

Chris Stuart, MD

Greg Frane, MD

Joel Sagedahl, MD

Jonathan Tallman, MD

Appt. 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 PREP

What you will need to purchase:

- **4 - Bisacodyl tablets** (Dulcolax® laxative NOT Dulcolax® stool softener) each tablet contains 5 mg of bisacodyl.
- **1 - 8.3-ounce bottle of Polyethylene Glycol (PEG) 3350 Powder** (MiraLAX, SmoothLAX, ClearLAX or generic equivalent)
- **64 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.
- **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:

- *Drink at least 8 - 8-ounce glasses of water throughout the day. Eat a light evening meal.
- *NO SOLID FOODS AFTER MIDNIGHT

The day before your Colonoscopy: - Two options available

Option A – Entire prep completed the evening before your procedure

- *Begin a clear liquid diet. NO RED or PURPLE liquids. Water, clear broth or bouillon, coffee or tea without creamer or milk, Gatorade, Pedialyte, clear carbonated drinks, Kool-Aid, jello, clear fruit juices, popsicles and hard candy is ok to have if they are NOT RED or PURPLE.
- *Around 12:00pm take the four (4) Bisacodyl 5mg (Dulcolax) tablets with 8oz of water. Do NOT chew or crush the pills.
- *Mix the whole bottle of Miralax with the 64 ounces of Gatorade and place in the refrigerator
- * Consider taking Ondansetron (anti-nausea medication) before starting Miralax/Gatorade prep.
- *Between 4:00 and 6:00 pm begin drinking 8-ounce glasses of this mix every 10-15 minutes until it is gone. If you become nauseous you may take a break until the nausea improves. Then continue drinking the Gatorade/Miralax mix until it is gone.
- *After completely drinking the Gatorade/Miralax mix you should try to drink an additional 64oz of water or clear liquid.

Option B- Half evening before & half morning of procedure

- *Begin a clear liquid diet. NO RED or PURPLE liquids. Water, clear broth or bouillon, coffee or tea without creamer or milk, Gatorade, Pedialyte, clear carbonated drinks, Kool-Aid, jello, clear fruit juices, popsicles and hard candy is ok to have if they are NOT RED or PURPLE.
- *Around 12:00pm take the four (4) Bisacodyl 5mg (Dulcolax) tablets with 8oz of water. Do NOT chew or crush the pills.
- *Mix the whole bottle of Miralax with the 64 ounces of Gatorade and place in the refrigerator
- *Consider taking Ondansetron (anti-nausea medication) before starting Miralax/Gatorade prep.

*At 6:00pm separate the Gatorade/Miralax into 2 portions of 32 ounces each. You will take 32 ounces at night and place the remaining 32 ounces in the fridge for the morning.

*Drink 8-ounce glasses of this mix every 10-15 minutes until it is gone. If you become nauseous you may take a break until the nausea improves. Then continue drinking the Gatorade/Miralax mix until it is gone.

*After completely drinking the Gatorade/Miralax mix you should try to drink an additional 64oz of water or clear liquid.

The morning of your Colonoscopy:

*4 hours before the procedure drink the remaining 32 ounces of the Gatorade/Miralax mixture in 8-ounce glasses every 10-15 min until it is gone. Complete the mixture 2 hours prior to your procedure. If you become nauseous you may take a break until the nausea improves. Then continue drinking the Gatorade/Miralax mix until it is gone.

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.

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
Breads, Cereal, Rice, and Pasta: <ul style="list-style-type: none"> • White bread, rolls, biscuits, croissants, and melba toast • Plain Crackers, such as Saltines 	Breads, Cereal, Rice, and Pasta: <ul style="list-style-type: none"> • Breads or rolls with nuts, seeds, or fruit.

<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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>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

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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