



Preparing for Your Colonoscopy History & Physical Exam

Schedule a Pre-Operative history and physical exam with your primary clinic to be seen at least 1-2 weeks prior to your procedure.

- Exam must be completed within 30 days of your scheduled procedure, we recommend scheduling your pre-op AT LEAST 1-2 weeks prior to allow time for your Doctor to send it to us. Please have your Dr. fax to 1-855-456-0249.

- Your procedure will be cancelled if we do not receive your history and physical pre-op 3 days prior to your procedure. Please call with any questions or concerns about your scheduled pre-op. (320) 229-3244

- Exam must include Indications/symptoms for procedure, current medications/dosages, known allergies/medication reactions, existing co-morbid conditions, physical exam including heart and lung sounds evaluated and documented, current vital signs including height and weight.

If you have diabetes, ask your physician for diet and medication instructions.

****VA Patients ONLY-** Use Prep Prescribed by VA- Follow Directions for Prep given by VA Provider- All NON- VA patients follow Prep Instructions below:

To make sure your colonoscopy provides the most accurate information; your colon must be clean and free of stool. Following these instructions or your doctor's instructions exactly is very important. If you do not prepare properly, your procedure may be cancelled. Or, you may have to repeat your preparation and procedure.

To properly clean your colon, you need to begin preparing for your colonoscopy 7 days before the procedure.

7 Days Before Your Procedure

- Arrange to have an adult drive you to the procedure and back home. Do not travel by bus, taxi or motorcycle. **If you do not make these arrangements, your procedure will be cancelled.**
- A prescription for 1 medication will be sent to your pharmacy about 2 weeks prior:
 - » GoLYTELY—A laxative (4 Liters)
- You will need to purchase 1 medication over the counter:
 - » Bisacodyl—4 tablets that must contain 5 milligrams of Bisacodyl, such as Dulcolax Laxative tablets. (Do not use Dulcolax stool softener.)
- **Stop taking the following medications:**
 - Dulaglutide (Trulicity, Semaglutide (Ozempic, Wegovy)
 - Metamucil or Fibercon fiber supplements
 - Multivitamins and other medications with iron

5 Days Before Your Procedure

- Talk to your primary doctor before stopping any anticoagulation medications, such as:
 - » Warfarin (Coumadin)
 - » Apixaban (Eliquis), rivaroxaban (Xarelto), Pradaxa
 - » Ticlopidine (Ticlid)

Confirm with your Primary Care Provider that stopping your blood thinner is safe for you

Talk to your primary doctor if you have:

- * Insulin-controlled diabetes
- * Heart valve disease
- * Had heart valve replacement

3 Days Before Your Procedure

Start eating a low-fiber diet.

1 Day Before Your Procedure

- Begin a clear liquid diet. **DO NOT EAT SOLID FOOD, YOU MAY HAVE CLEAR LIQUIDS ONLY.** Clear liquids are liquids that look like colored water and you can see through at room temperature. **Do not drink any red or purple liquids.** You may have:
 - » Water, clear broth or bouillon
 - » Coffee or tea WITHOUT milk or creamer
 - » Gatorade, Pedialyte and carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices (no pulp)
- Jell-O, popsicles
- Drink at least 8 glasses of water throughout the day.
- Do not drink any alcoholic beverages.
- Mix the GoLYTELY solution as directed on the container. If you want, refrigerate to chill before drinking.
- At 5 p.m., take 4 Dulcolax tablets.
- At 6 p.m., drink 1 glass (8-ounces) of the GoLYTELY solution.
 - Continue drinking 1 glass (8-ounces) of the mixture every 15 minutes until the bottle is half empty (about 8 glasses).
 - If you experience nausea or vomiting, rinse your mouth with water, stop drinking prep for one hour then resume at a slower pace. The bowel prep will still work despite the vomiting.
 - You may continue to drink clear liquids up until you begin drinking the 2nd half of the GoLYTELY solution the day of your procedure.

Day of Your Procedure

- Four (4) hours before leaving home for the procedure, drink the remainder of the GoLYTELY solution—1 glass (8-ounces) every 15 minutes until the solution is gone (about 8 glasses). *We realize this may be as early as 1-2am. Following these recommendations will help ensure an accurate colonoscopy.*
- You may take your morning medications with half a glass of water.
- Stop drinking any clear liquids when you have finished drinking the GoLYTELY solution.
- Your stool should be clear or yellow liquid.
- Bring your:
 - > Insurance card
 - > Picture ID
 - > Driver to accompany you home

Telephone numbers

St. Cloud Surgical Center

Weekdays, 8 a.m. to 5 p.m.

320-251-8385 option 4—Health History Nurse Line

To cancel or reschedule your colonoscopy, please call at least 2 days before the day of your procedure.

320-251-8385 option 5

Low Fiber Diet (next page)

Low Fiber Diet

Start 3 days before your procedure to assist in your prep for your colonoscopy

Foods You Can Eat

Foods You Should Not Eat

<p>Breads, Cereal, Rice, Pasta</p> <ul style="list-style-type: none"> • White bread, rolls, biscuits, croissant, melba toast • Waffles, French toast, pancakes • White rice, noodles, pasta, peeled cooked potatoes • Plain crackers, saltines • Cooked cereal: puffed rice, Rice Krispies, Corn Flakes, Special K 	<p>Breads, Cereal, Rice, Pasta</p> <ul style="list-style-type: none"> • Breads or rolls with nuts, seeds or fruit • Whole wheat, pumpernickel, rye breads; cornbread • Potatoes with skin, brown or wild rice, 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 	<p>Vegetables</p> <ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds • Sauerkraut • Winter squash, peas, broccoli, Brussel sprouts, cabbage, onions, cauliflower, baked beans, and corn
<p>Fruit</p> <ul style="list-style-type: none"> • Strained fruit juice • Canned fruit, except pineapple • Ripe bananas • Melons 	<p>Fruit</p> <ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit (except ripe bananas and melons) • All berries, figs, dates, and raisins
<p>Milk and Dairy</p> <ul style="list-style-type: none"> • Milk, plain or flavored • Yogurt, custard and ice cream • Cheese and cottage cheese 	<p>Milk and Dairy</p> <ul style="list-style-type: none"> • Yogurt with nuts or seeds
<p>Meat, Poultry, Fish, Eggs</p> <ul style="list-style-type: none"> • Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats • Eggs • Peanut butter without nuts 	<p>Meat, Poultry, Fish, Eggs</p> <ul style="list-style-type: none"> • Tough, fibrous meats, with gristle • Dry beans, peas, lentils • Peanut butter with nuts
<p>Fats, Snacks, Sweets, Condiments, Beverages</p> <ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream, salad dressing, • Plain gravies • Sugar, clear jelly, honey, syrup • Spices, cooked herbs, bullion, broth, soups made with allowed vegetables • Coffee, tea, carbonated drinks • Plain cakes and cookies • Gelatin, plain puddings, custard, ice cream, sherbet, popsicles • Hard candy, pretzels 	<p>Fats, Snacks, Sweets, Condiments, Beverages</p> <ul style="list-style-type: none"> • Nuts, seeds coconut • Jam, marmalade, preserves • Pickles, olives, relish, horseradish • Desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran • Candy made with nuts or seeds • Popcorn