

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

(Miralax, Dulcolax, and Gatorade)

What you will need to purchase:

- * Four (4) Bisacodyl tablets 5 mg (Dulcolax)
- * One (1) bottle of powdered Miralax 8.3oz (238 grams)
- * 64oz bottle of Gatorade NO RED or PURPLE
 - * Regular Gatorade, Gatorade G2 or Propel is acceptable
 - * Do not use powdered Gatorade mix
 - * Diabetic patients please use Gatorade G2, Gatorade Zero or PowerAde Zero

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-convulsant 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.

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:

You have two options to prepare for your procedure.

Option A: - Split prep half the evening before and half the morning of your procedure

Option B: - The entire prep the evening before.

Option A -

*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

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

- *Only drink water on the day of the exam (no solid food).
- *DO NOT drink anything 2 hours before the Colonoscopy is performed.
- * Ok to wear a short-sleeved shirt during the procedure.

Option B-

*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

*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.

The day of your Colonoscopy:

- *Only drink water on the day of the exam (no solid food).
- *DO NOT drink anything 2 hours before the Colonoscopy is performed.
- * 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.

Revised 11/2023

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 	<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

<ul style="list-style-type: none"> • Peanut butter without nuts 	<ul style="list-style-type: none"> • 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

Clear Liquid Diet

ABSOLUTELY NO SOLID FOOD THE DAY BEFORE PROCEDURE
ABSOLUTELY NO RED OR PURPLE DYES THE DAY BEFORE PROCEDURE

- ❖ 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 – No red or purple colors
- ❖ Fruit flavored beverages – lemonade

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