

Digestive Disease Endoscopy Center

222 22nd Avenue North, Suite 300 | Nashville, Tennessee 37203 | (629) 255-2154
heritagemedical.com/gastroenterology/ddec

Dear Patient,

Enclosed is information about how to prepare for your colonoscopy. Please read these instructions as soon as possible as some medications must be stopped a week before your procedure.

For a successful colonoscopy your colon must be clear of stool, allowing your doctor to visualize the inner surfaces of the colon. Failure to follow these instructions limits the value of this procedure and your colonoscopy may need to be rescheduled.

You will be sedated for this procedure, and unable to drive until the next day. You must bring a driver who can stay with you the entire time you are here and drive you home. Failure to do so will result in your colonoscopy being rescheduled. Free wireless internet is available in our waiting room for guests to use.

We strive to stay on schedule. Our goal is to begin your procedure within one hour after the arrival time noted above. Your expected time at the endoscopy center will be 3 hours or less. Please arrive on time with completed paperwork. You will be delayed or moved to the end of the schedule if you fail to do so.

As a courtesy to other patients and to our staff, we require at least two business days' notice for cancellation or rescheduling of procedures. Please see the financial policy included in this packet for more details. Call our office at (629) 255-2154 with any questions.

Expect to receive a call from a nurse one week prior to your procedure. This is to confirm your appointment and answer any questions you may have. You may also receive a survey phone call after your procedure. Please take the time to provide feedback so that we can continue to improve. We are honored by the trust you are placing in us and appreciate the opportunity to serve you.

Sincerely,

Digestive Disease Endoscopy Center Staff

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- A. If you take **blood thinners** and have not spoken with a nurse at our office regarding holding this medication, please contact us as soon as possible. If you are unsure, please call and speak with a nurse in our office. A few examples of blood thinners are listed below:
- Coumadin (Warfarin), Plavix (Clopidogrel), Xarelto, Eliquis, Effient
- B. If you have an **implanted pacemaker** or **defibrillator** and have not spoken with a nurse regarding this, please notify our office.
- C. **If you are diabetic who relies on insulin**, please call the physician who manages your diabetes for advice on how to regulate your medication during you prep and on the day of your procedure.
- D. **If you take any GLP-1 medications for weight loss/diabetes**, please stop these for **two weeks** prior to your procedure. See the table below for the list of GLP-1 medications.
- E. Please see the table below for which medications to stop taking before your procedure:

Medication	Stop Before Procedure
81 mg Aspirin	DO NOT STOP
Tylenol, acetaminophen, or Celebrex	Do not stop
325 mg Aspirin	7 Days
Iron	3 Days
Ibuprofen, Advil, Aleve, Mobic, Nuprin	2 Days
Arthritis Medications	2 Days
Alli (Weight Loss Aid)	3 Days
Phentermine	7 Days
GLP-1 medications: Mounjaro, Wegovy, Ozempic, Trulicity, Victoza, Rybelsus, Byetta, Bydureon	14 Days

- E. Continue using any prescribed inhalers and **bring them with you to your appointment**.
- F. **Purchase the following supplies** (Available without a prescription at any pharmacy or drug store)
- One 10 oz bottle of Magnesium Citrate (any flavor)
 - Two 7 or 8 oz. bottles of MiraLAX powder (or generic polyethylene glycol 3350)
 - Gas-X tablets
 - Two 32 ounce bottles of Gatorade or enough Gatorade to equal 64 oz. (any color except red)
 - Diabetic patients and patients concerned about sugar intake should purchase G2 Gatorade in any color
- G. For three days before your procedure:
- Do not eat corn
 - Do not eat breads or crackers with seeds
 - You may have fruits and vegetables, but do not eat the seeds or peelings

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THE DAY BEFORE YOUR COLONOSCOPY	
Morning	<ul style="list-style-type: none">• Clear liquids only all day. No solid food. Clear liquids include: water, cola beverages, coffee (no milk or cream), tea, lemonade, Kool-aid, broth, Gatorade, apple juice, white grape juice, white cranberry juice, Jell-O (any color but red).• Drink at least 8 oz. of these liquids every hour between 8am & 2pm. It is very important that you stay hydrated.• Mix one bottle of Miralax into each bottle of Gatorade. Shake the solution until the Miralax dissolves and refrigerate if desired.• *DO NOT START DRINKING THE PREP YET*
2:00 PM	<ul style="list-style-type: none">• Drink the 10 oz bottle of Magnesium Citrate. Continue clear liquids.
4:00 PM	<ul style="list-style-type: none">• Take two Gas-X tablets.• Drink the 1st 32 ounces of the Gatorade/Miralax solution at a rate of 8-10 ounces every 10-15 minutes until completed.
8:00 PM	<ul style="list-style-type: none">• Drink the 2nd 32 ounces of the Gatorade/Miralax solution at a rate of 8-10 ounces every 10-15 minutes until completed.• If you have nausea/vomiting, the rate can be slowed down to every 30 minutes as long as your prep is completely consumed by midnight.
THE DAY OF YOUR COLONOSCOPY	
Morning	<ul style="list-style-type: none">• <u>Do not eat or drink anything after midnight.</u> Do not use chewing tobacco or smokeless tobacco of any kind on the morning of your procedure. Failure to comply with these directions will result in delay or cancellation of your procedure.• Take your necessary medications at least 2 hours prior to the procedure with only enough water to swallow the pills.• Wear comfortable clothes that are easy to put back on and wear socks to keep your feet warm. Do not wear jewelry, apply lotion to the chest area, or wear contact lenses unless you can sleep in them.

Please bring the following to your appointment:

- An updated list of medications and dosages (or bring your medications with you)
- A responsible adult who must **stay in the waiting room and drive you home**
 - You must not operate a motor vehicle until the following day
 - We cannot start preparing you for your procedure unless your driver is present
 - This person will help you remember what the doctor tells you about the results
- Two forms of ID *or* one photo ID (driver's license, passport, etc.)
- Your insurance cards
- **Fully completed** forms that are included in this packet

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Heritage Medical Associates

222 Medical Office Building

222 22nd Ave North, Suite 300

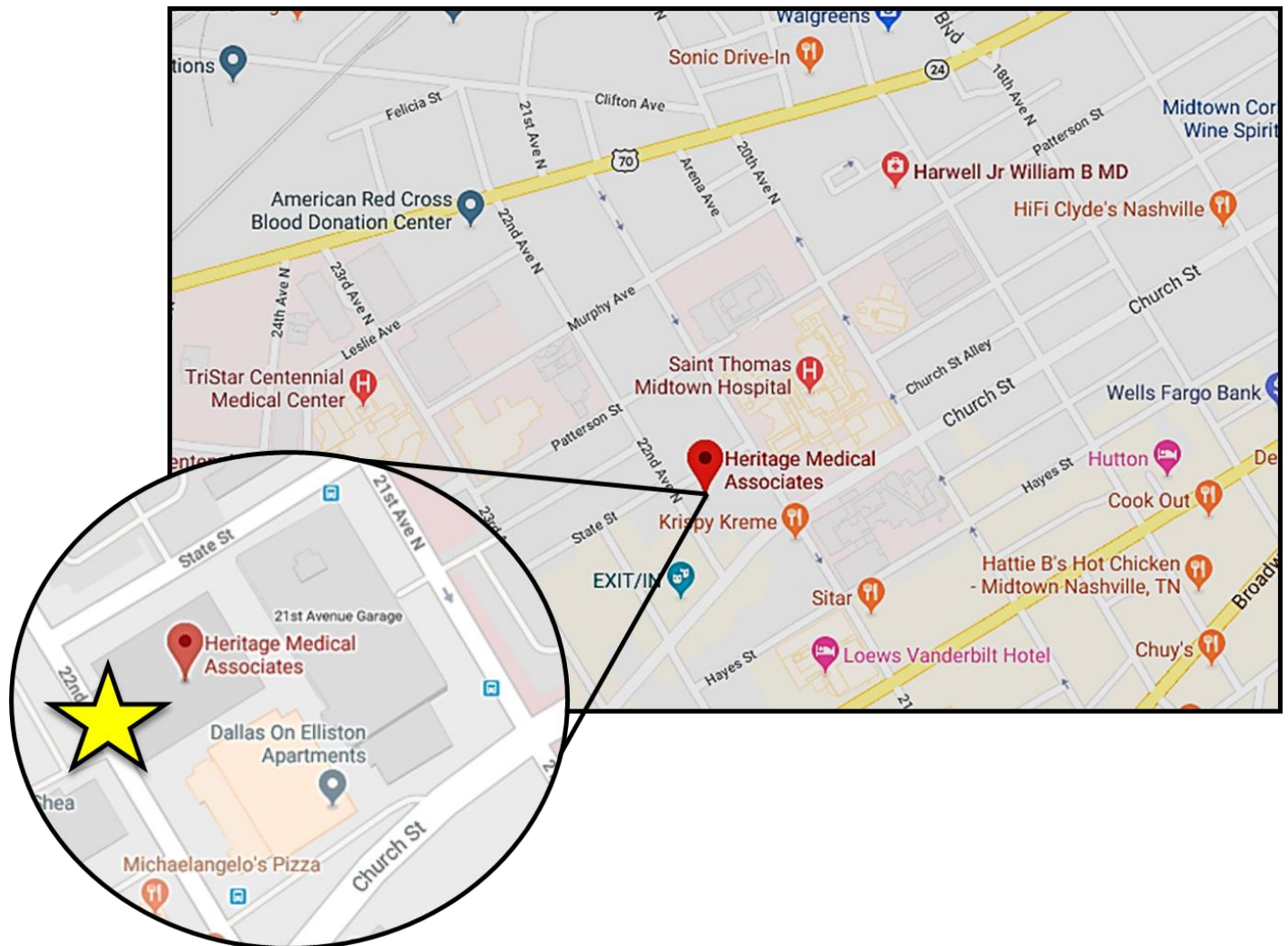
Nashville, TN 37203

Main entrance is on 22nd Avenue North. ★

Drive straight past the front door and turn right into the parking garage (parking is free).

We are located on the third floor of the building.

If arriving before 7:00 AM, the front entrance to the building is locked. To enter, take the crosswalk located on the 3rd floor of the parking garage. The doors of the crosswalk are open at 5:45 AM.



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FREQUENTLY ASKED QUESTIONS

- **Do I have to take two bottles of MiraLax? I am a small person, and my pharmacist told me I only needed one bottle.**
The size of a patient has nothing to do with the amount you must take. A small female can have the same length of colon as a large man.
- **There is not enough room in the Gatorade bottle for all of the MiraLax. What should I do?**
Pour the Gatorade into a pitcher and then add the MiraLax; or if you do not have a pitcher large enough, pour a little of the Gatorade out and then add the MiraLax.
- **Can I mix the MiraLax with something other than Gatorade?**
No, Gatorade has the proper electrolytes to prevent the body from absorbing the MiraLax/Gatorade mixture and to keep your body's electrolytes balanced.
- **Can I take the prescription prep if I prefer?**
Yes. Please call our office to speak with a nurse and have this sent to your local pharmacy.
- **Is there a substitute for Magnesium Citrate?**
Yes, you can take four (4) Dulcolax laxative tablets in place of the Magnesium Citrate.
- **Why can I not drink red Gatorade?**
When the red color comes through the colon it can look like blood and can hide any bleeding that might be present thus compromising the exam. Red G2 is fine as the color is less concentrated.
- **Going to the bathroom so much has made my bottom raw. What can I do about that?**
Use disposable wet wipes to clean yourself. You should not use any lotion, ointment, or Vaseline before the procedure.
- **What if I start vomiting while drinking the prep?**
Wait 30 minutes and slow to half the recommended rate.
- **Why do I need to arrive 60 minutes early for my appointment?**
It is important you arrive early to check in, complete additional paperwork, change clothes, have an IV started, and speak with the doctor and anesthesia provider. We appreciate your cooperation.
- **Why do I need to stop my GLP-1 medication?**
These medications work by slowing your gastric emptying process resulting in you feeling full quicker. If you do not stop the medication prior to your procedure, it can result in severe nausea during your prep, an inadequate prep, or aspiration (inhalation of stomach contents) during your procedure.

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PATIENT RIGHTS AND RESPONSIBILITIES

You and your family should be as comfortable as possible and know that YOU are our number one concern during your visit to Digestive Disease Endoscopy Center. The following statement of your rights and responsibilities is presented as the policy of this facility but does not presume to be a complete representation of all-mutual rights and responsibilities.

YOU HAVE THE RIGHT:

- To impartial access to the medical resources of the center without regard to race, color, national origin, age, sex, handicapping or disabling condition, spiritual or ethical beliefs or source of payment.
- To change providers if other qualified providers are available.
- To receive considerate, respectful care, which recognizes your personal dignity at all times and under all circumstances.
- To participate in decisions involving your care. Except in an emergency situation, you shall not be subjected to any procedure without your voluntary, competent and understanding consent or the consent of your legally authorized representative.
- To refuse treatment to the extent permitted by law and to be informed of the consequences of that refusal.
- To information about Advance Directives, such as Living Will or Durable Power of Attorney for Health Care, that would allow you to make your own health care decisions for the future and to have your chosen representative exercise these rights for you if you are not able to do so.
- To instructional and educational information about your medical treatment in a language and terms that you understand.
- To the confidential treatment of and personal access to your medical record.
- To know who is responsible for providing your direct care and to receive information concerning your continuing health care needs and alternative for meeting those needs.

YOU HAVE THE RESPONSIBILITY:

- To give your doctor and the staff complete and accurate information about your condition and care. To follow instructions of your doctor and the staff of the center and to keep appointments relative to your care.
- To make it known whether you clearly understand planned actions and treatment and what is expected of you.
- To report unexpected changes in your condition to your physician or staff. To accept the financial obligations associated with your care.
- To advise your doctor or any office staff member of any dissatisfaction you may have regarding your care.
- To be considerate of other patients and of staff members who are caring for you.

TO REPORT A COMPLAINT CONTACT THE TENNESSEE DEPARTMENT OF HEALTH
"HEALTHCARE FACILITIES COMPLAINT HOTLINE" 1-877-287-0010
OFFICE OF THE MEDICARE BENEFICIARY OMBUDSMAN
MEDICARE.GOV/CLAIMS-AND-APPEALS

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Ownership Disclosure: The following physicians are owners of the Endoscopy Center: David McMillen, MD, Joseph Parker, MD, and Ryan Roberts, MD.

Advance Directives Policy: Based on organization conscience, we will initiate resuscitative and other stabilizing measures in the event you experience a medical emergency. If transferred to a hospital for a higher level of care, a copy of an executed advance directive, if received, will be sent as part of your transfer packet.

Do you have a living will or Durable Power of Attorney? Yes _____ No _____
I am providing a copy to the Ambulatory Surgical Center Yes _____ No _____

I have received information about:

Advanced Directives/Honoring Advance Directives (Initial) _____
Patient Rights and Responsibilities (Initial) _____
Physician Ownership of the Endoscopy Center (Initial) _____

Financial Policy

Insurance and Fees: Please provide your current insurance information when you schedule your appointment and bring proof of your insurance with each visit. If you have any questions about our charges or your bill, please call our billing office at 629-255-3880.

Collection of Co-Payments and Payments of your Bill: Payment of all known deductibles, co-payments, coinsurance, outstanding balances and non-covered services will be required at the time service is rendered. Patients who do not have proof of insurance will be responsible for full payment at the time of service. For out-of-network patients, we require full payment at the time of the service but we will file your insurance claims for reimbursement on your behalf as a courtesy.

Billing Notification: You will receive three billing statements for services rendered to you during your procedure.

-Professional services provided by your physician will be billed by **Heritage Medical Associates**. If you have questions regarding the physician's professional fee please call 629-255-3880.

-You will receive a separate statement from **Digestive Disease Endoscopy Center** for services provided by the center's staff and for medical equipment and supplies utilized during your procedure. If you have questions please call 629-255-3514.

-Anesthesia for your procedure at Digestive Disease Endoscopy Center will be provided by **DDEC Anesthesia, LLC**. Anesthesia services are billed separately to your insurance. You will receive a billing statement for your balance due once we have received correct payment from your insurance. Please call 1 866 556-8824 for any questions relating to your anesthesia billing statement.

-In the event that biopsies are taken and/or polyps are removed you will also receive a separate billing statement from the pathology provider. If you have questions regarding the pathology fees, please call 629-255-3880 so we may direct you to the correct contact.

Payment Options for Payments: We accept Cash, Check, Visa, MasterCard, Discover and American Express. There is a \$25.00 returned check fee for all checks returned for insufficient funds. Post-dated checks will not be accepted.

Past Due Balances: We require that past due balances be paid, in full, prior to a subsequent office visit.

Outstanding balances may result in dismissal from the practice: If you are unable to make payment, please contact our Business Office at 629-255-3474. In the event an account is placed with a collection agency, you will be responsible for the 30% collection fee, court costs and legal fees.

Missed Appointment Policy: Should you need to cancel or reschedule your appointment we ask that you advise us a **minimum of 2 business days** in advance of your scheduled appointment. Failure to notify the office could result in a charge of \$250.00 to your account. Multiple missed appointments may result in dismissal from the practice. If you arrive late you may be asked to reschedule your appointment.

I hereby authorize my insurance benefits to be paid directly to Digestive Disease Endoscopy Center, realizing I am responsible to pay non-covered services and deductibles. I hereby authorize the release of pertinent medical information to insurance carriers.

I HAVE READ, UNDERSTAND AND AGREE TO THIS FINANCIAL POLICY.

Patient Name (Print) _____ Date _____
Patient/Representative Signature _____ Relationship to Patient _____

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If you have not seen this physician within the last 30 days, please fill this out:

Patient Name _____ Date _____

What symptoms do you want your physician to be aware of?

Please describe if you have had any of the following since your last visit here:

Hospitalizations or surgery _____

Diagnosis of cancer or serious injury _____

Drug Allergies (list medication and reaction) ☐ No Known drug allergies

Are you an organ donor? ☐ Yes ☐ No

Please list your current medications, dosages, and how often you take them. If you prefer, provide a list of your medications, or bring them with you to your appointment.

Drug	Drug	Drug	Drug

Please check if you have **RECENTLY** had any of the following:

- ☐ Fever
- ☐ Shortness of breath
- ☐ Change in bladder habits
- ☐ Weight gain (Amount_____)
- ☐ Wheezing
- ☐ Thyroid problems
- ☐ Weight loss (Amount_____)
- ☐ Abdominal pain
- ☐ Anemia or low blood counts
- ☐ Difficulty swallowing
- ☐ Bloody stool
- ☐ Diabetic issues
- ☐ Hoarseness
- ☐ Constipation
-
- ☐ Chronic cough
- ☐ Chronic diarrhea
-

PHYSICIAN USE ONLY

Review of Symptoms	Normal	Abnormal	Comments
Heart, rate and rhythm			
Respiratory			
Gastrointestinal			

- ☐ H&P less than 30 days old and I have reviewed.
- ☐ H&P more than 30 days old. I have assessed patient and noted changes.

Physician signature _____ Date _____