



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 Split Prep **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></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><li>• <b>Purchase</b> the following over the counter items:<ul style="list-style-type: none"><li>o One 238-gram bottle of powder MiraLAX</li><li>o Four (4) Dulcolax 5mg laxative tablets (generic is fine)</li><li>o Two (2) Gas-X (Simethicone) 125mg tablets</li><li>o One 64 oz clear liquid to mix with MiraLAX (Gatorade or Water is ok but <b>NO</b> red coloring)</li></ul></li></ul>
<b>5 days prior to Procedure</b>	<ul style="list-style-type: none"><li>• <b>Stop</b> taking Coumadin (Warfarin)</li><li>• <b>Begin a low fiber diet</b> (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> <p style="text-align: right;"><b>Continued on next page —&gt;</b></p>

<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>
<b>2 - 3 days prior to Procedure</b>	<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> </ul>
<b>1 day prior to Procedure</b>	<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/coffee, 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> dairy products, carbonated beverages and alcohol</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> - 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>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).</li> <li><b><u>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 WILL 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. **</u></b></li> <li>Continue drinking clear liquids up to 2 hours prior to your procedure.</li> <li>Stools should be yellow/clear, absent of sediment.</li> <li>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.</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 after 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 AND <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: