

**RX PROBLEMS, QUESTIONS, OR TO CANCEL OR RE-SCHEDULE, PLEASE CALL SURGERY CENTER DIRECTLY AT (325) 795-0053**

Please pick up your bowel prep kit from your pharmacy. Do not mix until the day prior to your procedure. You may purchase plain or aloe baby wipes and/or desitin or A&D ointment for your bottom. If you would like more information regarding your procedure, it is on our website under “For Patients” – “Patient Education”.

If given a different prep than SUFLAVE, please go to [www.bigcountrygi.com](http://www.bigcountrygi.com) “For Patients” – “Procedure Preps” for new instructions.

IMPORTANT INFO	2 DAYS PRIOR	1 DAY PRIOR	PROCEDURE DAY
<ul style="list-style-type: none"> <li>➤ <b>Discontinue fiber supplements and iron (including multivitamins with iron) 7 days before your procedure.</b> If unsure if your meds contain fiber or iron, please check with your pharmacist.</li> <li>➤ <b>Discontinue phentermine 14 days prior to procedure.</b></li> <li>➤ You may continue your “baby” aspirin and regular aspirin.</li> <li>➤ <b>Blood Thinners:</b> Please call our office if you need clarification on <u>doctor’s orders regarding whether you are to stop or continue your blood thinners.</u></li> </ul>	<ul style="list-style-type: none"> <li>➤ Drink at least 4 large glasses of water throughout the day.</li> </ul>  <ul style="list-style-type: none"> <li>➤ <b>Clear liquids ONLY after midnight. No solid foods!</b></li> </ul>	<ul style="list-style-type: none"> <li>➤ <i>Diabetes meds will need to be adjusted. Please see Diabetic Prep Instructions on back side.</i></li> <li>➤ <b>Begin clear liquid diet.</b> (info on back side)</li> <li>➤ Drink at least 4 large glasses of water throughout the day.</li> <li>➤ <b>4 PM: STEP 1-</b> Open 1 flavor packet and pour into 1 bottle. Fill the provided bottle with lukewarm water up to the fill line. Re-cap bottle and gently shake the bottle until all powder has mixed well (dissolved.) Drink 8 oz every 15 minutes until the bottle is empty.</li> <li>➤ <b>5-6 PM: STEP 2-</b> Drink an additional 16 oz water over the next hour.</li> <li>➤ <b>10 PM: Repeat STEP 1 &amp; STEP 2</b></li> </ul> <p style="text-align: center;"><b>NOTHING BY MOUTH AFTER 2 AM!</b></p> <p>If you experience nausea or vomiting, take a 15-30 minute break, then continue drinking prep solution.</p>	<ul style="list-style-type: none"> <li>➤ <b>NOTHING by mouth - NO</b> gum, hard candy, mints, ice chips. No smoking cigarettes, marijuana or use of e-cigarettes the day of your procedure.</li> <li>➤ After your prep, the results should be clear-yellow or clear-green liquid with NO solid matter. If not, please call our office at 325-795-0053..</li> <li>➤ <b>MORNING MEDS:</b> You may take your blood pressure and/or seizure meds with a VERY SMALL SIP of water, at least 2-4 hours prior to your procedure, unless otherwise directed by your physician.</li> <li>➤ Photo ID required at check-in.</li> </ul>

**VERY IMPORTANT:**

***Driver must be present at the time of check-in and remain on property until you are discharged, which will be about 2 hours. NO EXCEPTIONS***

Please bring insurance cards in the event that we may need them in our system.

**CLEAR LIQUID DIET**

If you experience nausea or vomiting during the prep, try the following:

\*Chill the mixture. –Suck on lemon or lime slices – Add a flavored powered drink such as Crystal Light

or Lemonade mix (NO RED, NO PURPLE).

\*Take a 15-30 minute break, then start drinking again.

**DO NOT DRINK: ALCOHOL, RED OR PURPLE COLORED ITEMS**

**ALLOWED:** water, tea, plain coffee, clear juices such as apple or white grape, lemonade from powdered mix, fruit-flavored drinks, such as Kool-Aid, Crystal Light, etc; carbonated beverages/soda, sports drinks such as Gatorade, All-Sport, Powerade, etc; fat-free broth/buillon/consommé, plain/flavored gelatins, sorbet, fruit ices/Italian ices, popsicles (**NO milk or added fruit pieces**)

**CLEAR LIQUID DRINK RECIPES (NO RED, NO PURPLE)**

**High Protein Fruit Drink**

8 oz commercial clear liquid nutritional drink

½ cup sorbet

6 oz ginger ale

Mix all ingredients and blend until smooth

**Lemon Lime Slush**

Juice from 2 limes and 1 lemon

1 cup sparkling water

1 cup ice

4 tsp sugar or to taste

Blend ice and juice until slushy. Pour in glass and add sparkling water.

**Fruit Fizz**

1 cup clear fruit juice from clear liquid list

½ cup sparking water

½ cup ice

Blend ice and juice until slushy. Pour in glass and add sparkling water

**Frozen Fruit Slush**

1-6 oz can of frozen clear juice concentrate

4 tbsp sugar

3 cups crushed ice

Mix all ingredients and blend until smooth

**NOTE:** Homemade ice pops can also be made using fruit juice, sports drinks, or other favorite clear liquid diets.

**DIABETIC PREP INSTRUCTIONS**

Missing a meal will require special planning to safely manage your blood glucose in diabetes.

**Medication Adjustments:**

<b><u>1-DAY PRIOR:</u></b>	Morning/Lunch	Supper	Bedtime
Oral medications (pills) or Byetta	Usual Dose	<b>Do not take</b>	<b>Do not take</b>
Lantus, Levemir or NPH insulin	Usual Dose	<b>Half Usual Dose</b>	<b>Half Usual Dose</b>
Humalog, Novolog, Apidra, or regular insulin	<b>Half Usual Dose</b>	<b>Half Usual Dose</b>	<b>DO NOT TAKE</b>
72/25 or 70/30 insulin	<b>Half Usual Dose</b>	<b>Half Usual Dose</b>	<b>DO NOT TAKE</b>

<b><u>PROCEDURE DAY:</u></b>	Morning	Lunch/Dinner	Bedtime
Oral medications (pills) or Byetta	<b>Do not take</b>	Take if procedure is over and you have resumed eating.	Resume Usual Dose
Lantus, Levemir or NPH insulin	<b>Half Usual Dose</b>		
Humalog, Novolog, Apidra, or regular insulin	<b>Do not take</b>		
72/25 or 70/30 insulin	<b>Do not take</b>		

**Special Instructions:**

- Contact your endocrinologist for instructions with insulin pump for day of prep.
- Any time you have symptoms of **low blood sugar** (hunger, shakiness, nervousness, sweating, dizziness, sleepiness, confusion, difficulty speaking, anxiety, weakness) or **very high blood sugar** (dry mouth, thirst, frequent urination, blurry vision, fatigue, drowsiness, weight loss, increased appetite.), PLEASE CHECK BLOOD SUGAR.
- Schedule your appointment as early as possible so you may eat afterwards and take your medication as close to the usual time as possible.
- Contact your pharmacist if you are unsure what type of insulin you take.
- Call our office for any prep-related questions (after thoroughly reading instructions).

**Meals (No Solid Foods):** Aim for 45 grams of carbs **Snacks:** Aim for 15-30 grams of carbs

<b>Clear Liquids with Carbohydrates</b>	Grams of carbohydrates
Apple Juice (4 oz)	15
White Grape Juice (4 oz)	20
Sports Drinks (8 oz)	14
Jello, regular/sweetened (½ cup)	15
Popsicles	15
Italian ice-not sherbert	30
Sugar (1 tsp or packet)	4
Ensure clear nutritional drink (8 oz)	52 (7 g protein)

**Clear Liquids without Carbohydrates:**

Fat-free broth, bouillon, clear diet soda, black coffee, Unsweet or diet tea, seltzer, flavored water

## TEXAS MIDWEST ENDOSCOPY CENTER

14 Hospital Drive, Suite B, Abilene, Tx 79606

Phone: (325) 795-0053 – Hours: Mon-Fri 7 AM-1 PM

Our billing department will verify your individual insurance policy and forward to the surgery center, sometimes 1-2 days prior to your procedure, at which time surgery center will contact you to let you know. Please make sure your voicemail is set up so we can leave a message if you are unavailable. **It is also your responsibility to contact your insurance company to find out your copay, remaining deductible and co-insurance amounts on your policy to get a better idea of what your expected prepay will be.**

*All amounts collected up front are estimated and finalized statement is determined by your insurance company, which means you may receive a bill even though you made payment(s) at the time of check-in.*

In the event of over-payment, and after insurance has processed your claim, please contact the billing office to REQUEST A REFUND at 866-381-3693. Refunds are processed through the billing department only, but will be issued by the office once approved by the facility director. Pathology is not included, so please be advised you may receive a bill for pathology.

**Below is an example of allowed amounts for each procedure, which includes provider fee, facility fee, and anesthesia.**

**If you have any questions, please contact surgery center directly at 325-795-0053.**

**If unavailable, please leave a voicemail, which will be returned the following day by noon.**

**You will be expected to pay your copay, remaining deductible and/or co-insurance at the time of check-in for your procedure. Cash or card only.**

### Average Allowed Amounts

**EGD: \$1097.96**

CPT Code: 43239 [Dr: \$213.11, Facility: \$684.85 Anesthesia \$200]

**EGD with dilation: \$2488.08**

CPT Code: 43239 & 43249 [Dr: \$1603.20 Facility: \$684.85 Anesthesia \$200]

**Colonoscopy: \$1161.24**

CPT Code: 45380 [Dr: \$307.81 Facility: \$653.43 Anesthesia: \$200]

**(SEE PAGE 2)**

## **PRE-OP NURSE CALLS – VERY IMPORTANT**

Surgery center nurses must speak with you no later than noon the day before your procedure or your procedure will be cancelled. They will attempt to call you; however, if they are unable to reach you, please call them directly at 325-795-0053. Again, failure to speak to a surgery nurse the day prior to your procedure will result in your appointment being cancelled.

We do advise you speak directly to surgery center when scheduled with them; however, if they are closed and you have questions, please call the clinic at 325-795-2100 and we will answer your questions as best we can. Please keep in mind the clinic is unable to take these type of nurse calls for procedures.

## **FREQUENTLY ASKED QUESTIONS**

Q. My prep is not at my pharmacy but I was told it was sent.

A. Please contact the pharmacy. You will need to ask to speak DIRECTLY TO THE PHARMACIST. Please provide the name of the medication & the date it was sent to your pharmacy. (Most times, it was sent the same day the procedure was scheduled (your consult in the office)).

Q. Why do I need a driver to stay the entire time?

A. Due to receiving anesthesia, it is not safe for you to drive. We are obligated to ensure you have a safe ride home. There are no exceptions to our driver policy.

Q. While on my clear liquid diet, it says nothing red or purple. Can I drink orange or blue?

A. Yes, any color other than red or purple is OK, which includes orange and blue.