



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
Street address of patient
City, State and Zip Code

Procedure: Colonoscopy Date: _____ Check In Time: _____

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|---------------------------------------|---|-------------------------------------|
| <input type="checkbox"/> Dr. Elftmann | <input type="checkbox"/> Dr. Stapleton | <input type="checkbox"/> Dr. Petkov |
| <input type="checkbox"/> Dr. Taylor | <input type="checkbox"/> Dr. Thormodsgard | <input type="checkbox"/> Dr. 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 952-442-4461 Ext 17103</i>
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 Purchase the following over the counter items: <ul style="list-style-type: none"> 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)
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<p>5 days prior to Procedure</p>	<ul style="list-style-type: none"> • Begin a low fiber diet (Potatoes, wheat or white bread, English Muffins, bagels, low fiber cereal, soda crackers, pasta, canned fruit, fruit juice, white rice, low fat meats, dairy) • Avoid: Nuts, whole-wheat products and grains, fresh fruit, ALL vegetables, beans, raisins, berries, popcorn • Stop taking Coumadin (Warfarin)
<p>2 days prior to Procedure</p>	<ul style="list-style-type: none"> • Stop taking Xarelto (Rivaroxaban), Pradaxa (Dabigatran Etexilate) and Eliquis. 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
<p>1 (one) day prior to Procedure</p>	<ul style="list-style-type: none"> • Clear liquids only all day, Nothing Red (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) • No solid foods • Stop taking all supplements until after procedure • Avoid dairy products, carbonated beverages and alcohol • Limit coffee to 8oz, black only if needed • 3:00 PM - Take 4 Dulcolax laxative tablets with 8 oz of water • 5:00 PM – Take 2 (two) Gas-X tablets • 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
<p>Day of your Procedure</p>	<ul style="list-style-type: none"> • If your check-in time is 7:15 am or 7:45 am, you will need to start drinking the remaining 32oz of prep at 3:00am by drinking an 8oz glass every 15 minutes until it's gone. Keep drinking clear liquids <u>until 2 hours prior to procedure</u>, at least 3 (three) 8 oz glasses • For all other check-in times, start drinking the remaining 32 oz of prep at 5:00 am by drinking an 8oz glass every 15 minutes until you have consumed the remaining 32oz. Keep drinking clear liquids <u>until 2 hours prior to procedure</u>, at least 3 (three) 8 oz glasses • Stools should be yellow/clear, absent of sediment

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Day of your Procedure	<ul style="list-style-type: none">• 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)
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If you have any questions, please contact the Procedure Scheduling Team at Lakeview Clinic at (952) 442-4461 Ext 17103.

Comments:

6/2024 (MiraLAX Colonoscopy - Prep)