

Prep and Procedure Info

Procedure: ??

Date: ??

Check-in: ??

Medication/Supplement Adjustments

- 7 days prior to procedure, STOP all vitamins, herbs, aspirin, Advil (ibuprofen) and any anti-inflammatory as it can inhibit blood clotting
- **Diabetes pills:** take your medication as prescribed up to the day before. On the day before your procedure, take only half the prescribed dosage. The day of your procedure, you may take it after your procedure.
- **Injectable Diabetes/Weight loss medications:** All injectables for weight-loss must be stopped 14 days prior to procedures. All injectables for diabetes (example: Ozempic) must be stopped 7 days prior to procedure.
- **Weight-loss Drugs:** Stop taking any weight-loss drugs 2 weeks prior to procedure (example: phentermines)
- **High blood pressure meds:** Be sure to take your blood pressure medication every day as prescribed by your physician. On the day of your procedure take it with just a sip of water.
- **Cardiac Clearance required:** For Coumadin or Plavix or any blood thinner, you must have clearance from your prescribing doctor to stop medications one week prior to procedure. Without written clearance, your procedure may be cancelled

First Day of Preparation (Two Days Before the Procedure)

- Eat a light breakfast and lunch, and then begin the clear liquid diet (see below)
- Take 1 Zofran for nausea if needed (optional)
- Take 2 dulcolax tablets at 2:00 PM and 2 more at 5:00 PM

Second Day of Preparation (The Day Before the Procedure)

Prescription ordered: ??

Fill the prescription and anti-nausea medication (usually Zofran or Phenergan) ahead of time. Go by the instructions given here, but follow mixing instructions on your bowel prep.

Procedure Time	Clear Liquid Diet	Take Anti-nausea Med	Take First Half of Prep	Second/Final Half of Prep
7:00am - 9:30am	All Day (no meals). Only clear liquid after 4PM.	5:00pm, day before procedure	6:00pm drink first half of prep <ul style="list-style-type: none"> • Drinking with a straw can be helpful • Liquids can be water, clear apple juice, or clear grape juice (not purple) 	Drink second half of prep 6 hours prior to check-in time.
9:45am - Noon	All Day (no meals). Only clear liquid after 4PM.	7:00pm, day before procedure	8:00pm drink first half of prep <ul style="list-style-type: none"> • Drinking with a straw can be helpful • Liquids can be water, clear apple juice, or clear grape juice (not purple) 	Drink second half of prep 6 hours prior to check-in time.
After Noon	All Day (no meals). Only clear liquid after 4PM.	8:00pm, day before procedure	9:00pm drink first half of prep <ul style="list-style-type: none"> • Drinking with a straw can be helpful • Liquids can be water, clear apple juice, or clear grape juice (not purple) 	Drink second half of prep 6 hours prior to check-in time.

Feelings of bloating and nausea are common. This is temporary and should pass once bowel movements begin. Bowel movements should occur one (1) to three (3) hours after your first glass of solution and may continue up to two (2) hours after your last glass. At this point, the stool should be liquid and clear yellow.

The Day of Procedure

- Do not eat or drink anything five (5) hours prior to your procedure
- You must arrange for a responsible adult to pick you up. If you have had a hospital stay, you will still need to arrange for someone to drive you home upon discharge.

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Clear Liquid Diet

Rules	Avoid all milk products. Avoid soups with meat, noodles, or vegetables. No alcohol If you have to chew it, you can't have it!
Until 4PM on 2nd Day of Prep	Water, Clear fruit juices (no pulp!), Bouillon, Clear broth, Popsicles (NO red, orange, purple), Hard candies (NO red, orange, purple), Sodas (NO orange, grape, red), Coffee/Tea (NO milk, cream, or creamer)
After 4PM on 2nd Day of Prep	Water, Clear fruit juices (as above), Clear sodas (Sprite, 7-Up, Ginger Ale). Don't drink anything that isn't clear after 4PM!

Do Not Eat or Drink Anything Five (5) Hours prior to your procedure

Prep and Procedure Info

Scheduling Information

Procedure Information Needed for Insurance Benefits

Diagnosis Codes: ???

Procedure Codes: ???

