

Chris Stuart, MD

Greg Frane, MD

Joel Sagedahl, MD

Jonathan Tallman, MD

Date _____

Appt. Time _____

Office Location: _____

Crystal office
5700 Bottineau Blvd Suite 100
Crystal, MN 55429

Rogers office
21395 John Milless Dr Suite 100
Rogers, MN 55374

Plymouth office
1495 County Rd. 101 N
Plymouth, MN 55447

**Please arrive 15-20 minutes before your appointment.
This time is used to prepare you for the procedure.**

*** you must arrange for a responsible adult to drive you to the appointment and to bring you home.

If you do not have a vehicle, you may take a taxi or uber if a responsible adult is present during the ride.

If no responsible adult is present, the procedure will be rescheduled, or no medication will be given. ***

Missed or late cancelled appointments: Colonoscopies must be cancelled at least 7 days in advance or a charge of \$300 may be charged for the late cancelled appointment.

A procedure nurse will call you 2 weeks before your appointment to review the colonoscopy prep, your health history, medications, and answer any questions you have regarding the procedure.

Important, please review this section if you take a medication called a GLP-1 agonist (such as Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others) or an SGLT-2 Inhibitor (Invokana, Farxiga, Jardiance, Steglatro) for weight loss or diabetes.

If you take these medications, then you should hold your medication according to the following guidelines:

GLP-1 Agonists (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others):

- For once or twice daily injectables (example Byetta, Victoza, Saxenda), hold the day before and day of the procedure.
- For once weekly injectables (example: Trulicity, Ozempic, Weygovy, Bydureon, Mounjaro), hold for 7 days before the procedure.
- For oral, daily dosing (example: Rybelsus), hold for 7 days before the procedure.

SGLT-2 Inhibitors (Invokana, Farxiga, Jardiance, Steglatro): Hold for 4 days before the procedure.

Medications:

- Tylenol is OK to take
- Do NOT take Aspirin for one week prior to the procedure.

- Do NOT take Ibuprofen, Advil, Celebrex, Naproxen, Meloxicam or other anti-inflammatory medications, Iron pills, or vitamins containing iron for 5 days before the procedure.
- If you are taking any anticoagulant medication: Coumadin, Jantoven, Plavix (Clopidogrel), Effient (Prasvarel), Brilinta (Ticagrelor) Elquis (Apixaban), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), or Savaysa (Edoxaban) contact the physician who is performing your procedure for instructions at least 7 days prior to your procedure.
- On the day of the Colonoscopy only take heart, blood pressure, and anti-seizure medications as you normally would.
- Diabetics should take ½ your typical dose of your Diabetic medication the day before the Colonoscopy and hold the medication the day of the Colonoscopy. Check your blood sugars before coming into the office if you monitor your levels normally at home.

COLONOSCOPY WITH MIRALAX AND GATORADE DOUBLE PREP

You will need to purchase:

4 - Bisacodyl tablets (Dulcolax® laxative NOT Dulcolax® stool softener) each tablet contains 5 mg of bisacodyl.

2 - 8.3-ounce bottle of Polyethylene Glycol (PEG) 3350 Powder (MiraLAX, SmoothLAX, ClearLAX or generic equivalent)

128 oz. Gatorade® /Powerade® (No red- or purple-colored flavors) Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte or Propel®, Liquid IV, and other electrolyte beverages are acceptable. Red flavors are not allowed; all other colors (yellow, green, orange, blue) are okay. It is also okay to buy two 2.12 oz packets of powdered Gatorade that can be mixed with water to a total volume of 64 oz of liquid.

Simethicone 80 mg or 125 mg tablets, chewables, or softgels

- Simethicone is available over the counter in a variety of forms and dosages. Capsules, chewable tablets, and liquid are all acceptable forms.
- If you are buying 125 mg tablets, purchase enough simethicone to take 2 tablets.
- If you are buying 80 mg tablets, purchase enough to take 3 tablets.

Zofran (anti-nausea) medication will be sent to your pharmacy.

7 days before:

- Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil, and Fibercon.

3 days before:

- Begin a Low-Fiber Diet. A low fiber diet helps make the cleanout more effective.
 - Examples of a low fiber diet include (but are not limited to): white bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments. If you are on a gluten free diet, look for items

with less than 2 grams of fiber per serving including bread, pasta, waffles, pancakes, cold cereals, rice cakes, rice crackers, and cream of rice.

- o The following are not allowed on a low fiber diet: seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans, and lentils.

2 days before:

- Stop eating solid foods in the morning.
- Begin Clear Liquid Diet (clear liquids include things you can see through).
 - o Examples of a clear liquid diet include water, clear broth or bouillon (gluten free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, popsicles, and black coffee or tea (no milk or cream).
 - o The following are not allowed on a clear liquid diet: red or purple liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil and chewing tobacco.

Between 4-6pm: Drink Miralax – Gatorade/Powerade preparation

- o Mix 1 bottle of Miralax with 64 oz. of liquid (a minimum of 56 oz of electrolyte beverage should be used to mix Miralax and up to 8 oz of water can be added to achieve the desired 64 oz).
- o Drink 1 – 8 oz. glass of the Miralax/electrolyte solution.
- o Continue drinking 1 - 8 oz. glass every 15 minutes thereafter until the mixture is gone.

