



Colonoscopy MiraLax Prep

REMINDER FOR:

ON THE DAY OF YOUR PROCEDURE

- Bring a list of all your medications (over-the-counter and prescription)
- You must have a driver to take you home following the procedure. If you do not have someone to drive you home, your procedure will be rescheduled to another day. No public taxis or shuttles. Medical taxis are allowed. Your driver must come inside, and must come within 2 hours.
- Bring your Insurance Card and Photo ID
- STOP drinking clear liquids 2 hours prior to your procedure
- RIDGEVIEW SIBLEY MEDICAL CENTER patients:
STOP drinking clear liquids 4 hours prior to procedure

PARKING:

CHASKA: Two-Twelve Medical Center

Park in the patient parking lot and proceed to the third floor
ENDOSCOPY DEPARTMENT – Suite 320

WACONIA: Ridgeview Professional Building

Park in the **MAIN PARKING LOT** located across from the **MAIN ENTRANCE** of the hospital. Take the elevator down to the **POND LEVEL (-2 floor) – ENDOSCOPY DEPARTMENT – Suite 2**

ARLINGTON: Ridgeview Sibley Medical Center

Arrive at the ER doors and check in at the nurses station



Please call **952-442-8011** with any questions or scheduling concerns.

Gastroenterology

Waconia
Ridgeview Professional Building
Ridgeview Endoscopy Suite
560 South Maple Street
Suite 2 • Pond Level (-2)
Waconia, MN 55387

Chaska
Two Twelve Medical Center
111 Hundertmark Road
Suite 320
Chaska, MN 55318

Arlington
Ridgeview Sibley Medical Center
601 West Chandler Street
Arlington, MN 55307
**Arrive at the ER doors and
check in at the nurses station*

IT IS THE PATIENT'S RESPONSIBILITY TO CONTACT YOUR INSURANCE COMPANY TO VERIFY COVERAGE & BENEFITS FOR THIS 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. THANK YOU.

Patient name:

Date:

Check in time:

Physician:

- Dr. Sabina Khan**
- Dr. Brian Gootzeit**
- Dr. Mustafa Tiewala**

Procedure: Colonoscopy

MIRALAX PREP:

***A driver will be required to drive you home. No taxi's or shuttle services. Medical taxis are allowed. Your driver must come inside, and must pick you up within 2 hours of dropping you off. No driving, working or making any life altering decisions for 24 hours after procedure. Plan to stay 2 hours.**

***If you are taking:**

Coumadin (Warfarin): we recommend stopping this medication 5 days prior to your appointment, you **need** to check with your primary physician and/or your cardiologist before stopping these medications.

Pradaxa (Dabigatran), Eliquis (Apixaban), Xarelto (Rivaroxaban) or any other blood thinner: we recommend you stop these medications 2 days prior to your procedure. If you have chronic kidney disease this should be stopped 3 days prior to your procedure. You must check with your primary physician or cardiologist before holding these medications.

Aspirin: is ok to continue unless otherwise instructed.

Plavix: It is recommended you stop taking Plavix 5 days prior to your procedure. Holding recommendations **must** be discussed with your primary physician or cardiologist prior to stopping. Note that taking this medication may interfere with our ability to perform interventions, such as polyp removal or dilation.

***If you are diabetic and take 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.

* If you require antibiotics prior to procedures, have a heart murmur, have a recent joint replacement or stent placement, contact your primary physician before your procedure.

* The day of your procedure you may take essential medications with a small sip of water **by 5 AM**. Wait to take non-essential medications until after your procedure.

*Please arrive at your scheduled check in time.

*Wear loose clothing and refrain from wearing fragrances

Miralax Preparation:

1. **Purchase** the following non-prescription items from your pharmacy at least 2 days prior to your exam:
 - **MIRALAX 238 GRAM BOTTLE OF POWDER. Can be generic brand Miralax.**
 - **FOUR (4) Dulcolax LAXATIVE TABLETS- 5mg tablets. Can be generic brand Bisacodyl.**
 - **64 ounces of a clear liquid to mix with the Miralax. Such as: Gatorade, lemonade, water (no red)**

2. **FIVE (5) days prior to the procedure:** Begin a low fiber diet

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

Recommended low fiber options: Potatoes, wheat or white bread (no nuts or whole wheat products), English muffins or bagels, low fiber cereal, soda crackers, pasta, canned fruits or fruits without peels, cooked vegetables, fruit juices, rice, low fat meats and dairy products.

3. **ONE (1) DAY PRIOR TO PROCEDURE:**
The entire day before your procedure you are on a clear liquid diet – NO red liquids. NO solid foods. NO alcoholic beverages 24 hours prior to exam.

AVOID: Dairy products, large quantities of caffeinated products and carbonated beverages

Recommended Clear Liquids: Gatorade, Propel, Vitamin water, apple, white grape, white cranberry juice, Kool-Aid, Hi-C or other sport drinks, fruit juice without pulp, soup bouillon, Jell-o, popsicles, gummy bears, small amounts of tea or coffee without creamer, Pedialyte, Crystal Light. Be sure to drink plenty of water though out the day and a good variety of all the listed clear liquid products.

3 PM: Take FOUR (4) Dulcolax/Bisacodyl laxative tablets with 8 ounces of water (may be taken earlier in the day if you plan to be home).

5 PM: Mix the entire bottle of Miralax with 64 ounces of clear liquid and shake/stir well. Drink half of the mixture (32 ounces). Drink an 8 ounce glass every 15 minutes until you have consumed 32 ounces. If you become nauseous, take a 30-60 minute break and then resume drinking prep. Continue drinking clear liquids for remainder of evening.

Day of Procedure: 4 hours prior to leaving for your procedure, drink the remaining 32 ounces of the prep. Drink an 8 ounce glass every 15 minutes until it is gone. Continue drinking clear liquids up to 2 hours prior to your procedure.

RIDGEVIEW SIBLEY PATIENTS: Nothing at all to drink after finishing the remaining prep.

FOR ALL LOCATIONS:

Remember to arrange a responsible driver. They must come inside and pick you up within 2 hours of dropping you off. Bring your medication list, insurance card and photo ID.



Gastroenterology

WHAT IS A COLONOSCOPY?

What is a colonoscopy?

Colonoscopy enables your doctor to examine the lining of your colon (large intestine) for abnormalities by inserting a flexible tube into the rectum and colon. This allows the doctor to get a close-up view of the inside of your colon. Any lesions or abnormalities, such as polyps, which are too small to be seen on x-ray, can be removed and biopsy completed.

What preparation is required?

Proper bowel preparation for a colonoscopy is necessary in order for your doctor to fully view the colon. Follow the instructions in this literature and call if you have any questions or concerns. If the bowel is not completely clear of all dark, formed stool, we may be unable to do the colonoscopy. Continue to take your regular medications the day before and the day of your procedure with the exception of those medications your physician instructed you to stop.

Prior to your appointment, write down all medications you are taking (prescription, non-prescription and herbal supplements). Please include the dosage of medications and number of times they are taken each day. Include any medical conditions and allergies. Bring this information to your appointment. If you are on a blood thinning medication, such as Aspirin, Coumadin, Plavix or Warfarin, or have a heart murmur, recent joint replacement or stent placement, please make your healthcare provider aware of this before your colonoscopy. Certain medications may need to be stopped temporarily prior to your procedure or antibiotics may need to be given. Please inform your healthcare provider if you are **pregnant**.

What can I expect during a colonoscopy?

Colonoscopy is generally well tolerated. You may feel pressure, bloating or cramping during the procedure. The procedure itself usually takes approximately 30 minutes. Plan on being at the Endoscopy Department for 1 ½ to 2 hours. You will receive medication to make the procedure more comfortable. You will be positioned on your left side and may be asked to turn during the procedure. *(Note: Patients requiring IV antibiotics or having a pro-time/INR drawn prior to the procedure need to allow more time for their visit).*

What are polyps and why are they removed?

Polyps are abnormal growths in the colon lining that are usually benign (non-cancerous). They vary in size from a tiny dot to several inches. Your doctor can't always tell a benign polyp by its outer appearance, so the polyp is sent in for examination. Colon cancer begins in polyps and removing them is an important means of preventing colon-rectal cancer. Polyps are removed during the exam by the doctor. This process is painless for you.

What are the possible complications of a colonoscopy?

Colonoscopy is a safe procedure, with serious complications occurring less than 1% of the time. One possible complication is perforation or tear through the bowel wall that could require surgery. Bleeding might occur at the site of biopsy or polyp removal, but it is usually minor. Although complications after colonoscopy are uncommon, it is important to recognize early signs of possible complications. You will be given written discharge instructions after your colonoscopy.



500 South Maple Street • Waconia MN 55387
(952) 442-2191

Getting to Ridgeview Professional Building

From Minneapolis: Take I-35W south to Hwy. 62 west. Continue on Hwy. 62 west to Hwy. 212/5 west. This will turn into Hwy. 5 west. Continue on Hwy. 5 west through Eden Prairie, Chanhassen and Victoria. Once in Waconia (still on Hwy. 5) look for South Maple Street (1 block after second set of lights on Hwy. 5). Turn right onto South Maple Street. Ridgeview Professional Building is located immediately on the left, at 560 S. Maple Street.

From the North: Take I-494 south to Hwy. 5 west. Continue on Hwy. 5 west through Eden Prairie, Chanhassen and Victoria. Once in Waconia (still on Hwy. 5) look for South Maple Street (1 block after second set of lights on Hwy. 5). Turn right on South Maple Street. Ridgeview Professional Building is located immediately on the left, at 560 S. Maple Street.

