



- ☐ 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 |

<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 952-442-4461 Ext 17103</i></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><u>Stop</u></b> taking NSAIDS (Aspirin, Ibuprofen, etc) Tylenol <u>is</u> ok</li><li>• <b><u>Stop</u></b> taking Plavix (Clopidogrel)</li><li>• <b><u>Stop</u></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><li>• <b>Purchase</b> the following over the counter items:<ul style="list-style-type: none"><li>○ One 238-gram bottle of powder MiraLAX</li><li>○ Four (4) Dulcolax 5mg laxative tablets (generic is fine)</li><li>○ Two (2) Gas-X (Simethicone) 125mg tablets</li><li>○ One 64 oz clear liquid to mix with MiraLAX (Gatorade or Water is ok but <b><u>NO</u></b> red coloring)</li></ul></li></ul>
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<b>5 days prior to Procedure</b>	<ul style="list-style-type: none"> <li>• <b>Begin a low fiber diet</b> (Potatoes, wheat or white bread, English Muffins, bagels, low fiber cereal, soda crackers, pasta, canned fruit, cooked vegetables, fruit juice, white rice, low fat meats, dairy)</li> <li>• <b><u>Avoid:</u></b> Nuts, whole-wheat products and grains, fresh fruit, raw vegetables, beans, raisins, berries, popcorn</li> <li>• <b><u>Stop</u></b> taking Coumadin (Warfarin)</li> </ul>
<b>2 days prior to Procedure</b>	<ul style="list-style-type: none"> <li>• <b><u>Stop</u></b> taking Xarelto (Rivaroxaban), Pradaxa (Dabigatran Etexilate) and Eliquis. 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> </ul>
<b>1 (one) day prior to Procedure</b>	<ul style="list-style-type: none"> <li>• <b><u>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/coffee, Jell-O-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 the procedure.</li> <li>• <b><u>Avoid</u></b> dairy products and carbonated beverages.</li> <li>• <b><u>Limit</u></b> coffee to 8oz, black only if needed.</li> <li>• <b>3:00 PM</b> - Take 4 Dulcolax laxative tablets with 8 oz of water.</li> <li>• <b>5:00 PM</b> – Take 2 (two) Gas-X tablets.</li> <li>• <b>5:00 PM</b> - Mix the entire bottle of MiraLAX with 64 oz of clear liquid and shake/stir it well. Drink <b><u>half</u></b> 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.</li> <li>• Continue drinking clear liquids for the remainder of the evening, at least 3 (three) 8 oz glasses.</li> </ul>
<b>Day of your Procedure</b>	<ul style="list-style-type: none"> <li>• <b>If your check-in time is 7:15 am or 7:45 am</b>, you will need to start drinking the remaining 32oz of prep at <b>3:00am</b> by drinking an 8oz glass every 15 minutes until it's gone. Keep drinking clear liquids <b><u>until 2 hours prior to procedure</u></b>, at least 3 (three) 8 oz glasses.</li> <li>• <b>For all other check-in times</b>, start drinking the remaining 32 oz of prep at <b>5:00 am</b> by drinking an 8oz glass every 15 minutes until you have consumed the remaining 32oz. Keep drinking clear liquids <b><u>until 2 hours prior to procedure</u></b>, at least 3 (three) 8 oz glasses.</li> <li>• Stools should be yellow/clear, absent of sediment.</li> </ul>

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<b>Day of your Procedure</b>	<ul style="list-style-type: none"> <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>
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If you have any questions, please contact Kathy or Marie in Procedure Scheduling at Lakeview Clinic at (952) 442-4461 Ext 17103.

Comments:

3/2024 (MiraLAX Colonoscopy - Prep)