1 day before:

- Continue Clear Liquid Diet
- At noon: Take 4 Bisacodyl (Dulcolax) tablets
- Between 4-6pm: Drink Miralax – Gatorade/Powerade preparation
 - o Mix 1 bottle of Miralax with 64 oz. of liquid (a minimum of 56 oz of electrolyte beverage should be used to mix Miralax and up to 8 oz of water can be added to achieve the desired 64 oz).
 - o Drink 1 – 8 oz. glass of the Miralax/electrolyte solution.
 - o Continue drinking 1 - 8 oz. glass every 15 minutes thereafter until the mixture is gone.
 - o With the last glass of Miralax – Gatorade solution: take 240-250 mg of simethicone.
 - Simethicone is available over the counter in a variety of forms and dosages. Capsules, chewable tablets, and liquid are all acceptable forms.
 - Take enough of the medication to total between 240-250 mg. For example, if you have
 - 125 mg chewable tablets, take 2 tablets to total 250 mg.
 - 80 mg tablets, take 3 tablets to total 240 mg

Colon Cleansing Tips: Drink adequate amounts of fluid before and after your colon cleansing to prevent dehydration. Stay near a toilet because you will have diarrhea. Even if you are sitting on the toilet, continue to drink the cleansing solution every 15 minutes. If you feel nauseous or vomit, rinse your mouth with water, take a 15 to 30-minute break and then continue drinking the solution. You will be uncomfortable until the stool has flushed from your colon (in about 2-4 hours). You may feel chilled.

Day of your procedure:

You may take your blood pressure, heart medications, or anti-seizure medications with sips of water **3 hours prior to your procedure or earlier**. Do not take any chewable vitamins or supplements. To avoid cancellation, do not use marijuana/THC the day of your procedure.

Continue the Clear Liquid Diet up to **3 hours prior to your procedure**, then stop drinking. As a reminder, continue to avoid red and purple liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.

- 3 hours prior to your procedure time (Example: 4:30am for a 7:30am procedure)
 - STOP consuming all liquids.
 - Do not take anything by mouth during this time.
 - Allow extra time to travel to your procedure as you may need to stop and use a restroom along the way.

Now that you are scheduled for a diagnostic or screening Colonoscopy, it is very important that **you**, the patient, contact your insurance company and ask what your coverage will be for the scheduled procedure.

There are circumstances when a **screening** Colonoscopy may become a **diagnostic** Colonoscopy during the procedure. These circumstances could be but are not limited to the following: a biopsy is taken out, or a polyp is removed. We encourage you to contact your insurance company and discuss both procedures, so that you are aware of your financial responsibility for the service that is performed.

ABSOLUTELY NO SOLID FOOD TWO DAYS BEFORE PROCEDURE.

Examples of Clear Liquid and Low Fiber Diet
ABSOLUTEY NO RED OR PURPLE DYES THE DAY BEFORE PROCEDURE

Clear Liquid Diet

- ❖ Broth – chicken, beef, or vegetable
- ❖ Jell-O – Ne red or purple colors
- ❖ Popsicles – no red or purple colors
- ❖ Fruit Juices without pulp – Apple, White Grape
- ❖ Coffee – WITHOUT creamer or milk
- ❖ Tea – hot or cold
- ❖ Carbonated beverages – Coke/Pepsi, Diet Coke/Pepsi, Mountain Dew – No red or purple colors
- ❖ Gatorade/Sports drinks – No red or purple colors
- ❖ Water – Plain, carbonated, or flavored – No red or purple colors
- ❖ Fruit flavored beverages – lemonade

Low Fiber Diet

Recommended Foods	Foods to Avoid
<p>Breads, Cereal, Rice, and Pasta:</p> <ul style="list-style-type: none"> • White bread, rolls, biscuits, croissants, and melba toast • Plain Crackers, such as Saltines • Waffles, French Toast, and pancakes • White rice, noodles, pasta, macaroni, and peeled cooked potatoes • Cooked cereals: Farina, Cream of Rice • Cold Cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K 	<p>Breads, Cereal, Rice, and Pasta:</p> <ul style="list-style-type: none"> • Breads or rolls with nuts, seeds, or fruit • Whole wheat, pumpernickel, rye breads and cornbread • Potatoes with skin, brown or wild rice, and kasha(buckwheat)
<p>Vegetables:</p> <ul style="list-style-type: none"> • Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans 	<p>Vegetables:</p> <ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds • Sauerkraut • Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas, and corn

<p>Fruits:</p> <ul style="list-style-type: none"> • Strained Fruit Juice • Canned fruit, except pineapple • Applesauce • Ripe bananas • Melons, cantaloupe, and honeydew 	<p>Fruits:</p> <ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates, and raisins
<p>Milk/Dairy:</p> <ul style="list-style-type: none"> • Milk, plain or flavored • Cream • Hot Chocolate • Sour Cream • Yogurt, custard, and ice cream • Cheese and cottage cheese 	<p>Milk/Dairy:</p> <ul style="list-style-type: none"> • Yogurt with nuts or seeds
<p>Meats and other Proteins:</p> <ul style="list-style-type: none"> • Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats • Eggs • Peanut butter without nuts 	<p>Meats and other Proteins:</p> <ul style="list-style-type: none"> • Tough, fibrous meats with gristle • Dry beans, peas, and lentils • Peanut butter with nuts • Tofu
<p>Fats, Snacks, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream, and salad dressing • Plain gravies • Sugar, clear jelly, honey, and syrup • Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables • Ensure, Boost, or Enlive without added fiber (Chocolate or Vanilla) • Coffee, tea, and carbonated drinks • Plain cakes and cookies • Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles • Hard Candy or pretzels • Ketchup, mustard 	<p>Fats, Snacks, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> • Nuts, seeds, and coconut • Jam, marmalade, and preserves • Pickles, olives, relish, and horseradish • All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran • Candy made with nuts or seeds • Popcorn

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