

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.

## **COLONOSCOPY DOUBLE PREP**

### **What 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®. All other colors (yellow, green, orange, blue) are okay.
- **Simethicone 80 mg or 125 mg tablets, chewables, or softgels**
  - Simethicone is available over the counter.
  - 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.
- **Ondansetron (Zofran)** (anti-nausea) medication will be sent to your pharmacy.

## MEDICATIONS TO **STOP**

### **7 Days Before the Procedure**

- Phentermine
- Dulaglutide (Trulicity®)
- Exenatide (Byetta®)
- Exenatide extended release (Bydureon®)
- Liraglutide (Victoza®)
- Lixisenatide (Adlyxin®)
- Semaglutide injection (Ozempic®) (Wegovy)
- Semaglutide tablets (Rybelsus®)
- Mounjaro (Tirzepatide®) (Zepbound®)

### **5 Days Before the Procedure**

- Plavix (Clopidogrel)
- Coumadin/Warfarin
- Ibuprofen, Aleve, Naproxen, Meloxicam, Celebrex, Advil
- All Vitamins and Herbal Supplements

### **4 Days Before the Procedure**

- Invokana
- Farxiga
- Jardiance
- Steglatro

### **2 Days Before the Procedure**

- Arixtra®/Fondaparinux
- Pradaxa®/Dabigatran
- Xarelto®/Rivaroxaban

### **1 Day Before the Procedure**

- Metformin
- Savaysa®/Edoxaban
- Lovenox®/Enoxaparin
- Eliquis®/Apixaban

## **How to prep for your Colonoscopy**

### **3 Days before your Colonoscopy:**

- \*Begin a low fiber diet. NO raw fruit or vegetables (cooked fruits or vegetables are ok). NO whole wheat or high fiber foods. No nuts, popcorn, bran, or bulking agents.
- \*Drink at least 8 – 8-ounce glasses of water throughout the day.

### **2 Days before your Colonoscopy:**

- Stop eating solid foods in the morning.
- Begin Clear Liquid Diet (clear liquids include things you can see through).
  - 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

- 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).
- Drink 1 – 8 oz. glass of the Miralax/electrolyte solution every 15 minutes until the mixture is gone.
- OK to take one tablet of Ondansetron (Zofran) if nauseous

### **1 day before your Colonoscopy:**

- Continue Clear Liquid Diet
- At noon: Take 4 Bisacodyl (Dulcolax) tablets
- Between 4-6pm: Drink Miralax – Gatorade/Powerade preparation
  - 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).
  - Drink 1 – 8 oz. glass of the Miralax/electrolyte solution every 15 minutes until the mixture is gone.
  - With the last glass of Miralax – Gatorade solution: take 240-250 mg of simethicone.
    - Simethicone is available over the counter.
    - 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.
- OK to take an additional Ondansetron (Zofran) tablet if needed for nausea

**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.

**Examples of Clear Liquid and Low Fiber Diet**

**Clear Liquid Diet**

- ❖ Broth – chicken, beef, or vegetable
- ❖ Jell-O – No 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
- ❖ Fruit flavored beverages – lemonade
- ❖ Ensure Clear

**Low Fiber Diet**

Recommended Foods	Foods to Avoid
<p><b>Breads, Cereal, Rice, and Pasta:</b></p> <ul style="list-style-type: none"> <li>• White bread, rolls, biscuits, croissants, and melba toast</li> <li>• Plain Crackers, such as Saltines</li> <li>• Waffles, French Toast, and pancakes</li> </ul>	<p><b>Breads, Cereal, Rice, and Pasta:</b></p> <ul style="list-style-type: none"> <li>• Breads or rolls with nuts, seeds, or fruit</li> <li>• Whole wheat, pumpernickel, rye breads and cornbread</li> </ul>

<ul style="list-style-type: none"> <li>• White rice, noodles, pasta, macaroni, and peeled cooked potatoes</li> <li>• Cooked cereals: Farina, Cream of Rice</li> <li>• Cold Cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K</li> </ul>	<ul style="list-style-type: none"> <li>• Potatoes with skin, brown or wild rice, and kasha(buckwheat)</li> </ul>
<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</li> </ul>	<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Vegetables with seeds</li> <li>• Sauerkraut</li> <li>• Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas, and corn</li> </ul>
<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Strained Fruit Juice</li> <li>• Canned fruit, except pineapple</li> <li>• Applesauce</li> <li>• Ripe bananas</li> <li>• Melons, cantaloupe, and honeydew</li> </ul>	<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Prunes and prune juice</li> <li>• Raw or dried fruit</li> <li>• All berries, figs, dates, and raisins</li> </ul>
<p><b>Milk/Dairy:</b></p> <ul style="list-style-type: none"> <li>• Milk, plain or flavored</li> <li>• Cream</li> <li>• Hot Chocolate</li> <li>• Sour Cream</li> <li>• Yogurt, custard, and ice cream</li> <li>• Cheese and cottage cheese</li> </ul>	<p><b>Milk/Dairy:</b></p> <ul style="list-style-type: none"> <li>• Yogurt with nuts or seeds</li> </ul>
<p><b>Meats and other Proteins:</b></p> <ul style="list-style-type: none"> <li>• Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats</li> <li>• Eggs</li> <li>• Peanut butter without nuts</li> </ul>	<p><b>Meats and other Proteins:</b></p> <ul style="list-style-type: none"> <li>• Tough, fibrous meats with gristle</li> <li>• Dry beans, peas, and lentils</li> <li>• Peanut butter with nuts</li> <li>• Tofu</li> </ul>
<p><b>Fats, Snacks, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>• Margarine, butter, oils, mayonnaise, sour cream, and salad dressing</li> <li>• Plain gravies</li> <li>• Sugar, clear jelly, honey, and syrup</li> <li>• Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables</li> <li>• Ensure, Boost, or Enlive without added fiber (Chocolate or Vanilla)</li> <li>• Coffee, tea, and carbonated drinks</li> <li>• Plain cakes and cookies</li> </ul>	<p><b>Fats, Snacks, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>• Nuts, seeds, and coconut</li> <li>• Jam, marmalade, and preserves</li> <li>• Pickles, olives, relish, and horseradish</li> <li>• All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran</li> <li>• Candy made with nuts or seeds</li> <li>• Popcorn</li> </ul>

<ul style="list-style-type: none"> <li>• Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles</li> <li>• Hard Candy or pretzels</li> <li>• Ketchup, mustard</li> </ul>	
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## Tips

- Drink adequate amounts of fluid before and after your preparation to prevent dehydration.
  - \*Only drink water on the day of the exam (no solid food).
  - \*DO NOT drink anything 2 hours before the Colonoscopy is performed.
- Stay near a bathroom because you will have diarrhea and may need to use the toilet frequently.
- 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.
- Apply A&D ointment or Vaseline to the anus to prevent irritation if needed. Wipes can also be used.
- Ok to wear a short-sleeved shirt during the procedure.

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.

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