

Camran Nezhat, MD, FACOG, FACS

Endoscopy and Fertility Center

Dear Prospective Surgery Patient,

Thank you very much for your interest in learning more about Dr. Camran Nezhat and our Center, where we are dedicated exclusively to women's health. We know that facing health concerns can be an especially stressful experience. We are committed to providing you with the most sensitive consideration and care throughout your journey toward optimal health. We are especially mindful of just how crucial this initial information-gathering stage can be in helping you make the most informed decision possible about your unique health concerns.

INSURANCE

In general, we accept all insurances except HMO's CHAMPUS, Medi-Care, or Medi-Cal, etc. Please call our office for further assistance and clarification.

OUR WEBSITE

Our website has numerous resources to help you learn more about your potential surgery, pre- and post-operative instructions, and an extensive FAQ's section. Please visit us at www.nezhat.org.

FIRST CONSULTATION

Please note, either on the day of your first consult or preferable before, you will need to provide us with all of your pertinent medical records, including any lab work, ultrasound results, MRIs, CTs, etc. from your other physicians. As for time frames, your first consultation with Dr. Nezhat takes about 1.5 - 2 hours. At the consultation, Dr. Nezhat will review your history in detail and listen to your concerns. You will also be given an extensive physical exam that will include 2 separate vaginal ultrasounds (given in one setting, but utilizing 2 different scanning techniques). It's been our experience that almost all insurers cover the entire amount of this consultation, with patients only responsible for a small co-payment. If you would like more information about potential out of pocket costs, please call our office for assistance.

***** Please read this section carefully, as there are very important medical instructions that must be observed as much as 4 weeks prior to your surgery *****

SCHEDULING A SURGERY

When choosing your surgery date, please note that 4 weeks (28 days) prior to your surgery, you must discontinue taking several categories of medications, including antiplatelet medications (such as Plavix), Isotretinoin products (such as Accutane), as well as any anorexiants (weight loss) substances, such as Sibutramine (Meridia), Phentermine (Fastin, Ionamin, Adipex), or any other weight loss products. In addition, 2 weeks (14 days) prior to surgery, you may be required to discontinue use of other prescription medications. At the time of your first consultation, Dr. Nezhat will review your history and provide this information to you. Two (2) weeks prior to your surgery, you must also stop taking several types of over-the-counter medications, such as aspirin and aspirin-based products like Motrin, Anaprox, Advil, Excedrin, and Midol. These have blood-thinning properties that make it difficult to stop bleeding, should any occur during surgery. As well, 2 weeks prior to surgery, you will also be required to discontinue taking certain vitamins and alternative medicinal products, such as Vitamin E of any kind, ginger, garlic, cayenne, bilberry, Ginkgo Biloba, Ginseng, Melatonin, Yohimbe, Echinacea, Ephedra, Kava, and Melatonin. This is not a comprehensive list. Therefore, please be sure to tell Dr. Nezhat everything you take or have recently taken, so that he can gain an accurate understanding of your particular medical history.

In addition to these important medical instructions, please also keep in mind that you will need to be in the San Francisco Bay Area two (2) days prior to surgery and at minimum four-five (4-5) days after surgery (some exceptions may apply). A few days prior to your surgery, you may need time off from your normal schedule, as you'll need to attend to such things as lab work and filling prescriptions. Though our patients rarely need blood transfusions, as a precaution for some patients with fibroids we may recommend that an autologous blood donation of 1 pint be made

prior to surgery. The medically recommended timeframe to make this donation is 2 weeks prior to surgery, with 10 days being the very minimum amount allowable. Donating 1 pint of blood can cause fatigue and light-headedness in some patients. Therefore, you'll want to make sure to schedule this donation at a time when you've already eaten and can rest afterward if necessary. If you are experiencing anemia or low blood pressure, or have in the past, please consult with our physicians before donating blood. As for choosing your surgery date, plan it for a time when your activities can be kept to a minimum in order to let your body heal. We have found that, depending on the surgery, the average patient generally requires between 1 to 4 weeks time before returning to any strenuous activities, such as sports, lifting heavy objects, spinning classes, or other similarly high impact activities.

PRE-OPERATIVE CONSULTATION

A few days before your surgery you will be seen in our Palo Alto office by one of our physicians for a pre-operative consultation, which will include one final full exam. You'll have an opportunity at this time to go over any final pre-surgery questions or concerns you may have, post-operative instructions, and after-hours paging and contact information for Dr. Nezhat and/or his assistant surgeons. *At this time, too, we will need to collect the \$2,500 assistant surgeon fee.*

BOWEL PREPARATION – 1 DAY BEFORE SURGERY

Depending on your medical needs, you may be required to observe certain dietary restrictions the day prior to surgery. The doctors will provide more details about these restrictions at your pre-operative appointment. As well, 1 entire day prior to your surgery, you may need to start a bowel preparation regiment, which involves restricting your diet considerably and taking bowel preparation medicine that facilitates the cleansing of your bowels. This means that you will need to stay home the entire day before surgery.

For help with your pre-op questions, please feel free to contact one of our pre-op coordinators in our office at: (650) 327-8778 or by email DrNezhat@gmail.com

SPECIAL INSTRUCTIONS FOR OUT-OF-TOWN SURGERY PATIENTS

For patients from out of the San Francisco Bay Area, prior to your surgery, we do require a note from your local physician indicating that he or she will be available to see you during your initial post-operative recuperation period (1-4 weeks), should any follow-up care be needed. We require this written confirmation because it helps ensure that there will be as much continuity of care as possible once you return home. Please note, you would not be permitted to return home unless Dr. Nezhat personally provides you with a medical clearance. However, after this clearance has been provided, we want to make sure that your local physician will be available should any follow-up care be needed.

Travel restrictions: Special travel restrictions do apply to all post-operative patients. Therefore, please plan your trip with as much return date flexibility as possible. At the time of your first consultation Dr. Nezhat will personally review your case and determine your individualized post-operative travel restrictions.

Medical Records: Please make sure to send all of your medical records to us so that the doctors can review your case before you travel to see us. Medical Records should be mailed, faxed to 650-327-2794, or emailed to CNezhat@stanford.edu.

NO GUARANTEE OF SURGERY OR PREFERRED SURGERY DATE

Please note there is no guarantee that a surgery will be necessary, or that surgery can be scheduled in the exact time frame that you would like. Please consider this possibility when planning your visit. It is only at the time of your first in-person consult, when Dr. Nezhat can physically examine you, review your medical records, and find out more about you, that the medical decision to proceed with surgery can be determined definitely. Dr. Nezhat personally does your surgeries. His assistants only help him with your surgery.

POST-OPERATIVE CARE

It is very important to have a 6-week post-operative pelvic exam to make sure that healing is complete. Local patients always return to the Palo Alto office to see Dr. Nezhat for their post-operative appointment. However, for out-of-town patients, this may not be possible. In such cases, Dr. Nezhat will provide your local physician a packet of information, including a copy of your operative and pathology reports. If your physician has any questions, he or she is welcome to contact Dr. Nezhat (or one of our on-call physicians) at any time, including after hours and on weekends. During your pre-operative consultation, these post-operative instructions will be provided in more detail.

SURGERY CANCELLATIONS

Since Dr. Nezhat typically operates 4 days a week (Monday-Thursday), our patients find that they have many options for choosing surgery dates. Even so, we do know that unexpected events may alter your plans. Please just bear in mind that our Center incurs a penalty from the hospital for cancellations. *Therefore, we do charge a surgery cancellation fee of \$250 if you find that you need to cancel with less than 2-weeks notice, and \$500 for less than 48 hours notice.*

BILLING

For all of your post-service billing concerns, insurance claims status, and/or insurance appeals requests, please feel free to contact our billing representative directly:

Erisa Flores of All Documents: (650) 556-1000, ext. 109

or contact Yesenia in our office at (650) 327-8778.

IN SUMMARY

These overviews have been provided just as general guidelines. More extensive detail will be given during your initial consultation with Dr. Nezhat, and again at your pre-operative consultation closer to the time of your surgery. In the interim, please do feel free to contact us if you have any questions or would like more information.

Thank you very much again.

Sincerely,

The Staff of Dr. Camran Nezhat's Office

PH: (650) 327-8778

FX: (650) 327-2794

Email: DrNezhat@gmail.com

Endoscopy and Fertility Center

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