Facility*

- | | | |
|---|---|----------------|
| <input type="checkbox"/> Baylor Surgicare at Plano† | 1701 Ohio Dr., Plano, TX 75093 | (214) 291-3000 |
| <input type="checkbox"/> Surgery Center of Plano† | 4005 W 15th St., Plano, TX 75075 | (972) 629-0500 |
| <input type="checkbox"/> Medical City Of Plano | 3901 W 15th St., Plano, TX 75075 | (972) 596-6800 |
| <input type="checkbox"/> Medical City of McKinney | 4500 Medical Center Dr., McKinney, TX 75069 | (972) 547-8000 |
| <input type="checkbox"/> BSW Surgicare Centennial† | 4401 Coit Road, #100, Frisco, TX 75035 | (214) 619-0120 |
| <input type="checkbox"/> THR Presbyterian Plano | 6200 W. Parker Road, Plano, TX 75093 | (972) 981-8000 |
| <input type="checkbox"/> THR Presbyterian Frisco | 12400 Dallas Parkway, Frisco, TX 75033 | (469) 495-2000 |
| <input type="checkbox"/> Baylor Regional Plano | 4700 Alliance Blvd., Plano, TX, 75093 | (469) 814-2000 |
| <input type="checkbox"/> Other: _____ | | |

* Note that your facility may ask you to fill out paperwork or join a web portal such as "One Medical Passport."

† One or more of our doctors may have a financial interest in this facility.

Anesthesia / Assistant

Anesthesia Group Scheduled		Assistant Surgeon	
<input type="checkbox"/> USAP / Pinnacle	(972) 715-5000	<input type="checkbox"/> Dr. A. Bransky	(214) 934-2506
<input type="checkbox"/> TX-An Anesthesia	(972) 488-8926	<input type="checkbox"/> Dr. K. Seto	(972) 608-2025
<input type="checkbox"/> Dr. D. Taylor	(214) 373-9092	<input type="checkbox"/> Dr. W. Kantor	(972) 618-4221
<input type="checkbox"/> Dr J. Wicks	(972) 747-5840	<input type="checkbox"/> Other	_____
<input type="checkbox"/> Valiant Anesthesia	(972) 422-8223		
<input type="checkbox"/> Colon & Rectal Associates	(214) 501-1194		

Pre-Op Testing

- ☐ Pre-Op Testing: _____
- ☐ Cardiac Clearance: _____

Billing Disclosure / Out of Network Disclosure

Note: If your procedure requires pathology, the technical component may be billed through Ameripath North Texas, who can be reached at (800) 890-6220.

Sign below to attest that: I am aware that the physician, facility, or other health care provider listed above will be involved in my care on my date of service and I understand that this health care provider may not be a participating provider in my insurance plan. I understand the reasons for using this out-of-network provider and I understand the possibility of increased out-of-pocket expense. I understand that non-participating providers are generally prohibited from waiving member cost share amounts such as co-pays, deductibles, and co-insurance. I will contact my insurance concerning out-of-network benefits if I have any questions about my specific coverage.

Patient/Guardian Name:

Patient/Guardian Signature:

Date:

Prep and Procedure Info

Scheduling Guidelines

Our office tries to schedule all procedures, colonoscopies and surgeries in a timeframe that fits with your schedule. To that end, our doctors have secured "block" times at area hospitals to facilitate the scheduling process. This means that we are assured of certain select times in which we can schedule your procedure.

We also realize that there are times when unforeseen circumstances arise and you must reschedule your procedure. At those times, we will attempt to work with you to reschedule to a time and date that meets your needs. However, in an effort to keep our scheduling process efficient and give all patients ample opportunity to schedule a procedure, we have instituted the following guidelines:

- Procedures, colonoscopies and surgeries must be cancelled at least 48 hours prior to the day of the surgery. This will allow our staff to give that time slot to someone else.
- Cancellation of a procedure, colonoscopy or surgery with less than 48 hours notice will result in a \$25.00 fee.
- If a procedure, colonoscopy or surgery is cancelled and/or rescheduled three times, there will be a \$50.00 fee which is payable before we can reschedule for you.
- If you are a "No Show" for your procedure (this means that you fail to notify the office that you are canceling your appointment), there will be a \$50.00 fee applied to your account.
- It is considered a "No Show" if we are not notified prior to 5:00 p.m. the day before your scheduled procedure.

We value you as a patient, and have added the above guidelines in an effort to provide timely service to everyone. Each time we reschedule, we must contact the insurance company, the hospital, anesthesia, and assistant physicians (if required for your procedure).

To reschedule: 972.612.0430

I have Read and understood the above guidelines.

Name:

Signature:

Date: