



Thank you for choosing Texas Digestive Disease Consultants for your gastroenterology procedure! Please call our office at (214) 496-1100 if you have any questions, need to reschedule, or cancel your upcoming procedure.

**IMPORTANT Dietary Instructions: Failure to follow these instructions closely could result in rescheduling your procedure! Absolutely no solid food 24 hours prior to your procedure. Please closely follow the clear liquid diet and approved food list.**

### **Prepare for your Surgery Checklist**

#### **5-7 Days Prior to Procedure:**

- You will likely have to pause your prescription if you are on blood thinners prior to your procedure. Please contact the office to confirm. If you are on baby Aspirin, unless instructed otherwise, do not stop your baby Aspirin (81 mg).
- Discontinue fiber supplements and any medication containing iron (Metamucil, Citrucel, Multivitamins with iron, etc.)
- Do not stop promotility medication or Miralax.

#### **3 Days Prior to Procedure:**

- Stop eating all high in fiber foods.
- No raw fruits or vegetables, whole grain wheat or multigrain foods, nuts, wheat pasta, popcorn, seeds, beans, lentils, bran, bread, brown rice, bulking agents.
- Approved foods to eat cooked vegetables, fish, chicken, pasta, white rice.
- Discontinue NSAIDS prescriptions and over the counter (Motrin, Advil, Ibuprofen, Celebrex, etc.)

#### **The Day Before the Procedure:**

- Continue to take all prescribed medications.
- If you are a Diabetic contact your Endocrinologist or Primary Care Provider to get instructions on how to take your medication when you are fasting on the day prior to your procedure.
- Exceptions: If you have Diabetes and are taking only oral Diabetes medication, continue to take your medication only the day prior to the procedure but hold the medication the day of until you can eat. Continue to test your sugar levels.
- **CLEAR LIQUID DIET ONLY DAY BEFORE YOUR PROCEDURE!**

## **IMPORTANT Medication Instructions:**

- If you are on heart, blood pressure, asthma, insulin, and seizure medications take as directed. You may take a small sip of water to assist in taking these medications.
  - If you have diabetes and take oral medication, please hold the oral medication until after your procedure.
  - If you are on any of the following medications, please make sure you have alerted your Gastroenterologist prior to your procedure. Failure to do so will result in rescheduling or canceling your procedure.
    - Aspirin, Plavix, Coumadin, Warfarin, Eliquis, Xarelto
    - Insulin
    - Aggrenox-SP
    - Ozempic, Wegovy, Trulicity, Bydureon, Mounjaro, Semaglutide, Rybelsus, Victoza, Sexenda, Byetta, Adlyxin.
- Prep instructions have details of when to start your prep, when to begin a clear liquid diet and specific instructions pertaining to your prep prescription. Review the prep instructions one week before your appointment and again 48 hours before your appointment. Please call our office if you are a cardiac, renal, or diabetic patient or if you are on any weight loss medication. If we are unaware of these medical conditions, your procedure will be cancelled and rescheduled.
- Your prep prescription will be filled through the GI Alliance Pharmacy and mailed to you. Their contact number is (628) 707-3760 and are located at 6317 Harris Pkwy, Ste 320 Forth Worth, TX 76132. If your prescription is sent to your local pharmacy, please make sure to pick it up 5 days in advance.
- Please allow a minimum of 2 hours for the procedure time and recovery.
- You will be sedated for this procedure. You **MUST** plan for someone other than yourself to drive you home after your procedure. Your procedure will be canceled if failure to arrange transportation. Only rideshares/taxi are allowed for transportation in the AM time slots at the Tuscan Surgery Center. Please be advised you must be in recovery for 4 hours prior to taking a rideshare/taxi home. Please contact the Tuscan Surgery Center to set up a rideshare/taxi.

### **Your procedure will be at one of the following locations:**

Baylor Scott and White Irving (972) 579-8100  
1901 N. MacArthur Blvd Irving, TX 75061

Tuscan Surgery Center (214) 442-1900  
701 Tuscan Drive Ste.100 Irving, TX 75039

**All procedures require a 72- hour advance notice to cancel or reschedule to avoid a \$100.00 fee.**

Physician: \_\_\_\_\_

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

# Clear Liquid Diet List- Day Before Procedure



## Approved Foods to eat day before your procedure:

- Water
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple.
- Jell-O, none that have fruit chunks, none that red, blue or purple.

## Avoid These Foods 24 hours prior to your procedure:

- No food DYE that is Red, Blue, or Purple.
- No Alcoholic beverages
- No Milk products
- No Smoothies
- No Juices with pulp
- No Soup
- All solids

# Low Fiber Diet List- Day 3 and Day 2 Before Procedure

## Approved Foods to eat on day 3 and day 2 prior to your procedure:

- Chicken, turkey, lamb, lean pork, fish, eggs
- Breads and grains made with refined white flour
- White rice
- Plain crackers like Ritz or Saltines
- Sour Cream, yogurt, cheese, cottage cheese, milk
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple.
- Jell-O, none that have fruit chunks, none that red, blue or purple.

## Avoid These Foods 3 days prior to your procedure:

- **NO Nuts**
- **NO Seeds**
- **NO Granola**
- **NO Fruit with seeds**
- **NO Brown or wild rice**
- **NO Whole grain bread, rolls, pasta, or crackers**
- **NO Bread or cereal with nuts or seeds**
- **NO Dried Fruit**
- **NO Beans**
- **NO Cooked or canned fruit**
- **NO Raw fruit with skin membranes (includes berries, pineapples, oranges, watermelon)**
- **NO Corn**
- **NO Potatoes with skin**
- **NO Tomatoes**
- **NO Cucumbers or pickles**
- **NO Cabbage or Brussel sprouts**
- **NO Green Peas**
- **NO Squash**
- **NO Onions**
- **NO Soup**
- **NO Corn**
- **NO Popcorn**
- **NO Coconut**
- **NO Olives**
- **NO Juice with pulp**
- **NO Baked goods with whole grain flour or nuts**
- **NO Anything with dye that is in blue, red, or purple color**

# Information Regarding Procedure Billing and Insurance Processes

Insurance claims will be filed for your procedure by multiple health care providers including:

- Your TDDC Gastroenterologist Physician
- The Surgery Center Facility
- The Anesthesia Provider
- The Pathologist

If your insurance plan requires the patient to pay a share of the procedure costs (deductible, copay, or coinsurance) payment will be requested before or at the time of service. The TDDC business office and the facility (hospital or surgery center) will contact you before your scheduled appointment to review any estimated amounts due and options available to you for payment.

Your insurance plan may have preventative benefits available for colonoscopy services that are performed for routine screening for colon cancer, and which are not for the purpose of diagnosing medical problems or conditions. Your TDDC scheduler will inform you if the Physician has ordered a screening colonoscopy (preventative), or a diagnostic (medical colonoscopy) reason.

Procedure cost and patient estimated amounts due are dependent on information provided by your health plan. The actual benefits paid at the time of processing your claims may differ from procedure cost estimates. Business office contacts for providers are listed below to assist you if you have any questions regarding billing and insurance.

Patients are also encouraged to contact their insurance plan customer service if you have questions about how gastroenterology services are covered under your specific benefits.

TDDC Physician Business Office/Patient Advocacy Line: 214-623-6230

Facility Billing Contacts (Surgery Center/Hospitals):

- |  |              |                      |
|--|--------------|----------------------|
| • Tuscan Surgery Center at Las Colinas | 214-442-1900 | Billing Office Staff |
| • Baylor Medical Center at Irving      | 972-990-4330 | Preregistration      |

Other Billing Contacts

- Pathology if at Tuscan Surgery Center/ TDDC Patient Advocacy Line: 214-623-6262
- Anesthesia if at Tuscan Surgery Center/Endo Sedation: 800-884-7205

The Tuscan Surgery Center Anesthesia contact is used for billing questions AFTER your GI Procedure. If you have any questions before your procedure, contact our office at 214-46-1100.