



### Procedure Location

**Baylor SurgiCare at Denton**  
**350 South I-35 East**  
**Denton, TX, 76205**  
**(940) 323-1393**  
**[www.denton-surgicare.com](http://www.denton-surgicare.com)**

**Procedure Date:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**\*Arrival times are subject to change\***

**Bowel Prep Date:** \_\_\_\_\_

**PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY. IF  
YOU HAVE ANY QUESTIONS CONTACT OUR OFFICE AT (940) 566 4720**

### Colonoscopy instructions

- Beginning on the morning before your procedure date, you will only be allowed a clear liquid diet for breakfast, lunch, and dinner.
- You may have anything on the approved clear liquid diet up until midnight, then nothing more to eat or drink until after your procedure except for a sip of water to take your approved medications.
- If your procedure is scheduled for after 12 noon
  - You may have a clear liquid breakfast, three hours prior to your procedure.
  - You may also have water up to three hours prior to your procedure.

### Approved Clear Liquid Diet

- Water
- Gatorade, Propel, Vitamin Waters (avoid red, and blue dyes)
- Soda: Sprite, 7-Up, Ginger Ale, Colas, and Root Beer
- Juice: Apple, White Grape, White Cranberry (avoid pulp)
- Jell-O: (avoid red, blue, and purple dye)
- Soup broths: Chicken, Vegetable, and Beef (avoid solids)
- Coffee and tea (avoid dairy products)

## **Bowel Prep Kit- EZ 2 Go prep**

**The following is included in your bowel prep kit:**

- **EZ 2 Go Powder 8.3 oz (238 grams) bottle**
- **4 Dulcolax tablets (laxative)**
- **64 oz of water**
- **Propel or CrystaLite flavor powder**

### **Starting at 1:00 PM**

1. Take four Dulcolax tablets
2. Mix 8.3 ounces of the EZ 2 Go powder in 64 ounces (1/2 gallon) of water until the powder has dissolved
3. Mix the Propel or CrystaLite powder in the solution as well, then place in refrigerator

### **Starting at 3:00 PM**

1. Remove the bowel prep solution from the refrigerator
2. At 3:00 PM, begin the bowel prep by consuming 8 ounces of the liquid solution
3. Drink 8 ounces every 10-15 minutes for the first 32 ounces
4. Take a 1-2 hour break
5. After the break, drink 8 ounces every 10-15 minutes until the remaining 32 ounces are consumed
6. Let the bowel cleaning process complete

### **Starting at 12:00 AM/Midnight**

1. Begin fasting at midnight (no solids or liquids)

### **Medication Instructions:**

1. **Anticoagulants (blood thinners):** Typically, these medications are stopped 5 days prior to your procedure. We will contact your prescribing physician for instructions on when you will stop taking these medications. You may continue with these medications until after the completion of your procedure.
2. **Diuretics (water pills):** Do not take these medications until after the completion of your procedure.
3. **Diabetics:**
  - If taking medication to lower your blood sugar; do not take these medications until after the completion of your procedure.
  - If taking regular insulin; do not take these medications until after the completion of your procedure.
  - If taking long-acting insulin; take half of your prescribed dose on the morning of your procedure. Continue with insulin therapy after the completion of your procedure.
  - If taking any other insulin therapy such as Lantus, Humalog or Novolog mix 70/30; bring it with you to take after the completion of the procedure.

**4. Anticonvulsant/Anti-seizure:**

- These medications may be taken the morning of your procedure with a small sip of water

**5. Hormone replacement therapy:**

- These medications may be taken the morning of your procedure with a small sip of water

**6. Proton pump inhibitors (reflux/heartburn)**

- If your procedure is going to be an Endoscopy with PH Probe, these medications are stopped 5 days prior to your procedure. You may continue with these medications after the completion of your procedure.

**Sedation**

You will be receiving general Anesthesia medicine intravenously for sedation. You must have an adult companion take you home. You are not allowed to take yourself home. You are not allowed to drive yourself from the facility or take public transportation. The actual procedure lasts approximately 45 minutes. You will remain in the facility until you recover from the sedation. On average, most patients are discharged within 3 hours after they arrive.

**Patient Billing Information**

For your convenience we do accept Visa, Mastercard, American Express, Discover, personal checks and cash.

**Payment Prior to Services**

Our policy is to collect all known fees when you schedule for a procedure, including deductibles, co-payments, and co-insurance, based on estimated charges. Payment is required 48 hours prior to your scheduled procedure. Your final bill will reflect actual charges for services provided, which may be higher or lower than the estimate provided at scheduling. If actual charges are higher than estimated, our office will be in contact with you for the additional payment. If actual charges are lower than estimated, we will process the appropriate refund and mail a refund check to you.

**With Insurance**

If you have health insurance, we will bill your insurance carrier shortly after your visit. You should also receive an explanation of benefits (EOB) from your insurance company explaining how they processed your claim. This process is usually complete within 60 days of discharge. Your insurance company may contact you for additional information to process your claim. Please respond as quickly as possible to ensure you receive the maximum benefit from your coverage. After the insurance payment has been received, you will receive a final billing statement from North Texas GI Associates if you have a remaining balance. This may include deductibles, co-insurance, co-payments and any non-covered charges that still remain. If you

have questions regarding the way your claim was processed, please contact your insurance company directly. Payment is due upon receipt of the final billing statement.

### **Without Insurance**

We do provide services to patients that do not have insurance coverage. We do require the full payment before your scheduled procedure or if you are having an office visit you are required to pay at the time of service.

### **Multiple Bills**

You will be billed separately for services for a procedure. This will include North Texas GI Associates (Dr. Panzer's fee), Baylor SurgiCare at Denton (facility fee), pathology (for any biopsies) and anesthesia (if required).

If you need to cancel or reschedule your procedure(s) – we ask that you please call our office within 48 hours of your scheduled time/date. If we do not receive proper notice from you, we will bill you a \$100.00 rescheduling fee.

**Please contact our office at (940) 566-4720 if you have any questions regarding billing or your statement.**