Day of your Procedure</b></p>	<ul style="list-style-type: none"> <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>• You may have <u>clear liquids</u> up to 2 hours prior to procedure</li> <li>• Do not plan on working</li> <li>• Stool should be yellow/clear, absent of sediment</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: