



Endoscopy Center- Waconia
Ridgeview Professional Bldg.
560 South Maple Street
Suite 2- 2nd Level (lowest level)
Waconia, MN 55387

Endoscopy Center- 212 Medical Center
212 Medical Center
111 Hundertmark Road
Suite 320
Chaska, MN 55318

It is patient responsibility to contact your insurance company to verify coverage & benefits for the procedure. If a prior authorization is required before services rendered, please contact your primary care clinic for a referral to be submitted to your insurance company.

Patient Name:

Date:

Check in time:

Physician:

Procedure: Colonoscopy

Please review the following instructions carefully to verify they are the correct instructions for your scheduled procedure. Please call our office if they are incorrect so we may send the correct one to you.

MIRALAX AM Plus: Patient Instructions for morning colonoscopy procedures.

1. **A driver will be required to drive you home (no driving, working or making any life altering decisions for 24 hours after procedure). Your driver must pick you up within 2 hours of dropping you off.**
2. **Consult with your primary physician, and if appropriate:**
 - **Stop taking aspirin, ibuprofen, other NSAIDs and Plavix (clopidogrel) 7 days prior to your procedure. You can take Tylenol for pain.**
 - **Stop taking Coumadin (warfarin) 5 days prior to your procedure.**
 - **Stop taking Xarelto (rivaroxaban) and Pradaxa (dabigatran etexilate) 2 days prior to your procedure.**
 - **If your primary physician DOES NOT want you to stop these medications, please have your primary physician contact your Endoscopy/Colonoscopy physician to discuss.**
3. **If you are diabetic and taking diabetes medication, please contact your primary care provider or your endocrinologist to discuss dosing of your insulin and/or oral diabetic medications prior to the procedure. This may need to be adjusted due to the modified diet one day prior to procedure.**

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- If you require antibiotics prior to procedures, contact your primary physician
4. Please purchase the following non-prescription items from your pharmacy at least 2 days prior to your exam:
 - Miralax 238 gram bottle of powder,
 - 4(four) Dulcolax laxative tablets- 5mg tablets (Can be generic brand-Bisacodyl),
 - One 10 oz. bottle of magnesium citrate (Do not take if you have kidney disease)
 - You will also need 64 ounces of a clear liquid to mix with the Miralax, such as Gatorade, lemon water-no red coloring

 5. Five (5) days prior to the procedure: Begin a low fiber diet

Recommended low fiber: Potatoes, wheat or white bread (no nuts or whole wheat products), english muffins or bagels, low fiber cereal, soda crackers, pasta, canned fruit, cooked vegetables, fruit juices, white rice, and low fat meats and dairy products.

AVOID: Whole grains, fresh fruits or raw vegetables, beans, raisins, berries, nuts, popcorn.

 6. One day prior to procedure: Clear liquids (nothing red) all day. **NO** solid foods, plenty of water

Recommended clear liquids: Gatorade, Propel, Vitamin water, apple, white grape, white cranberry juice, non-diet pop, Kool-aide, Hi-C or other sports drinks, fruit juice without pulp, soup bouillon, jell-O, popsicles, gummy bears, decaf tea, pedialyte, crystal light.

AVOID: Dairy products, caffeinated products and large quantities of carbonated beverages. **Drink plenty of water**

3PM: Take 4(four) bisacodyl laxative tablets with 8 ounces of water

5PM: Mix the entire bottle of Miralax with 64 ounces of clear liquid and shake/stir well. Drink an 8oz glass every 10-15 minutes until gone. Solution should be consumed entirely in 2-4 hours. If you become nauseous, take a 30-60 minute break and then resume drinking prep. Continue drinking clear liquids for remainder of evening.

 7. **Day of Procedure:** *A driver will be required to drive you home (no driving, working or making any life altering decisions for 24 hours after procedure.) Your driver must pick you up within 2 hours of dropping you off. You will not be able to use a cab or public transportation.*
 - Drink the 10 oz. bottle of magnesium citrate at _____. (Do not take if you have kidney disease)
 - Continue drinking clear liquids until 2 hours prior to procedure
 - Bring all prescription medications with you or a complete list with dosages and instructions along with any supplements
 - Wear loose fitting clothing and plan to be here 2 hours.
 - Do not wear perfume or cologne
 - Bring photo ID & insurance card

If you need to cancel or change your appointment, please call Marie or Connie between 8:00-4:30 at 952-442-4461 ext. 7160. We will notify the hospital of any changes.