

PATIENT GUIDE TO SURGERY

WELCOME TO INTERMOUNTAIN HEALTH SURGERY CENTER-LOGAN

PREPARING FOR YOUR PROCEDURE

- You will receive a text/email message with a link to fill out your health history and medication list. Please fill this out at your earliest convenience. It will make your call go much quicker.
- A Surgery Center nurse will call to verify health history, medication list with dosage and frequency, and instruct which medications to be taken on the day of surgery.
- Pre-registration will call to verify insurance information and payment.
- We will call you again the day prior to surgery to confirm your arrival time.
- Please bring a valid picture ID, insurance card, and required payment on the day of the procedure.

INSTRUCTIONS

Please carefully follow these instructions in addition to those provided by your doctor. If you have any questions or if something is unclear, please notify us.

You must have a **responsible adult available to drive you home** after your procedure and stay with you for 24 hours.

- Do not eat anything after 11 pm the night before your procedure. This includes mints, gum or candy.
- GLP** - If you are taking any GLP Agonists (Examples: Trulicity, Semaglutide, Ozempic, Mounjaro, Rybelsus) Solid food will need to be stopped at **7 pm 2 days prior to the procedure**. Clear liquids should be continued until 4 hours before the procedure. Avoid drinks that are red or purple.

Ingested Material	Minimum Fasting Period
Clear liquids - water, fruit juices without PULP, carbonated beverages, clear tea and black coffee with sugar. Clear liquids DO NOT include alcohol, protein drinks and coffee creamer.	2 hours prior to scheduled check in time or 4 hours if on GLP.
Breast Milk	4 hours prior to scheduled check in time
Infant Formula	6 hours prior to check in time
Solid Food	No solid food after 11 pm the night before scheduled procedure. Unless you are taking any GLP Agonists, then it is 7 pm 2 days prior to the scheduled procedure.

- You may take your medications as instructed by the Pre-op nurse with a sip of water the day of surgery.
- Do not take any NSAIDS (ex.: Ibuprofen, Excedrin, Aleve), Coumadin, Plavix or anti-inflammatories.
- Do not wear any jewelry or contact lenses and please leave your valuables at home.
- Do not consume any alcohol 24 hours before your procedure as this will interfere with anesthesia and may cause bleeding problems.
- Do not use any nicotine products (smoking, pouches, or chewing tobacco), cannabis, vaping, etc. after midnight before your surgery.

If you develop a fever, cough or any other medical problems, please contact us and your physician as this may require rescheduling.

THE DAY OF SURGERY

If you are unable to keep your appointment or are delayed, please contact us at 435-363-9265.

Please wear comfortable clothing that will fit over your dressings.

You will be given an arrival time for your procedure. This will give you time to be checked in, vital signs taken (blood pressure, pulse, temperature, and weight) changed into a gown, IV started, urine specimen (if needed), heart monitors attached, consult with Physician and Anesthesia and sign paperwork.

Sometimes there are delays in the operating room. Please bring something to do while you are waiting like a book or a tablet. Each room does have a television. Surgery times can vary so please have your phone on and available in case we need to contact you.

AFTER YOUR SURGERY

- You will receive specific written and verbal instructions for care following your surgery.
- **DO NOT** consume any alcohol for 24 hours following your surgery, or while you are taking prescribed pain medication.
- We will give you a call to check on you after your procedure so please make sure we have your most current contact information upon discharge.

QUALITY SERVICE

We strive to exceed your expectations when it comes to service. Our friendly and knowledgeable staff are here to serve you in the most efficient way possible. If you have any questions or concerns, feel free to contact us. You will receive a patient survey after your procedure. Please complete it to help us for future visits.

SURGERY FEES, PAYMENTS & INSURANCE

Intermountain Health Surgery Center-Logan will bill your insurance company unless noted otherwise. Co-pay or co-insurance amounts are due on the date of your scheduled surgery.

The surgical center fee includes: Equipment, supplies and anesthesia drugs, used during surgery; Services received in the recovery room

The facility fee DOES NOT include: Surgeons' fees, Assistant Surgeon, Anesthesiologist, or other Specialists; Special supplies, equipment or drugs not specified in the initial evaluation; ALL payments are due on or before your date of surgery.

ADVANCED DIRECTIVES

If you have an advance directive or living will and a medical emergency arises, the surgery center will transfer you to the closest hospital. The surgery center will provide emergency care to stabilize the patient for transfer to a higher level of care. Please discuss with your Physician if you have any questions.

The hospital will make decisions about following any advance directive or living will or will request to not resuscitate should your heart stop or if you should stop breathing. You have a right to have your living will or advance directive information present in our medical records and to be informed of the facility's policy prior to the procedure.

State information and forms to prepare an advance directive or living will if you decide to have one, can be found at the following website:

Utah Advance Health Care Directive Forms and Instructions - Utah Commission on Aging - University of Utah

CONVENIENT LOCATION

Park on South side of the Budge Clinic.

Enter through the Budge Clinic South Entrance, make a left turn across from Rehabilitation Services, and take the elevator to the 4th floor.

Once you step off the elevator turn left, and Intermountain Health Surgery Center-Logan is at the end of the hallway.

CREDENTIALS

Intermountain Health Surgery Center-Logan is accredited through the Joint Commission (JC). JC recognizes those Surgery Centers that go above and beyond the standards for quality of care. A JC certification acknowledges Intermountain Health Surgery Center- Logan's commitment to its patients and community. All of the physicians and anesthesiologists have been credentialed according to regulations and standards.

OWNERSHIP

Your Physician may have ownership in this facility. If you have questions about this please ask. Please discuss with your surgeon any questions or concerns you have about this.



**Intermountain
Health**

**Surgery Center
Logan**

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