From the South: Take Hwy. 169 north to Hwy. 41 north. Take Hwy. 41 north to Hwy. 5 west. Take Hwy. 5 west through Victoria. Once in Waconia (still on Hwy. 5) look for South Maple Street (1 block after second set of lights on Hwy. 5). Turn right on South Maple Street. Ridgeview Professional Building is located immediately on the left, at 560 S. Maple Street.

From the East: Take I-494 west to Hwy. 5 west. Take Hwy. 5 west through Eden Prairie, Chanhassen and Victoria. Once in Waconia (still on Hwy. 5) look for South Maple Street (1 block after second set of lights on Hwy. 5). Turn right on South Maple Street. Ridgeview Professional Building is located immediately on the left, at 560 S. Maple Street.

From the West: Take Hwy. 5 east to Waconia. Upon entering Waconia, look for South Maple Street. Take a left on South Maple Street. Ridgeview Professional Building is located immediately on the left, at 560 S. Maple Street.



621 S. 4th Street • Le Sueur MN 56058
(507) 665-3375

Getting to Le Sueur Medical Center

From Minneapolis: Take I-35W south to Hwy. 62 west. Continue on Hwy. 62 west to Hwy. 169 south. Continue on Hwy. 169 to Le Sueur. Take the Bridge St. exit from Hwy. 169 east to Le Sueur. Turn right on S. 4th Street and continue to Ridgeview Le Sueur Medical Center Campus. Turn left into campus.

From the North: Take Hwy. 169 south to Le Sueur. Take the Bridge St. exit from Hwy. 169 east to Le Sueur. Turn right on S. 4th Street and continue to Ridgeview Le Sueur Medical Center Campus. Turn left into campus.

From the South: Take Hwy. 169 north to Le Sueur. Take the Bridge St. exit from Hwy. 169 east to Le Sueur. Turn right on S. 4th Street and continue to Ridgeview Le Sueur Medical Center Campus. Turn left into campus.

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111 Hundertmark Road • Chaska MN 55318
(952) 361-2447

Getting to Two Twelve Medical Center

From Minneapolis: Take I-35W south to Hwy. 62 west. Continue on Hwy. 62 west to Hwy. 212/5 west. This will turn into Hwy. 5 west. Continue on Hwy. 5 west, veering to the left on the new Hwy. 212. Exit on Hwy. 41 and turn right (north). Turn right on Hundertmark Road. Two Twelve Medical Center is located on your right, at 111 Hundertmark Road.

From the North: Take I-494 south to Hwy. 5 west. Continue on Hwy. 5 west, veering to the left on the new Hwy. 212. Exit on Hwy. 41 and turn right (north). Turn right on Hundertmark Road. Two Twelve Medical Center is located on your right, at 111 Hundertmark Road.

From the South: Take Hwy. 169 north to Hwy. 41 north. Continue north on Hwy. 41 and turn right on Hundertmark Road, which is just north of Hwy. 212. Two Twelve Medical Center is located on your right, at 111 Hundertmark Road.

From the East: Take I-494 west to Hwy. 5 west, veering to the left on the new Hwy. 212. Exit on Hwy. 41 and turn right (north). Turn right on Hundertmark Road. Two Twelve Medical Center is located on your right, at 111 Hundertmark Road.

From the West: Take Hwy. 212 east. Exit on Hwy. 41 and turn left (north). Turn right on Hundertmark Road. Two Twelve Medical Center is located on your right, at 111 Hundertmark Road.



601 West Chandler Street • Arlington MN 55307
(507) 964-2271

Getting to Sibley Medical Center

From the North: Take Highway 5 south to Arlington. Turn right onto W. Chandler Street. Take the first right into the parking lot.

From the South: Take Highway 5 northeast to Arlington. Turn left onto W. Chandler Street. Take the first right into the parking lot.

From the East (Henderson): Take Highway 19 west to 391st Ave / County Rd 17. Turn right onto 391st Ave / County Rd 17. Take 391st Ave / County Rd 17 north to Arlington. Once in Arlington, 391st Ave / County Rd 17 becomes 4th Ave E. Take 4th Ave E to Highway 5. Turn left on Highway 5. Turn right onto W. Chandler Street. Take the first right into the parking lot.

From the West: Take Highway 19 to Gaylord. Turn right onto Main Ave. E / Highway 5. Take Highway 5 northeast to Arlington. Turn left onto W. Chandler Street. Take the first right into the parking lot.

Or, take Highway 212 East to Highway 22 and turn right (south) on Highway 22. Take Highway 22 to Gaylord. Turn left onto Main Ave E / Highway 5. Take Highway 5 northeast to Arlington. Turn left onto W. Chandler Street. Take the first right into the parking lot.