

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

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Clinic

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Lonestar Endoscopy

1001 Surrey Lane  
Flower Mound, TX 75028  
Phone: 214-513-6300

Presbyterian Hospital

4400 Long Prairie Rd.  
Flower Mound, TX 75028  
Phone: 469-322-7000

**INSURANCE NOTIFICATION:**

- If pre-certification is required, it will be obtained by our Central Billing Office. Contact your insurance company prior to the procedure to make sure this has been done.
- If you have changed insurance since the last time you have been seen, you must notify us of this change.
- There will be a facility and anesthesia charge in addition to the physician's fee.
- There is a possibility that other charges may incur such as pathology, radiology, or laboratory fees during the procedure necessary for your care.
- *Please bring your insurance card and driver's license to the procedure.*

**GENERAL INSTRUCTIONS:**

- Follow these instructions carefully, NOT the ones on the prep box
- Follow instructions given to you about any changes to your medications. Unless instructed otherwise, do NOT stop your aspirin.
- Pay close attention to the diet and medication instructions noted below. You may be making medication or diet changes up to 7 DAYS prior to your procedure.
- You should NOT have ANYTHING to EAT or DRINK after midnight except your bowel prep, and no liquids at all for FOUR HOURS prior to your exam.
- **NO** smoking 24 hours prior to your procedure. Your procedure may be canceled if you smoke within that period.
- If you do not follow these directions your colonoscopy **WILL BE CANCELED.**
- *Your bowel prep prescription will be sent to the TDDC pharmacy. They will bundle all items needed for your prep and ship them directly to you. They will be calling you to confirm your mailing address and prescription coverage, be sure to return their call if you miss them at 682-707-3760.*

**5-7 DAYS BEFORE THE EXAM:**

- You will likely have to stop BLOOD THINNERS prior to your exam. Your doctor will tell you how long you will need to be off the blood thinners before and after the exam. Unless instructed otherwise, DO NOT stop your aspirin.
- Discontinue fiber supplements and any medications containing iron (Metamucil, Citrucel, multivitamins with iron, etc).
- IF YOU ARE DIABETIC, contact your primary care physician for instructions on how to take your medications on the day of the preparation and the procedure day.

**3 DAYS BEFORE THE EXAM:**

- Stop eating all high fiber foods: No raw fruits or vegetable, whole grain wheat or multi-grain foods, nuts, popcorn, seeds, bran, bulking agents.

**2 DAYS BEFORE THE EXAM:**

- **Starting at 6:00pm:** Mix 7 capfuls of Miralax in 32 ounces of any clear liquid. Drink an 8 oz glass of the mixture every 30 minutes until it is gone. This is over-the-counter at the pharmacy.

**THE DAY BEFORE THE EXAM:**

- Drink only **CLEAR LIQUIDS** all day, you may drink up until midnight. Start drinking liquids in the morning, and drink all day. Do not just drink the liquids recommended around the time of the actual preparation. The more you drink all day, the better the prep will be.
- NO solids, or milk products.
- NO alcohol on the day before or the day of the procedure.
- CLEAR LIQUIDS are:
  - Strained fruit juices without pulp (apple, lemonade, white grape)
  - Water, Gatorade, popsicles, snow cones, carbonated soft drinks, Jell-O
  - Clear broth and bouillon
  - Coffee or tea WITHOUT creamer/milk.
  - AVOID RED, PURPLE and BLUE LIQUIDS
- All preps are split dosing preps. This means you will take the prep in 2 divided doses as below:

**At 5:00pm—OPTIONAL STEP**

- Start Zofran (ondansetron) the anti-nausea medication. Take 1 tablet by mouth every 6 to 8 hours as needed for nausea and vomiting.

**Please start the first dose of Plenvu at 6:00pm**

- Use the mixing container to mix the contents of the Dose 1 pouch (Mango flavor) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2-3 minutes.
- Take your time, slowly finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid. Again take your time and slowly finish all of it within 30 minutes.

**Please take your second dose of Plenvu 5 hours prior to arrival time**

- Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B, Fruit Punch flavor) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2-3 minutes.
- Take your time, slowly finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

**DAY OF EXAM:**

- If you take morning medications for your heart, blood pressure or seizures, take them with a sip of water 2 hours or more before the exam. Other medications may be taken as directed by doctor or pre-op nurse.
- Otherwise, **NOTHING** BY MOUTH, within 4 hours of the exam. **This includes chewing gum, hard candy and chewing tobacco. Doing any of these will delay and possibly cancel your procedure.** The second dose of prep should be finished **4 hours prior** to arrival.
- You will be in recovery for 30-60 minutes after the exam.
- You should **NOT** drive, work, exercise, or drink alcohol for the rest of the day after your exam.

– After your procedure, you will need a driver to return home. This **cannot** be public transportation such as *Uber, Lyft, Taxi, etc.*

PLEASE CALL TDDC OFFICE DIRECTLY IF YOU ARE UNABLE TO COMPLETE YOUR PREP OR FEEL THAT YOU ARE NOT CLEAR AFTER COMPLETING THE PREP.

**Prep Questions? 24 HOURS CALL Flower Mound (972) 691-3777**

**For insurance questions please call TDDC Central Billing at 214-623-6230 or the Lone Star insurance team at 817-402-7700**

### **General Tips for a Good Colonoscopy Preparation**

– Make sure you receive your colonoscopy prep and the appropriate instructions well before your procedure date, and read them completely as soon as you get them.

– In regards to the restrictions from high fiber foods, some foods you may eat include: cooked vegetables, white rice/pasta/bread, eggs, meats, fish, tofu, cheeses, yogurt. Some meal examples would include eggs and bacon, stir-fried veggies and protein over white rice, turkey and cheese sandwich, steak with mashed potatoes and peas, spaghetti with meatballs and tomato sauce, grilled cheese on white bread with tomato soup, etc.

– Arrange for the time and privacy you need to complete the prep with as little stress as possible. Clear your schedule, and be at home on time to start your prep. If you have children or aging parents who need your attention, have someone else be available to them while you're indisposed.

– Water can get boring, so keep a variety of clear liquids on hand. On the day before your colonoscopy (when you're restricted to clear liquids) you can have popsicles, Jell-O, clear broth, coffee or tea (without milk or creamer), soft drinks, Italian ice or Gatorade. But take nothing with red, blue or purple dye. Drink extra liquids before and during your bowel prep, as well as after your colonoscopy. Hydration is important but you'll need to stop all liquids 4 hours prior to your exam time.

– Wear loose clothing and stay near the bathroom. Better yet, once the preparation starts to work, stay **IN** the bathroom (because when the urge hits, it's hard to hold back). Consider setting up shop near the toilet with music, your laptop, magazines or books.

– The clear liquid diet and preparation are not a pleasant way to spend a day but your exam is only as good as your preparation. You should expect your output to move from solid to dark liquid to clear or clear yellow liquid by the end of your preparation process. Please make a note of the progress as you will be asked about your prep quality in pre-op. A poor preparation may result in missed lesions and could result in you having to repeat your procedure much sooner than would otherwise be needed. A good preparation will maximize our ability to locate and remove any pre-malignant lesion and will ensure that we give you the longest possible interval before needing to repeat your exam!