

MID STATE GASTROENTEROLGY
1115 Dow Street Suite B, Murfreesboro, TN 37130
Phone 615-896-6996 Fax 615-896-6985
Pre-op Instructions

Provider: Dr Sunil Sarvaria Date of Procedure _____ Arrival Time _____

Your Procedure is scheduled at the following facility:

_____ Mid- State Endoscopy Center – 1115 Dow Street Ste. A. Murfreesboro, TN 37130 (615) 848-9234
_____ St. Thomas Rutherford Hospital 1700 Medical Center Parkway, Murfreesboro, TN 37129 (615) 396-4100

Please note ALL procedures scheduled at STRH require COVID-19 testing prior to Appointment

We require a 48 hour cancellation/reschedule notice. Please call 615-896-6996 to reschedule or cancel

One week before your procedure

- Stop taking All Iron Products
- **DO NOT STOP** any blood pressure, blood thinner or heart medication until you hear from our office

Registration/Pre-op Interview

A representative from the facility will call you before your procedure to complete medical history and registration.

Please contact the facility if you haven't heard from them at 48 hours prior to your appointment

Day of Surgery: Please bring the following items with you to the facility

- Photo Identification
- Insurance cards
- List of current medications, including dosages and frequency
- Any Advance Directive, Living Will or Power of Attorney Paperwork

Transportation

- **THIS IS A SEDATED PROCEDURE** You must have a responsible adult driver to remain with you at the facility the entire time and drive you home. Plan to be there 2-3 hours
- If you are using public transportation, you still Must have an adult stay with you the entire time

Payment & Insurance

- **YOU WILL RECEIVE 3-4 SEPARATE BILLS FOR THIS PROCEDURE: PHYSICIAN, FACILITY, ANESTHESIA AND PATHOLOGY**
- **THE FACILITIES WILL ASK FOR PAYMENT ON THE DAY OF SERVICE.** Financial arrangements are available but this must be done in advance. A facility representative will contact you with your cost prior to surgery date.

PREVENTATIVE/ SCREENING COLONOSCOPY COVERAGE

- Although most insurance companies do cover a screening colonoscopy under your preventive/wellness benefits you CAN still receive a bill. Any findings biopsies, polyps, removals risk factors can determine the outcome of your cost. Please note that this would be a policy of your specific plan. The providers of your can do not regulate or can change the coverage policies of your health plans.

Colonoscopy Prep Instructions

(Miralax Prep)

Items you will need for your Prep:

1. Dulcolax laxative tablets- 2 (5 mg tablets) this can be purchased over-the-counter (**Bisacodyl Generic Name**)
2. Miralax- (1 527 gram or 30 dose bottle) - called into pharmacy or can be purchased over-the-counter
3. Gatorade- 2- 32 oz bottles, **any color EXCEPT red or purple** (**diabetic patients should use diet Gatorade, G2*)
- 4 Gas x 125 mg tablets (8 tablets in all)- dissolving (**Simethicone Generic Name**)

The day before your procedure:

***Diabetic patients:** *Take only half of your usual diabetic medication in the morning. Do not take any more diabetic medication until after your procedure the next day. Also remember to mix your Miralax with diet Gatorade, G2, Powerade Zero

No solid food at all: You can have beef, chicken or vegetable broth. You can also have plain Jello or popsicles (**any color EXCEPT red or purple**). Do not eat anything other than what is listed here.

Clear liquids only: Gatorade, apple or white grape juice, soft drinks (**any color EXCEPT red or purple**). You may also have tea or coffee but **NO** cream or milk. Sugar/artificial sweeteners are okay.

At 12:00pm noon: Take 2 (5mg tablets) Dulcolax laxative tablets

At 5:00pm: Mix the first half of your prep- Mix 15 capfuls of Miralax into 32 ozs of Gatorade. Drink 8 ozs every 15 minutes until gone. Four (4) Gas X tablets (can mix with Gatorade and Miralax). **You can continue clear liquids until midnight.**

The morning of your procedure:

• **NO FOOD OR DRINK AT ALL EXCEPT THE REST OF YOUR PREP.**

• **At am or 6 hours prior to procedure**

Mix the second half of your prep- Mix 15 capfuls of Miralax into 32 ozs of Gatorade. Drink 8 ozs every 15 minutes until gone. Take the last four (4) Gas X tablets and you can mix with the Gatorade and Miralax When you are finished with the prep, your bowel movements should be liquid and mostly clear. **At this point you can have nothing else to eat or drink until after your procedure-** not even water, gum or candy.

• **if you normally take heart or blood pressure medications in the morning, take them with a very small sip of water.**

*Miralax disclaimer: While Miralax is deemed a safe medication, there are potential side effects. These include but are not limited to: nausea, vomiting, bloating, abdominal pain and/or diarrhea.

There are two parts to the prep which includes the entire bottles of Miralax. If at any time you become too nauseated or start to vomit, you can slow down the frequency of consumption. The prep schedule can be altered if you need to start earlier to allow more time to drink the prep. The goal is to have your stools clear to near clear. Most patients will attain this goal while drinking the second half of the prep. Following the prep instructions is required in order to have your colonoscopy. If you have any questions about how you are tolerating the prep, please call our office at (615)896-6996.

Billing for Procedures at Mid-State Endoscopy Center

You will receive (4) separate bills for your procedure:

1. From Mid-State Gastroenterology-Sunil Sarvaria, MD & Francisco Gonzalez, MD-This charge is for the physician performing the procedure.
2. From Mid-State Endoscopy-The Surgery Center (This is separate business and we do not bill for them this charge is for the room and technicians). You will receive a separate bill with their name on the statement.
3. Anesthesiology Group-This charge is for the anesthesia, a separate bill will be sent with their name on the statement.
4. Path Group-This charge is for pathology if you have polyps or for any biopsy taken and you will receive a separate bill from the Path Group with their name on the statement.

Mid-State Endoscopy Center

- Patient Notice Regarding Facility-Based Physicians Who is Out-Of-Network
- While receiving healthcare services at Mid-State Endoscopy Center you may receive treatment from a facility based physician who may be out-of-network and not have a current contract provider agreement with your insurer.
- They physicians and other providers that may treat the patient at this facility may not be employed by this facility and may not participate in the patient insurance network.
- Anesthesiologist, radiologist, and pathologist, are not employed by this facility. Services provided by that specialist, among others, will be billed separately.
- Before receiving services, the patient should check with his or her insurance carrier to find out if the patient's providers are in-network. Otherwise, the patient may be at risk of higher out-of-network charges.
- Mid-State Endoscopy is contracted with the following physicians and/or physician groups to provide the following services.

****Anesthesia ** Radiology ** Pathology**

Mid-State Endoscopy Center

Physician and other Providers

Physician:	Anesthesia:	Pathology:
Mid-State Gastroenterology (615) 896-6996 www.mid- stategastro.com	Medusind 1-888-709-3117 https://www.patientnotebook.com/utnms	Path Group 1-855-627-4002 www.pathgroup.com

1 day prior to your prep day

LOW RESIDUE DIET FOR COLONOSCOPY PREPARATION"

In general, you will need to avoid high fiber foods, stringy foods and foods with skins and seeds such as

- Nuts
- Corn
- Bean Sprouts
- Mushrooms
- Popcorn
- Coconut
- Quinoa

AVOID

- Nuts and seeds, Beans and lentils
- Cheese with Seeds
- Yogurt mixed with fruits with seeds, tough skins or membranes(Strawberry, raspberry, blueberry, and cherry)
- Sausages and other processed meats such as bologna with casings or skins
- European frankfurters and other deli-made wieners
- Chunky nut spreads such as chunky peanut butter

If you are not sure whether a food is safe to eat, then do not have it. Prepare the foods you can eat as described in the chart.

CHEW YOUR FOOD VERY WELL!!!

Milk and Milk Products to eat

- Fluid Milk and milk beverages
- Cheese such as cottage cheese, hard Cheese, Cheese Whiz, Cheese slices, Parmesan cheese
- Cream soups made with recommended ingredients
- Desserts such as Cool Whip, puddings, yogurt, sherbet, ice cream
- Meats prepared by baking, broiling, roasting, poaching, and stewing:

Meat, Fish, Poultry, and Meat Alternatives to eat

- Meats prepared by baking, broiling, roasting, poaching, and stewing
- Fish, Poultry, lamb, beef, pork, veal, ham, rabbit, organ meats
- Shrimp, lobster, crab and other shellfish
- Eggs(All types)
- Well pureed hummus/Hot dogs without a skin(most commercial brands)
- Smooth nut spreads such as smooth peanut butter
- Tofu White Bread White Rice

**CLEAR-LIQUIDS DIET FOR
COLONOSCOPY PREPARATION**

NO — AVOID THESE

Water

Tea and black coffee without any milk, cream, or lightener

Flavored water without red or purple dye

Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry

Clear broth including chicken, beef, or vegetable

Soda Coke Pepsi Sprite Mountain Dew

Sports drinks such as Gatorade and Propel

Vitamin Water, Smartwater, Electrolyte

Waters & Pedialyte(light colors only)

Popsicles without fruit or cream; no red or purple dye

Jello-O or other gelatin without fruit; no red or purple dye

Alcoholic beverages

Milk

Smoothies

Milkshakes

Cream

Orange juice

Grapefruit juice

Tomato juice

Soup (other than clear broth)

Cooked cereal

Juice, Popsicles, or gelatins with red or purple dye

HOW WILL MY INSURANCE PAY FOR MY COLONOSCOPY?



There are two types of colonoscopies:

- **Diagnostic** (also known as Medical)
- **Screening** (also known as Preventative or Routine)
(Screenings are also classified as average or high risk)

Diagnostic

A diagnostic colonoscopy is performed for a patient with symptoms. (Examples: constipation, diarrhea, weight loss, abdominal pain, rectal bleeding, anemia, history of colon polyps or cancer)

Screenings

Average Risk Screening- A patient that is at least 50 years old **AND** has no past or current bowel symptoms **AND** no risk factors

High Risk or Surveillance Screening- A patient with risk factors of personal history of colon polyps and/or colon cancer, a family history of colon polyps and/or colon cancer and certain inflammatory bowel diseases. The age of the patient would not apply. Due to your risk factor, your physician will recommend you have these more frequently.

How does my insurance cover my colonoscopy?

A **diagnostic or medical colonoscopy** is generally subject to one's major medical benefits- (deductibles, co-insurance and/or co-pays). These are performed as an outpatient procedure so checking your benefits for "outpatient surgery" will give you a better idea of what type of out-of-pocket expenses you may incur.

An **average risk screening** is generally covered by one's wellness benefits. Most (not all) insurance companies will cover this at 100%, once every ten years and the patient must be over the age of 50. **However**, if during your screening colonoscopy a diagnosis is made, an additional procedure is performed and/ or a biopsy or specimen is collected, you may be responsible for out-of-pocket costs as a "diagnostic/medical colonoscopy".

A **high risk or surveillance screening** coverage is specific to your insurance company. Some insurance companies will cover these under wellness benefits and some will cover these under major medical benefits. Insurance companies **DO NOT** have to cover these at 100%.

** (This is only a general guideline of insurance coverage for your colonoscopy benefits. Each insurance company will vary their coverage and costs)

Visiting our facility: A COVID-19 Update

At Mid State Endoscopy, there is no higher priority than your well-being and the broader health of our communities. We understand the fear and concern surrounding this outbreak, and we are committed to doing all we can to keep you and your family healthy and offer you peace of mind. Although you may have concerns about the coronavirus, we are here to keep you informed. We are closely monitoring the outbreak of novel coronavirus (COVID-19) and we are taking proactive steps to ensure your safety.

Our top priority, as always, is to deliver safe, high-quality care to you and all patients that we serve. We understand the value our facility provides as an important site of access for patients needing ongoing healthcare diagnostics, procedures, surgeries and pain management in a controlled and safe environment, and we appreciate the trust you have placed in us.

We are working with local and state health departments, and are following the Centers for Disease Control and Prevention (CDC) guidelines and recommendations. In our operating rooms and across all patient care areas, we provide the highest level of cleaning and disinfecting by following guidelines from the CDC and the Association of Operating Room Nurse (AORN). As we work together to keep patients, visitors and our team's safe, here's what you can expect from us:

Prior to surgery

One week prior to the date of your surgery you will need to begin to self-monitor at home by taking your temperature and monitoring for cough, shortness of breath, and difficulty breathing (flu-like). Please call the facility if you develop a fever or any flu-like symptoms.

Prior to surgery we will call you and ask you screening questions about your general health. At this time you will be instructed to continue to monitor yourself at home. You should stay away from anyone who has had recent travel, had flu-like symptoms, or has tested positive for coronavirus. Again, please notify the facility for any changes in your general health.

If at any time within the 7 days prior to your procedure you develop a fever or flu-like symptoms please call the facility at 615-848-9234 and provide us with notification.

Visiting our Center on the day of Surgery

For the utmost safety of all, we encourage all visitors to remain in their cars as visitors are prohibited at this time. We will contact them upon completion of your recovery and will provide them with your instructions for discharge.

To learn more about coronavirus symptoms, visit [cdc.gov](https://www.cdc.gov)

Frequently Asked Questions:

- What is coronavirus?
Novel coronavirus (COVID-19) is a respiratory (lung) illness. Flu-like symptoms are:
 - a) Fever
 - b) Cough
 - c) Shortness of breath
 - d) Difficulty breathing
 - e) Headache
 - f) Muscle aches

- g) Loss of taste or smell
- How can I prevent contracting or spreading the virus?
 - a) Wash your hands frequently with soap and water for at least 15 to 20 seconds, or use hand sanitizer.
 - b) Avoid touching your eyes, nose or mouth with unclean hands.
 - c) Stay away from people who are sick or have had recent travel
 - d) Use a tissue to cover coughs and sneezes, then throw tissue away.
 - e) Clean and disinfect frequently touched items and surfaces.
 - f) Stay home when you are sick, except to receive medical care.
- What do I do if I think I have coronavirus?
 - a) Call your doctor right away for advice and minimize contact with others.
 - b) Stay home except to get medical care.
 - c) If you have shortness of breath, call 911 immediately.
 - d) Do not come to the surgical facility without clearance from your physician.
- Mask Options
 - a) You may purchase a mask from Walgreens, CVS, Wal-Mart or like retail stores
 - b) You may wear a cloth mask (upon arrival we will exchange your cloth mask for a surgical mask)

Please know that we have an unwavering commitment to the safety of our patients, visitors and team. Thank you for choosing our center to meet your healthcare needs.