

- Colonoscopy
- Double – Colonoscopy & EGD

Appointment Date: _____

Check-In Time: _____

Physician: _____

Procedure Time: _____

- Trinity Park Surgery Center: 3501 Matlock Rd. Arlington, TX 76015 P: 817-375-9370
- Baylor Surgicare at Mansfield: 280 Regency Parkway Mansfield, TX 76063 P: 817-453-2744
- Baylor Surgicare at Southlake: 905 E Southlake Blvd Southlake, TX 76092 P: 817-410-4300
- USMD at Arlington: 801 W. Interstate 20 Arlington, TX 76017 P: 817-472-3674 / P: 817-472-3460
- Methodist Southlake Hospital: 421 E State Hwy 114 Southlake, TX 76092 P: 817-865-4400 / P: 628-335-5910
- Baylor Regional Medical at Grapevine: 1650 W College St. Grapevine, TX 76051 P: 817-481-1588 / P: 817-329-2540

If you have an after-hours emergency, please call 817-468-7200 to connect to our afterhours service.

You will be receiving sedation for this procedure and must have an escort over the age of 18 to drive you home or the procedure will be cancelled. Uber, taxi and/or public transportation are not acceptable rides unless you have an appropriate escort accompanying you.

1 Week Before

- **Stop taking any Semiglutide or other forms of GLP-1 medications for a full 7 days prior to your procedure.**
- Plan to take it easy on your procedure day. You will not be able to work, drive, operate equipment, sign any important papers, or make any legal decisions until the following day. Do not drink alcohol or take sedatives on your procedure day.
- 7 days prior to your procedure stop all iron supplements, supplements that contain iron, Aspirin(Baby/Low Dose 81mg Aspirin you CAN continue), NSAIDs such as Advil, Ibuprofen, Aleve, Motrin, Naprosyn, Celebrex, and Meloxicam. You may take TYLENOL ONLY if needed.
 - Stop medications that are for diarrhea (Imodium, Kaopectate, Viberzi, etc.) 7 days prior to your procedure.
- You will need to temporarily discontinue blood thinning medications prior to your procedure. The length of time to stop your medication depends on the drug you are taking, and we must receive a cardiac clearance from the physician that manages that medication for you such as a cardiologist, primary care physician, vascular physician, or neurologist.
 - If you are diabetic, your medications may need to be adjusted. Please consult the doctor.
 - Stop eating nuts, popcorn, corn, seeds and small grains (such as quinoa) 1 week prior.
 - Avoid taking fish oil supplements the week prior to your procedure.
- Throughout this prep you should continue taking all your normally prescribed medications unless you have been otherwise instructed.
- Immediately pick up your prep at the pharmacy, so if there are any issues they can be handled in a timely manner.

3 Days Before

Cancelling within 72-business hours of your scheduled procedure time will result in a \$100.00 cancellation fee.

- Stay well hydrated. Drink up to 8 glasses of clear liquids throughout the day in addition to eating your regular diet.
- Avoid eating obviously greasy, oily or fried foods, and continue to avoid nuts, popcorn, corn, seeds and small grains (such as quinoa).

IMPORTANT If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.

If you have an after-hours emergency, please call 817-468-7200 to connect to our on-call service.

1 Day Before

<u>Allowed</u>	<u>Not Allowed</u>
<ul style="list-style-type: none">• Clear Juices such as Apple, White Grape, White Cranberry, Lemonade (Yellow Only), or Gatorade (Yellow, White, or Green ONLY)	<ul style="list-style-type: none">• No Dairy Products such as Cheeses, Yogurts, Milks, and Ice Creams
<ul style="list-style-type: none">• Clear Soft Drinks such as 7-UP, Sprite, Ginger Ale, etc...	<ul style="list-style-type: none">• No Red, Blue, Orange, or Purple Products
<ul style="list-style-type: none">• Coffee & Tea with or without sugar (NO CREAMERS, NO MILK)	<ul style="list-style-type: none">• No Pulp Products such as Orange or Grapefruit Juices
<ul style="list-style-type: none">• Popsicles & Jell-O (Green or Yellow ONLY)	<ul style="list-style-type: none">• No solid foods
<ul style="list-style-type: none">• Chicken, Beef, or Vegetable Broth (Broth ONLY)	<ul style="list-style-type: none">• No alcoholic beverages

STAY HYDRATED with at least 12 tall glasses (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.

- **Please follow our instructions and not the instructions provided with the preparation packaging.**
- CLENPIQ is a medication that cleans your colon. CLENPIQ is ready for you to drink right from the bottle and it does not need to be mixed or diluted. Do not refrigerate or freeze CLENPIQ.
- Drinking the prep will cause diarrhea typically within 30mins-2 hours, though results may vary. Plan to stay close to a bathroom for the rest of the evening.
 - When drinking a bottle of CLENPIQ. Follow with at least FIVE 8-ounce cups of water taken at your own pace.
 - Continuing to drink additional clear liquids will help you stay hydrated.
 - If you become nauseated or vomit while drinking the prep, take a break and resume drinking prep when symptoms subside or ease. Some people do better if drinking through a straw. Adjust temperature with ice, instead of putting the drink in the refrigerator.
 - If you experience any unusual side effects, call us at 817-468-7200.

Day of Procedure

- If you are taking blood pressure medication regularly you may take this with a small amount of water at least 1 hour before your procedure. All other medications can be taken after your procedure.
 - Be sure to bring your insurance card(s) and driver's license/state ID with you to the facility but leave other valuables at home.
 - Your escort will need to be present at your time of discharge due to the sedation given during your procedure. Your escort is welcome to wait in the lobby.
- Your actual procedure will only take approximately 10-20 minutes if there are no complications, but due to the time needed for the surgery center to check you in, prepare you for your procedure, and the recovery time needed after the procedure you will be at the facility for an estimated time of 2-3 hours total.

If you have any questions regarding the procedure, please call our office at **817-468-7200**. As a friendly reminder, we do require a 72-business hour notice to cancel or reschedule. You are required to call our office to notify us, not just the facility. Failure to do so will result in a \$100.00 cancellation fee. **If you have an after-hours emergency, please call 817-468-7200 to connect to our on-call service.**

Clenpiq Instructions


TO BE COMPLETED THE NIGHT BEFORE YOUR PROCEDURE

You will receive one kit with 2 bottles of Clenpiq and 1 clear cup for drinking your water.

Clenpiq taste like cranberry!


1 YOUR PREPARATION - CLENPIQ®

- You will receive two 5.4 oz. bottles of medication.



2 DRINKING YOUR BOWEL PREPARATION

- At 5:00 pm
- Drink the **FIRST** bottle
- Followed by **FIVE 8 oz glasses of water** or more over the next hour.




STAY Hydrated
It's important that you drink clear liquids before, during, and after your prep

3 DRINKING YOUR BOWEL PREPARATION

- 6-8 hours before your procedure

➤ **At 10:00 pm**

- Drink the **SECOND** bottle
- Followed by **FIVE 8 oz glasses of water** or more over the next hour.



STAY HYDRATED

WHAT TO EXPECT

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow ("tea-colored") liquid stools.
- Please finish your preparation regardless of your stool color.

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**NOTHING TO EAT OR DRINK STARTING AT MIDNIGHT
UNTIL AFTER YOUR PROCEDURE IS FINISHED!**

Procedure Fees

Please be aware that we are unable to discuss any fees other than the PHYSICIAN fee. We are not responsible for Facility, Anesthesia or Pathology quotes or charges.

Please contact the facility directly to discuss your facility fees.

Anesthesia Company

Metropolitan Anesthesia - Phone number: 800-411-7515

Insurances that they are out of network with: BCBS (outside of Texas), Medishare Plans, WEBTPA

Please contact Metropolitan to discuss network eligibility or any payment arrangements that may need to be made prior to your scheduled procedure.

OrthoMed Anesthesia – Phone number: 469-863-9978

This company is used at USMD of Arlington. You will need to confirm your own network status prior to the procedure.

Please contact OrthoMed to discuss network eligibility or any payment arrangements that may need to be made prior to your scheduled procedure.

Please note, some facilities will utilize other anesthesia companies not listed above. You will need to contact the facility directly to find out which company is used and obtain their contact information. It is not the responsibility of Gastroenterology Practice Associates to confirm network status for the facility, anesthesia or pathology.

Pathology Company

AmeriPath – Billing phone number: 800-890-6220

AmeriPath does recommend for all patients to contact their insurance companies prior to the scheduled procedure.

Every insurance plan is different when it comes to pathology benefits. Please contact the phone number on the back of your insurance card to confirm that Ameripath is in network with your policy. At this time, we only work with Ameripath and are unable to offer any alternative options.

Gastroenterology Practice Associates

All procedure fees are due 1 week prior to the procedure and must be paid in full. We do not currently offer payment plans.

Failure to provide a 72-business hour notice to cancel or reschedule, will result in a \$100.00 fee.

To discuss the physician fee, please contact our office at 817-468-7200.

It is not the responsibility of Gastroenterology Practice Associates to confirm network status for the facility, anesthesia or pathology. Please contact them directly for any billing related questions. The only fee Gastroenterology Practice Associates can provide is an estimated pre-payment amount for your physician fee.

If you have an after-hours emergency, please call 817-468-7200 to connect to our on-call service.

Thank you,

Gastroenterology Practice Associates

301 Highlander Blvd Ste 121

Arlington, TX 76018

P: 817-468-7200

F: 817-468-7201
