

**Endo Surgi Center of Old Bridge
42 Throckmorton Lane, Old Bridge, NJ 08857
(732) 679-8808**

Directions

FROM POINTS SOUTH OF OLD BRIDGE AND CINDY STREET:

- Take Route 9 North past Cindy Street
- Exit Route 9 at the next exit - Throckmorton Lane, Ticetown Road, Matawan
- Once you exit, immediately bear right, following signs for Throckmorton Lane and Ticetown Road
- Continue to first stop sign and make a left on to Throckmorton Lane
- Once on Throckmorton Lane, go through the first light
- The Endo Surgi Center of Old Bridge will be on the right side, approximately 2/10's of a mile

**** If you come to a second light, you have gone too far ****

FROM POINTS NORTH OF OLD BRIDGE AND ROUTE 516

- Take Route 9 South passing both exits for Route 516
- After passing these exits, take the next exit - Throckmorton Lane, Ticetown Road
- Once you have exited, bear right and merge on to Throckmorton Lane
- The Endo Surgi Center of Old Bridge will be on the right, approximately 2/10's of a mile

****Once you have merged on to Throckmorton Lane, if you come to a light, you have gone too far****

Today's Date: _____

Dear Patient,

The doctor will be performing your upcoming procedure at Endo Surgi Center of Old Bridge, an ambulatory surgery/out-patient facility, located at 42 Throckmorton Lane, Old Bridge, NJ 08857.

At least 6 days prior to your procedure, please carefully read all of the attached information.

It is extremely important that you follow the dietary and preparation instructions as outlined in your attachments.

The day before your procedure, the surgery center will call you to advise you of the time you should arrive. Please note, **the appointment time given at the time your appointment is made is always subject to change.**

On the day of your procedure, please bring with you the following items:

- Your insurance ID card(s)
- Picture ID

All other paperwork attached is for information purposes only and does not need to be brought with you on the day of your procedure.

**** If you find it necessary to cancel your appointment, please kindly give us 72 (business) hours notice; this will allow us to use this appointment for other patients as well as help you avoid a \$100.00 cancellation fee. ****

Thank you.

Advanced Gastroenterology Associates

COLONOSCOPY INFORMATION AND PREPARATION

COLONOSCOPY DATE: _____ *TIME: _____

***Your procedure time is always subject to change. The surgery center will call you the evening before to provide you with your actual procedure and arrival times.**

If you have any questions or concerns prior to your colonoscopy, please call (732) 370-2220, option 3.

Medications

If you take Aggrenox, Brilinta, Coumadin (warfarin), Effient, Lovenox, Plavix (clopidogrel), Pradaxa, Xarelto, or diabetic medications, please make sure you have received instructions from your prescribing doctor.

Diet Instructions

Five days prior to your procedure, stop all herbal supplements (such as ginkgo biloba, St. John's wort, fish oil), vitamin E, iron supplements, and anti-inflammatories (such as Advil, Motrin, Aleve or Excedrin). It is ok to take Tylenol. DO NOT STOP ANY MEDICATIONS, INCLUDING ASPIRIN, UNLESS INSTRUCTED BY YOUR DOCTOR.

Three to four days before the procedure, start a low roughage diet, avoid excess amounts of vegetables, salads, fruits with skins or seeds, nuts, corn, popcorn, whole grain cereals, or whole grain breads (for example, no Kashi).

The day before the procedure, you may eat lightly until 2:00PM (for example: eggs, white toast, low fiber cereals like Rice Krispies, yogurt (smooth, no fruit, etc.), ice cream (smooth, no nuts, etc.), pudding, low pulp juices, milk, coffee, or tea). No fruits or vegetables. After 2:00PM, you should have no solid food until after your procedure is completed on the following day. You may have clear liquids (light in color) until 4 hours prior to procedure. Clear liquids include clear broth (without solid material like noodle or vegetables), any Jell-O (except red, purple, blue, or green colors), tea, water, clear sodas, or ice pops (except red, purple, blue or green colors).

NO ALCOHOL FOR 24 HOURS PRIOR TO ANY PROCEDURE REQUIRING SEDATION.

The morning of the procedure, take only your APPROVED MEDICATIONS with a small sip of water (no diuretics/water pills unless this is combined with your blood pressure pills). IF YOU CONTINUE DRINKING AFTER YOUR MORNING PREP AND MEDS, YOU PUT YOURSELF AT RISK OF ASPIRATION PNEUMONIA.

After Your Colonoscopy

Sedatives given during your colonoscopy may linger for hours, so it is essential that a companion accompany you home. Your procedure will be cancelled if you do not have appropriate transportation home. You should not drive or operate any machinery. Do not drink alcohol or take sedative medicines during the next 24 hours following your procedure. Do not plan to travel outside the country for 10 days following your colonoscopy.

During the colonoscopy, air is used to partially inflate the bowel. This may give you a sensation of bloating or cramps. You can take Gas-X or Mylicon for gas. The discomfort will gradually disappear. Passage of small amounts of blood in the stool is of no consequence. You should notify us immediately at (732) 370-2220 if you develop worsening abdominal pain, persistent nausea and vomiting, passage of large amounts of blood or clots, or significant fever (over 101).

Unless otherwise instructed, you may resume your usual diet and medications after the procedure.

475 County Road 520, Suite 201, Marlboro, NJ 07746

59 Kent Road, Howell, NJ 07731

100 Perrine Road, Old Bridge, NJ 08857

Tel. 732-370-2220 • Fax: 732-548-7408

www.advancedgastroonline.com

*** ONCE YOU HAVE STARTED YOUR PREP, DO NOT EAT ANY SOLID FOOD UNTIL AFTER YOUR PROCEDURE ***

On the day before your procedure, you must adhere to the marked preparation directions below, which your doctor has prescribed specifically for you. Please do not follow the directions on the prep packaging.

VERY IMPORTANT!

**-YOU MUST DRINK AT LEAST 6-8 GLASSES OF WATER THROUGHOUT THE DAY PRIOR TO BEGINNING THESE PREPS
-APPLYING CREAMS SUCH AS BALMEX, A&D CREAM, OR VASELINE AND USING WIPES INSTEAD OF TOILET PAPER
WILL HELP PREVENT IRRITATION.**

_____ MovIPrep (2 Liters) **

Step 1. Beginning at _____ the night before the procedure, empty 1 pouch A and 1 pouch B into the disposable container. Fill the container up to the top line with lukewarm drinking water and mix to dissolve. Drink 8 ounces every 15 minutes until the container is emptied followed by at least 16 fluid ounces of water or diet ginger ale.

Step 2. Beginning at _____ the morning of the procedure, complete the preparation following the above steps, emptying pouches and filling container with lukewarm water. Drink 8 ounces every 15 minutes until the bottle is empty followed by 16 fluid ounces of water or diet ginger ale. **THIS MUST BE COMPLETED AT LEAST 4 HOURS BEFORE YOUR PROCEDURE TIME.**

_____ OsmoPrep Tablets (32 Tablets)

Step 1. Beginning at _____ the night before the procedure, take 4 tablets every 15 minutes, with a large glass of water or diet ginger ale, for a total of 20 tablets.

Step 2. Beginning at _____ the morning of the procedure, complete the preparation. Take 4 tablets every 15 minutes, with a large glass of water or diet ginger ale, for a total of 12 tablets. **THIS MUST BE COMPLETED AT LEAST 4 HOURS BEFORE YOUR PROCEDURE TIME.**

_____ SuPrep

Step 1. Beginning at _____, the night before the procedure, dilute 1 bottle of SuPrep with 10 ounces of water or diet ginger ale and drink the entire mixture. Drink 32 ounces of water or diet ginger ale over the next hour.

Step 2. Beginning at _____ the morning of the procedure, dilute 1 bottle of SuPrep with 10 ounces of water or diet ginger ale and drink the entire mixture. Drink 32 ounces of water or diet ginger ale over the next hour. **THIS MUST BE COMPLETED AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE TIME.**

**** If you can not wake up 5 hours before your procedure for the morning preparation, you must take it as late as possible the night before. This does NOT include OsmoPrep and SuPrep.**

KNOW YOUR BENEFITS!!!

You must call your insurance company prior to your procedure to KNOW YOUR BENEFITS.

You will be responsible for any **DEDUCTIBLES** and **CO-INSURANCE** associated with your particular insurance plan. DO NOT assume “in-network” means you will be 100% covered.

You are scheduled to have your procedure performed at **Endo Surgi Center of Old Bridge, which is an Ambulatory Surgical Facility, not an office.** Whether or not this facility is in network with your insurance carrier, you may have out-of-pocket costs which come from annual deductibles, coinsurance, and co-pays.

We will obtain any necessary prior authorizations for your procedure; however, this does not guarantee payment. **Please check your benefits with your insurance carrier(s) for this procedure.**

To help you better understand your benefits when calling your insurance carrier, the following is a check-list of important questions to ask.

Is the facility in network with my insurance carriers?

Please note, even if your doctor participates with your insurance carriers, Endo Surgi Center of Old Bridge may not be a participating. It is your responsibility to verify your coverage with ALL your insurance carriers.

Do I have a facility-based deductible?

If so, you will be billed after the claim has been processed by your insurance company.

Am I responsible for any co-insurance?

For example, some policies cover 80%, leaving the patient responsible for 20%, which is your co-insurance. If you have any co-insurance responsibility, this, too, will be billed to you after the claim has been processed by your insurance company.

Do I have a facility co-pay?

If so, this is due on the date of the procedure.

Do I need a referral?

Please make sure all referrals are up-to-date. If you are scheduled for a second procedure on another day, a second referral may be required.

How will my colonoscopy be billed?

If you are having a colonoscopy, to better understand how your insurance company may handle your colonoscopy claim, please see the attached sheet. When calling, you'll need your diagnosis code(s), found on your patient summary received after your office visit, so that your insurance company can tell you how they will be processing your claim and your potential financial responsibility, if any.

As always, if you have any questions or concerns, please feel free to call us at (732) 370-2220.

Colonoscopy: Screening, Surveillance or Diagnostic?

Your insurance policy may be written with different levels of benefits for preventive versus diagnostic or therapeutic colonoscopy services. This means that there are instances in which you may think your procedure will be billed as a "screening" when it actually has to be billed as therapeutic or surveillance. How can you determine what category your colonoscopy falls into?

Colonoscopy Categories:

Diagnostic/Therapeutic Colonoscopy:

- Patient has past and/or present gastrointestinal symptoms, polyps, GI disease, iron deficiency anemia and/or any other abnormal tests.

Surveillance/High Risk Screening Colonoscopy:

- Patient is asymptomatic (no gastrointestinal symptoms either past or present) but:
- Has a first degree relative with colon cancer or polyps.
 - Has a personal history of IBD, colon polyps, or colon cancer
 - Is under the age of 50 with a family history of colon cancer or colon polyps

Patients in this category are required to undergo colonoscopy surveillance at shortened intervals (every 2 -5 years, for instance).

*Preventive Colonoscopy with Screening Diagnosis:

- Patient is asymptomatic (no gastrointestinal symptoms either past or present)
- Patient is over the age of 50
- Patient has no personal or family history of GI disease, colon polyps, and/or cancer
- The patient has not undergone a colonoscopy within the last 10 years.

*Your primary care physician may refer you for a "screening" colonoscopy, but there may be a misunderstanding of the word screening. You must have no symptoms at all for your colonoscopy to be billed as a screening service.

