



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- MiraLax Prep **Date:**

Arrival Time:

Dr. Todd Elftmann
Dr. Kevin Taylor

Dr. Dawn Stapleton
Dr. Timothy Thormodsgard

Dr. Boriana Petkov
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>
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)
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 <p style="text-align: right;">Continued on next page —></p>

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.
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 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	<ul style="list-style-type: none"> Upon Waking Up in the Morning: 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 - 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
Day of your Procedure	<ul style="list-style-type: none"> DO NOT smoke, chew tobacco, use e-cigarettes, THC, marijuana or illicit drugs 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). 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. ** Continue drinking clear liquids up to 2 hours prior to your procedure. Stools should be yellow/clear, absent of sediment.
Day of your Procedure	<ul style="list-style-type: none"> Abstain from medications and supplements – unless you feel you need them. In which case please discuss with your primary care physician ahead of time. 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: