

# About your colonoscopy. *Here's everything you need to know.*

**Have an urgent need? Please call 1-317-631-3466.  
The answering service will page Dr. Hall for you.**

---

Please read this complete packet carefully.

Even if you've had a colonoscopy before, it's important to read the complete packet now instead of waiting until right before your appointment.

We've included all the information you'll need to prepare for your colonoscopy. As you read the packet, you may think of questions. Please keep reading. We've tried to answer all the questions that people have asked us over the years. After you've read everything, if you still have questions, please give us a call at 1-317-462-5252, ext. 3070.

**We'll let you know as soon as we know the results.**

**It could take up to two weeks to get the test results from the lab. When we get the results, we'll send you a letter with your results. Please be patient and wait for your letter.  
Thank you.**

---

**This packet includes:**

- Colonoscopy information sheet that explains the exam.
- Complete instructions on how to prepare.
- Details about when and where your exam will be done.
- Personal health information sheets. (Please fill out, sign and give these sheets to Dr. Hall at your colonoscopy.)

# You've been referred to Dr. Paula A. Hall to talk about having a colonoscopy.

People have colonoscopies for many reasons. Many patients have symptoms that cause their doctor to suggest a colonoscopy. These symptoms can include but aren't limited to:

- Blood in the bowel movement
- Anemia (low red blood cells)
- A positive stool test for blood
- Change in bowel habits
- Abnormal CT scan
- Diarrhea

## What's a diagnostic colonoscopy?

This is a colonoscopy that's done because you have symptoms such as those above. It's billed as "diagnostic" to your health insurance plan.

## What's a screening colonoscopy?

This is a colonoscopy that's done as part of regular preventive care. It's billed as "screening" to your health insurance plan.

## What's the difference?

There's no difference in the colonoscopy exam itself. The only difference is how we bill your health insurance plan.

## Why does it matter?

If you're sent in to get a diagnostic colonoscopy, we can't code your exam as a screening colonoscopy. Insurance companies view this as fraud.

Different insurance plan cover colonoscopies in different ways. You need to know how your specific health insurance covers the colonoscopy exam that's ordered. Dr. Hall's office can't change the way the exam is coded. It's illegal and the insurance company will prosecute.

## Your exam will be the same.

No matter if your colonoscopy is for diagnostic or screening, the exam will be the same. Dr. Hall will remove polyps if you have any. For some insurance companies, this changes the colonoscopy from screening to diagnostic. Dr. Hall will still code it as a screening colonoscopy. But your insurance company may change the code to diagnostic because polyps were found.

## We'll take good care of you.

Health care and health insurance may be getting more and more confusing. But rest assured that your primary care doctor and Dr. Hall will give you the best care available. It's our privilege to be part of your care and we take your trust very seriously.

Your signature below shows that you've read the information above.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

300 E. Boyd Ave. | Suite 110 | Greenfield, IN 46140

Tel 1.317.462.5252 ext 3070 | Fax 1.317.462.8013

[GetMyColonoscopy.com](http://GetMyColonoscopy.com)

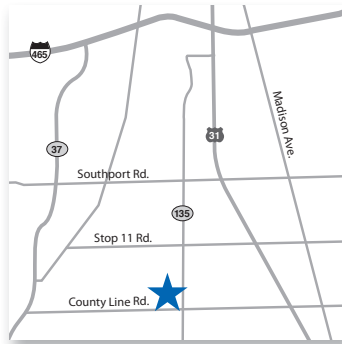
(Patient name)

You have an appointment on:

**MON**    **TUES**    **WED**    **THUR**    **FRI**

**DATE** \_\_\_\_\_ **AT** \_\_\_\_\_ **AM**  
**PM**

**Meridian South  
Surgery Center**  
8830 S. Meridian St.  
Indianapolis, IN 46227  
Tel 1.317.865.6690



**IU Health Saxony  
Surgery Center**  
13100 E. 136th St.  
Suite 100  
Fishers, IN 46037  
Tel 1.317.678.3418



**Hancock  
Surgery Center**  
1 Memorial Square  
Greenfield, IN 46140  
Tel 1.317.325.2500



**IU Health East  
Washington  
Surgery Center**  
9660 E. Washington St.  
Suite 200  
Indianapolis, IN 46229  
Tel 1.317.890.5800



**Have an urgent need?  
Please call 1-317-631-3466.  
The answering service  
will page Dr. Hall for you.**

# What is a Colonoscopy?

A colonoscopy is an exam of your colon. The colon is another name for the large intestines.

The doctor uses a thin, flexible tube with a lens at the end to look at the inside of the large intestine.

Your colonoscopy will be done as an outpatient in a hospital or an outpatient surgery center. It'll take about three hours from beginning to end. The exam itself usually takes about an hour. But you'll need an hour before to get admitted and also to recover after.

## **Questions about allergies and medications.**

The hospital staff will ask you questions like "What medicines do you take?" or "Are you allergic to anything?" You may be asked the same questions a number of times. This is just a safety measure to protect you. If you take any medicines, please write a list and bring it with you.

During your colonoscopy, you'll get anesthetic medicine to make you relaxed and sleepy. This IV medicine is given through a vein in your arm. There's a chance you could have a bad response to the anesthetic or the medicine to clean out your colon. That's why we're so careful to ask about your allergies.

**Because you're getting IV medicine, you'll need to have someone drive you home.** You'll be fine to go to work the next day.

## **What could go wrong?**

There's a small chance that a colonoscopy could result in damage to your liver or spleen. It could also cause a small tear or hole in the colon wall. Dr. Hall is very careful to avoid this. But if it did happen, you'd need surgery. Sometimes, due to scar tissue or the type of colon you have, Dr. Hall may stop the exam before she reaches the end of your colon. While this isn't ideal, it's better than needing surgery to repair a tear or hole in your colon.

## **What's the clean out?**

Many patients say that the colon clean out is the worse part of the whole exam. It's something you do at home the night before your colonoscopy.

The clean out is very important. If your colon isn't cleaned out well, Dr. Hall can't see your whole colon. The inside of the colon is like corduroy fabric. It has ridges and corners where things can hide. That's why it's important your colon is as clean as possible. It's impossible to see every bit of the colon. But the best chance to have a really good exam is to have a really clean colon.

**Have an urgent need?  
Please call 1-317-631-3466.  
The answering service  
will page Dr. Hall for you.**

# What is a Colonoscopy?

continued....

## **Preparing for your clean out.**

The medicine you take to clean out your colon can cause dehydration. This is when your body doesn't have enough water and other fluids to function normally. **Dehydration can harm your kidneys. So it's important to follow the clean out directions exactly as written.**

Do you have a heart valve problem or an artificial joint? If so, and you need to take antibiotics before you get your teeth worked on, please remind Dr. Hall and the nurses of this. Also, if you take Coumadin or diabetic medication, be sure to talk about this before starting your colon clean out.

Take any other medicines as usual, including on the morning of your colonoscopy. But on that morning, only use a few sips of water when you take your medicine. If you use an inhaler, please bring it with you to your exam.

## **What are polyps?**

A polyp is a growth on lining of the colon. If Dr. Hall finds any polyps or abnormal tissue, she'll remove it during your colonoscopy. Removing a polyp or taking out a piece of your colon will not hurt you. If the polyp is larger, Dr. Hall may cauterize (or burn) the base to help stop bleeding after it's removed.

Sometimes, a polyp is too large to remove completely. If that's the case, Dr. Hall will mark the site with special ink so the polyp can be taken out later. Any polyps or tissue that are removed will be sent to a lab for testing.

## **When will you know the results?**

It can take a week or more for Dr. Hall to get the results of your colonoscopy. If you don't hear from us, or get a letter in the mail within two weeks, please call Dr. Hall's office. Call **1-317-462-5252, ext. 3070** and ask for Dr. Hall's medical assistant.

# How to prepare for your colonoscopy using Miralax and Dulcolax.

**Have an urgent need? Please call 1-317-631-3466.  
The answering service will page Dr. Hall for you.**

---

**Note: This process is not FDA-approved.**

**You will need to purchase the following at the store:**

- 1 bottle of Miralax® (238 grams)
- 4 Dulcolax® laxative tablets. (Available over-the-counter at a pharmacy. You can also buy a generic brand.)
- 2 bottles (32 oz. each) of Gatorade® or other sports drink. (No red or purple flavors.)

You may also want to buy some vitamin A&D ointment (diaper rash cream). This can help if you have discomfort due to having multiple bowel movements.

## **THE DAY BEFORE YOUR EXAM:**

Starting when you get up, drink 8 ounces of clear liquid every hour while you're awake.

**Don't** eat any solid food or dairy products. Any clear liquid you drink **can't be red or purple**. If it's not on the list below, you can't have it.

### **These clear liquids are okay to drink:**

- Water
- Gatorade® (not red or purple)
- Apple juice or white grape juice
- Lemonade (sugar-free)
- Diet Sprite® or Diet 7UP®
- Coffee or tea (with no cream or sugar)
- Clear broth or bouillon

It's okay to eat sugar-free popsicles and sugar-free Jell-O® (except red or purple). You can also use artificial sweeteners, but not real sugar or honey.

Try to limit the amount of sugary liquids you drink. When sugar is digested, it creates methane gas. Dr. Hall may need to cauterize (or burn) a polyp during your colonoscopy. In that case, it's better to have less methane gas in the intestine.

### **Mix the Miralax and sports drink together.**

Pour half of the bottle of Miralax into one of the 32-ounce bottles of sports drink. Pour the other half of the Miralax into the second bottle of sports drink. Put both bottles of the Miralax and sports drink mixture into the refrigerator to get cold.

## **AT 4 OR 5 P.M. THE DAY BEFORE YOUR EXAM:**

Take 4 Dulcolax tablets with water. Drink the first bottle of Miralax and sports drink mixture. Keep drinking 8 ounces of clear liquid every hour. Note: You can keep drinking the liquid diet until you have your second bottle of Miralax and sports drink mixture.

## **FIVE HOURS BEFORE YOUR COLONOSCOPY:**

Drink the second bottle of Miralax and sports drink mixture five hours before your colonoscopy. This may mean you have to get up very early in the morning. Drink 8 ounces every 15 – 30 minutes until the bottle is gone.

**Once you've finished the second bottle, don't drink any more liquids until after your colonoscopy.**

# How to prepare for your colonoscopy using Miralax and Dulcolax.

continued....

**Have an urgent need? Please call 1-317-631-3466.  
The answering service will page Dr. Hall for you.**

---

## **GENERAL INFORMATION ABOUT TAKING MEDICINES.**

You can take your morning medicines with a sip of water. Is your medicine for diabetes, blood thinning, weight loss or do you need to take it with food? If so, wait until after your colonoscopy to take these medicines.

### **Do you take diabetes medicine?**

On the day **before** your colonoscopy, in the morning only take half as much as you do normally. For example, if you take a whole pill in the morning, only take half of a pill. Then, don't take any more diabetes medicine until after your colonoscopy. This means you won't take any diabetes medicine on the morning of your colonoscopy.

### **Do you take blood thinners?**

We'll ask your prescribing doctor to hold these medicines between two and five days before your colonoscopy. The number of days you can hold depends on the type of blood thinner you take. Don't stop taking your blood thinner without getting permission first. If you're not sure whether you have permission, please call Dr. Hall's office right away.

### **Do you take antibiotics?**

Do you need to take an antibiotic before you get your teeth cleaned? Is this due to a heart valve problem or an artificial joint? If so, you should take this medicine with a small sip of water one hour before coming in for your colonoscopy.

### **Questions?**

Please call Dr. Hall's medical assistant at **1.317.462.252, ext. 3070**. Or visit Dr. Hall's website at: **GetMyColonoscopy.com**.

---

## **APPOINTMENT INFORMATION:**

Arrive at: \_\_\_\_\_

On: \_\_\_\_\_

At: \_\_\_\_\_



# How to prepare for your colonoscopy using NuLYTELY®, GoLYTELY® and colyte solution.

**Have an urgent need? Please call 1-317-631-3466.  
The answering service will page Dr. Hall for you.**

---

## **THE DAY BEFORE YOUR EXAM:**

It's very important that your colon be clear of all waste material. You should have been given a prescription for a gallon of liquid preparation. You should have already filled this prescription at a pharmacy. Mix the powder with a gallon of water and chill. Most people have an easier time drinking this if it's cold.

Starting when you wake up, drink 8 ounces of clear liquid every hour while you're awake.

**Don't** eat any solid food or dairy products. Any clear liquid you drink **can't be red or purple**. If it's not on the list below, you can't have it.

### **These clear liquids are okay to drink:**

- Water
- Gatorade® (not red or purple)
- Apple juice or white grape juice
- Lemonade (sugar-free)
- Diet Sprite® or Diet 7UP®
- Coffee or tea (with no cream or sugar)
- Clear broth or bouillon

It's okay to eat sugar-free popsicles and sugar-free Jell-O® (except red or purple). You can also use artificial sweeteners, but not real sugar or honey.

Try to limit the amount of sugary liquids you drink. When sugar is digested, it creates methane gas. Dr. Hall may need to cauterize (or burn) a polyp during your colonoscopy. In that case, it's better to have less methane gas in the intestine.

## **AT 5 OR 6 P.M. THE DAY BEFORE YOUR EXAM:**

Take your first half of medicine. Split the gallon of mixture in half and put the second half back in the fridge. Drink 8 ounces of the liquid every 10 – 15 minutes. If you drink half of the gallon and don't have a bowel movement, wait 30 minutes. If you still don't have a bowel movement, you may want to give yourself a Fleet® enema. It's available over-the-counter at a pharmacy.

**Note:** You can keep drinking the liquid diet until you have your second half of medicine.

## **FIVE HOURS BEFORE YOUR COLONOSCOPY:**

Drink the second half gallon of mixture on the morning of your colonoscopy. This should be done 5 hours before your exam. This may mean you have to get up very early in the morning. Drink 8 ounces of the liquid every 10 – 15 minutes until the bottle is gone. By now, you should notice that your stools are coming out clear.

**Once you've finished the second dose of medicine, don't drink any more liquids until after your colonoscopy.**



# How to prepare for your colonoscopy using NuLYTELY®, GoLYTELY® and colyte solution.

continued....

**Have an urgent need? Please call 1-317-631-3466.  
The answering service will page Dr. Hall for you.**

---

## **GENERAL INFORMATION ABOUT TAKING MEDICINES.**

You can take your morning medicines with a sip of water. Is your medicine for diabetes, blood thinning, weight loss or do you need to take it with food? If so, wait until after your colonoscopy to take these medicines.

### **Do you take diabetes medicine?**

On the day **before** your colonoscopy, in the morning only take half as much as you do normally. For example, if you take a whole pill in the morning, only take half of a pill. Then, don't take any more diabetes medicine until after your colonoscopy. This means you won't take any diabetes medicine on the morning of your colonoscopy.

### **Do you take blood thinners?**

We'll ask your prescribing doctor to hold these medicines between two and five days before your colonoscopy. The number of days you can hold depends on the type of blood thinner you take. Don't stop taking your blood thinner without getting permission first. If you're not sure whether you have permission, please call Dr. Hall's office right away.

### **Do you take antibiotics?**

Do you need to take an antibiotic before you get your teeth cleaned? Is this due to a heart valve problem or an artificial joint? If so, you should take this medicine with a small sip of water one hour before coming in for your colonoscopy.

### **Questions?**

Please call Dr. Hall's medical assistant at **1.317.462.252, ext. 3070**. Or visit Dr. Hall's website at: **GetMyColonoscopy.com**.

---

## **APPOINTMENT INFORMATION:**

Arrive at: \_\_\_\_\_

On: \_\_\_\_\_

At: \_\_\_\_\_

Please fill out this form and bring it with you to your appointment.

Thank you for letting me to be part of your care. My philosophy is to take care of you just as I'd like to be cared for myself. To do that takes a little extra homework on your part. You may have answered some of these health questions before over the phone. But I still need you to answer them for me, so I can give you the best possible care. Thank you again.

Name: \_\_\_\_\_ Nickname: \_\_\_\_\_ Date of birth: \_\_\_\_\_

**Medicines you take daily now (include how often and strength):**

---

---

---

---

**Allergies:**

---

**Hospitalizations and surgeries:**

I've listed common types, but please add any other operations you've had.

- Back problems (spinal surgery)
- Blood vessel problems (varicose vein stripping)
- Breast problems (breast surgery or biopsy)
- Eye surgery (cataract, glaucoma, LASIK, retina, etc.)
- Heart problems (angioplasty, cardiac bypass surgery, heart cath, internal defibrillator, pacemaker, stents or heart valve)
- Muscle and joint problems (carpal tunnel, broken bones with pins or plates, joint replacement, etc.)
- Nose and throat problems (sinus surgery, thyroid surgery, tonsillectomy, etc.)
- Stomach problems (hernia surgery, hiatal hernia or nissen fundoplication, appendix, bariatric surgery, gall bladder or spleen)

**Other surgeries:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Male only:**

- Reproductive organ problems (enlarged prostate surgery, prostate cancer surgery, prostate biopsy, vasectomy)

**Female only:**

- Pregnancy problems (laproscopic infertility, dilation and curettage (D+C))
- Pregnancy and childbirth (C-section, vaginal delivery)
- Reproductive organ problems (hysterectomy, uterine ablation, tubal ligation, ovary surgery, takedown of adhesions, cervical cryotherapy)

If you had a hysterectomy, what was the reason:

- cancer       fibroids
- bleeding       endometriosis
- prolapse       cysts

## Social history

This is part of your electronic medical record.

Single  Married  Divorced  Male partnered  Female Partnered  Widow

## Children:

Sons: \_\_\_\_\_ Daughters: \_\_\_\_\_

**Work:** \_\_\_\_\_ Retired?  Yes

## Tobacco History:

- I've never used tobacco products.
- I quit smoking in \_\_\_\_\_. At the time I quit, I smoked \_\_\_\_\_ pack(s) a day.  
I smoked for a total of \_\_\_\_\_ years.
- I quit chewing tobacco in \_\_\_\_\_. At the time I quit, I used \_\_\_\_\_ can(s) a day.  
I chewed for a total of \_\_\_\_\_ years.
- I now smoke \_\_\_\_\_ pack(s) a day. I've smoked for a total of \_\_\_\_\_ years.
- I now chew \_\_\_\_\_ can(s) of tobacco a day. I've chewed for a total of \_\_\_\_\_ years.
- I now use an electronic cigarette.

**Note:** It's important to have an accurate alcohol and recreational drug history. It helps me know how much anesthesia medicine you'll need. Please be truthful.

## Alcohol History:

- I drink less than 4 times a year.
- I'm now in recovery and have been alcohol-free since \_\_\_\_\_.
- I drink \_\_\_\_\_ beers  a day  a week
- I drink \_\_\_\_\_ glasses of wine  a day  a week
- I drink \_\_\_\_\_ shots of spirits  a day  a week

## Recreational drug History:

- I've never used recreational drugs.
- I now use recreational drugs on a daily  weekly  basis.
- Pot  Cocaine  Meth  Heroin  Pills (OxyContin, Valium, Vicodin, \_\_\_\_\_)
- I've used recreational drugs in the past. I last used \_\_\_\_\_

Do you have a history of domestic violence?  Yes  No

Do you feel threatened by anyone?  Yes  No

## Family History:

What health issues do your relatives have?

Mother: \_\_\_\_\_

Father: \_\_\_\_\_

Son: \_\_\_\_\_

Daughter: \_\_\_\_\_

Brother: \_\_\_\_\_

Sister: \_\_\_\_\_

Grandmother on father's side: \_\_\_\_\_

Grandfather on father's side: \_\_\_\_\_

Grandmother on mother's side: \_\_\_\_\_

Grandfather on mother's side: \_\_\_\_\_

Other relatives: \_\_\_\_\_

## Bodily systems

The next set of questions are about your body's systems. Anything you answer "yes" to will alert me to talk about it more when I see you. I know there are a lot of questions, but I need to think about your health as a whole. When I'm caring for you, I'm responsible for all of you. I want to know about any symptoms you're having that could impact your overall health.

Have you ever had problems with anesthetic medicines in the past? This includes nausea, vomiting, being very sensitive to medicine, needing larger amounts of anesthetics, waking up violently or any other issue not already listed.

Yes  No *If yes, give details:* \_\_\_\_\_

Have you ever been diagnosed as a bleeder? Has anyone ever told you that you have problems clotting your blood or that your blood is too thick? Are you taking blood thinners?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have any moles or skin sores that are changing or worry you?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have any problems with your head, your eyes, your ears, your nose or your throat?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have problems swallowing?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have large or swollen lymph nodes in your neck?

Yes  No *If yes, give details:* \_\_\_\_\_

Are you being treated for thyroid disease now, or have you been treated in the past?

Yes  No *If yes, give details:* \_\_\_\_\_

Has anyone ever told you have a goiter?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you had any unexplained weight loss or change in your appetite?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you recently had an unexplained change in your body temperature?

In other words, did you used to always be cold and now you're hot (or the reverse)?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have any lumps or bumps in your breast or nipple discharge?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you ever had a mammogram?

Yes  No Year of most recent exam: \_\_\_\_\_ Results: \_\_\_\_\_

Do you have a history of asthma, pneumonia, tuberculosis, positive skin test for tuberculosis or COPD? Yes No

Yes  No *If yes, give details:* \_\_\_\_\_

Do you wear oxygen all day long or at night?

Yes  No *If yes, give details:* \_\_\_\_\_

Has anyone ever said you have sleep apnea or that you hold your breath at night?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you ever had a heart attack, stroke or blood clot? If so, when and what was the treatment?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have high blood pressure or are you being treated for high blood pressure?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have high cholesterol or are you being treated for high cholesterol?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have symptoms of heart disease? Shortness of breath related to your heart not your lungs?

Yes  No *If yes, give details:* \_\_\_\_\_

Chest pain? Jaw pain? Do you wake up suddenly in the middle of the night short of breath? Do you have to prop yourself up on pillows to breathe at night?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you ever had rheumatic fever or been told you have a heart murmur?

Yes  No *If yes, give details:* \_\_\_\_\_

Has anyone ever said you have an abnormal heart or that it beats funny?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have a pacemaker or defibrillator?

Yes  No *If yes, give details:* \_\_\_\_\_

Has anyone ever said you have an aneurysm or dilation of a blood vessel?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have any problems with your stomach? Such as ulcers, hiatal hernia, GERD or reflux?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you ever had hepatitis, pancreatitis, appendicitis or diverticulitis?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have type 2 diabetes? If so, roughly when were you first diagnosed?

Yes  No *If yes, give details:* \_\_\_\_\_

If you have type 1 diabetes? Do you take pills or insulin?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you ever been told that you have problems with your kidneys or that they don't work well?

Yes  No *If yes, give details:* \_\_\_\_\_

Were you born with a kidney abnormality?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you ever had kidney failure?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have problems with kidney stones?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have any blood in your urine?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you ever been diagnosed with arthritis? Where does it bother you the most?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have a certain type of arthritis?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you ever had a seizure?

Yes  No *If yes, give details:* \_\_\_\_\_

If you do have a history of having seizures, when was your last seizure?

Do you have Parkinson's disease or multiple sclerosis? Do you have any other neurologic problems?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have a brain or spine stimulator?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have any problems with depression?

If you do have problems with depression, is it well-managed?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have any problems with anxiety?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you ever had a panic attack?

Yes  No *If yes, give details:* \_\_\_\_\_

If you do have problems with anxiety or panic attacks, are they well-managed?

Yes  No *If yes, give details:* \_\_\_\_\_

**Females only:**

Are you still menstruating?

Yes  No *If no, roughly when did you go through menopause?* \_\_\_\_\_  
*If yes, give details:* \_\_\_\_\_

Have you had your tubes tied?

Yes  No

A uterine ablation?

Yes  No

A hysterectomy?

Yes  No

Are you taking birth control pills?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have any abnormal uterine bleeding?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you had any STDs (sexually transmitted diseases) or high-risk behaviors for HIV?

Yes  No *If yes, give details:* \_\_\_\_\_

**Males only:**

Do you have any prostate problems?

Yes  No *If yes, give details:* \_\_\_\_\_

Do you have any problems with erectile dysfunction (ED)?

Yes  No

Any abnormal lumps or bumps in your testicles?

Yes  No *If yes, give details:* \_\_\_\_\_

Have you had any STDs (sexually transmitted diseases) or high-risk behaviors for HIV?

Yes  No *If yes, give details:* \_\_\_\_\_

Did I forget to ask you anything?

Thank you for being truthful and thorough.

– Dr. Hall

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date





### **Nondiscrimination Notice and Access to Communication Services**

American Health Network does not discriminate on the basis of sex, age, race, color, national origin, or disability.

Free services are available to help you communicate with us. Such as, letters in other languages, or in other formats like large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free number 1-888-696-9637. TTY 711.

If you think you weren't treated fairly because of your sex, age, race, color, national origin, or disability, you can send a complaint to:

Optum Civil Rights Coordinator  
11000 Optum Circle  
Eden Prairie, MN 55344  
Fax: 855-351-5495  
Email: [Optum\\_Civil\\_Rights@Optum.com](mailto:Optum_Civil_Rights@Optum.com)

If you need help with your complaint, please call the toll-free number 1-888-696-9637. TTY 711. You must send the complaint within 60 days of when you found out about the issue.

You can also file a complaint with the U.S. Dept. of Health and Human services.

**Online** <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

**Phone:** Toll-free **1-800-368-1019, 800-537-7697** (TDD)

**Mail:** U.S. Dept. of Health and Human Services. 200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201

This information is available in other formats like large print. To ask for another format, please call the toll-free number 1-888-696-9637. TTY 711.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Please call 1-888-696-9637

ATENCIÓN: Si habla **español (Spanish)**, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-888-696-9637

請注意：如果您說中文 (**Chinese**)，我們免費為您提供語言協助服務。請致電：1-888-696-9637]。

XIN LUU Ý: Nếu quý vị nói tiếng **Việt (Vietnamese)**, quý vị sẽ được cung cấp dịch vụ trợ giúp về ngôn ngữ miễn phí. Vui lòng gọi 1-888-696-9637.

알림: **한국어(Korean)**를 사용하시는 경우 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-696-9637 번으로 전화하십시오.

PAUNAWA: Kung nagsasalita ka ng **Tagalog (Tagalog)**, may makukuha kang mga librang serbisyo ng tulong sa wika. Mangyaring tumawag sa 1-888-696-9637.

ВНИМАНИЕ: бесплатные услуги перевода доступны для людей, чей родной язык является **русском (Russian)**. Позвоните по номеру 1-888-696-9637.

(1 نبيه: إذا كنت تتحدث العربية **(Arabic)**، فإن خدمات المساعدة اللغوية المجانية متاحة لك. الرجاء الاتصال بـ [1-888-696-9637].

ATTENTION: Si vous parlez **français (French)**, des services d'aide linguistique vous sont proposés gratuitement. Veuillez appeler le 1-888-696-9637.

ATTENZIONE: in caso la lingua parlata sia l'**italiano (Italian)**, sono disponibili servizi di assistenza linguistica gratuiti. Si prega di chiamare il numero 1-888-696-9637.

ACHTUNG: Falls Sie **Deutsch (German)** sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie 1-888-696-9637 an.

注意事項：日本語 (Japanese)

を話される場合、無料の言語支援サービスをご利用いただけます。1-888-696-9637にお電話ください。

ध्यान दें: यदि आप हिंदी (Hindi) बोलते हैं, आपको भाषा सहायता सेवाएं, नि:शुल्क उपलब्ध हैं।

कृपया 1-888-696-9637 पर कॉल करें।

HUBACHISA: Kan ati dubbattu **Afaan Oromoo (Oromo)** yoo ta'ee, tajaajilliwwan gargaarsa afaanii, kanfalttii malee siif jira. Maaloo karaa 1-888-696-9637.

AADACHT: Wann du **Deutsch Schwetze (Pennsylvanian Dutch)** kann, kantscht du frei Schprooch aushilfe griege. Ruf Nummer 1-888-696-9637.

သတိထားပါ- သင့် **ဗမာစကား (Burmese)** ဝေပျူဟဆိုလွှာ ငှါ  
ဘာသာစကားအကူအညီ ဝန့်ဝေပျူဆာငွေမ တး အခမဲ့ရးပျိုဝ်ငွေညှ။ ဝေပျူက ဝးဇူးပျ  
ပီၤၤ 1-888-696-9637ကို ဝေပျူခငှပါ။

OPGELET: Indien u **Nederlands (Dutch)** spreekt zijn taalbijstandsdiensten gratis voor u beschikbaar. Gelieve 1-888-696-9637 te bellen.

УВАГА: Якщо ви розмовляєте **українською мовою (Ukrainian)**, у вас є можливість скористатися безкоштовними послугами перекладача. Зателефонуйте, будь ласка, за номером 1-888-696-9637

ATENȚIE: Dacă vorbiți **românește (Romanian)**, vi se pun la dispoziție, în mod gratuit, servicii de traducere. Vă rugăm să sunați la 1-888-696-9637.