Before your procedure, you should know your colonoscopy category. After establishing which one applies to you, please call your insurance company to find out your coverage for this service, as well as what, if any, your out-of-pocket responsibility will be.

Can the physician change, add or delete my diagnosis so that I can be considered eligible for colon screening?

No! The patient encounter is documented in your medical record from information you provided, as well as what is obtained during our pre-procedure history and assessment. It is a binding legal document that cannot be changed to facilitate better insurance coverage.

Patients need to understand that strict government and insurance company documentation and coding guidelines prevent a physician from altering a chart or bill for the sole purpose of coverage determination. This is considered insurance fraud and punishable by law with fines and/or jail time.

What if my insurance company tells me that the doctor can change, add or delete a CPT or diagnosis code?

Sadly, this happens a lot. Often the representative will tell the patient that "if the doctor had coded this as a screening, it would have been covered differently." However, further questioning of the representative will reveal that the "screening" diagnosis can only be amended if it applies to the patient. Remember that many insurance carriers consider only patients over the age of 50 with no personal or family history as well as no past or present gastrointestinal symptoms as eligible for a "screening." If you are given this information, please document the date, name, and phone number of the insurance representative. Next, contact our billing department, and we will investigate the information given.

CPT: _____ DX: _____

**YOU MUST TAKE YOUR
MORNING PREP!**

**IF YOU SKIP THIS STEP,
YOUR COLON WILL NOT BE
CLEAN AND IT WILL
COMPROMISE THE
ACCURACY OF YOUR
PROCEDURE.**

**PLEASE, DO NOT
FOLLOW DIRECTIONS
ON PACKAGING OF
PREP!**

**FOLLOW ONLY THE
DIRECTIONS SUPPLIED
BY ADVANCED
GASTROENTEROLOGY**

Endo Surgi Center of Old Bridge
42 Throckmorton Lane
Old Bridge, NJ 08857
Ph: 732-679-8808 Fax: 732-679-7280

Physician Office Instructions for Scheduling Patients

Prior to Procedure Day

1. All patients must have a PCR Molecular test for Covid-19 within 6 days of their procedure. **After testing, patient should self quarantine until the day of their procedure** (This is mandatory per the NJ Department of Health)
2. The physician's office will be responsible for confirming negative results for patients scheduled for procedures on Monday if not received prior to the weekend.
3. Patients who test positive will be cancelled.
4. Negative test results must be faxed to the Endo Surgi Center the day **before** the procedure.
5. Repeat patients must be tested before **every** visit.

Procedure Day – NOTHING TO EAT THE DAY OF PROCEDURE!!!

1. Upon arrival to the facility, patients will stay in their car and call the facility to alert they have arrived and leave their cell phone number with the receptionist.
2. The receptionist will call the patient on their cell phone when they are ready for the patient to enter the facility.
3. **No family members will be allowed in the facility** (Exception: parent of a minor, caregiver for a disabled patient).
4. Patient should leave **ALL** unnecessary personal belongings at home or in their car. **Patient should not wear any jewelry on the day of the procedure.**
5. **ALL** patients are required to wear a face covering.
6. Patients will be asked to sanitize their hands upon arrival.
7. Patients will be screened for symptoms and temperature upon arrival.
8. Patients with a temperature of (99.5) or higher and or symptoms, will be asked to return to their car and their physician will be notified for advisement.
9. Patients will be given a surgical mask, head cover, shoe covers, and a patient belonging bag for their clothing and personal belongings.

Discharge

1. Patients will receive verbal and written discharge instructions from the nurse.
2. Patients will receive procedure results from their physician at the bedside.
3. Patients will be given their post-procedure snack "to-go".

Please make the necessary arrangements to have a designated person to drive you to and from the facility, as you are not allowed to drive after receiving anesthesia. For your safety, public transportation is not acceptable (Uber, Lyft, Taxis). This does not apply to Medicare patients and their optional means of transportation.