

North Valley Surgery Center GENERAL GUIDELINES

BEFORE SURGERY

Please follow these guidelines before your surgery, unless otherwise advised by your physician, to ensure that your operation goes smoothly:

Notify your physician as soon as possible if there is any change in your physical condition, such as a cold or fever.

If you have any wounds, sunburns, or trauma to the operative site please contact us immediately. Please do not shave the operative site before surgery.

If you wear contact lenses or glasses, bring a case for their safekeeping. We provide containers for removable dentures and bridgework.

It is important that you follow your physician's instructions on when to stop eating or drinking.
Surgery- do not eat or drink after midnight.

EGD/Upper Endoscopy-nothing to eat or drink after midnight.

Colonoscopy-Follow the bowel prep and diet instructions given to you by your physician's office. These may differ from the pharmacy instructions, but you should follow the ones given by the physician. Follow the timing of the prep and when to stop drinking/eating in the physician instructions you received.

Colonoscopy AND EGD-Follow the bowel prep and diet instructions given to you by your physician's office. These may differ from the pharmacy instructions, but you should follow the ones given by the physician. Follow the timing of the prep and when to stop drinking/eating in the physician instructions you received.

This will reduce the risk of aspiration during surgery. You may brush your teeth, remembering not to swallow anything. No water, coffee, gum, candy or chewing/smoking tobacco. Failure to follow these instructions may result in the cancellation of your surgery.

It is recommended that the following prescription medications be taken with a tiny sip of water as early as possible on the morning of your surgery: blood pressure medication, lung medications, heart medications and medication for reflux. Please do not take your blood pressure medication if it is an ACE inhibitor, ARB or diuretic the day of surgery. Some examples are Losartan, Lisinopril, Olmesartan, Furosemide, Hydrochlorothiazide etc. Please call us to determine if you take this category of medication to prevent surgery cancellation.

Other routine medications can be taken after you return home, as advised by your physician. If you have any questions about your medications, please contact your physician or our nursing staff. If you take aspirin, blood thinning medications such as Plavix or Coumadin or herbal supplements, please notify your physician for instructions. Failure to do so may result in the cancellation of your surgery.

Bring your inhaler, if you use one at home.

It is your responsibility to arrange in advance for a responsible adult (18 years of age or older) to drive you home and remain with you for the first 24 hours after surgery, as you cannot drive or be left alone during this period. We ask that they remain here at the facility during your surgery. If you fail to arrange for a responsible adult to care for you, your surgery may be cancelled.

Please bathe or shower prior to your surgery. Remove all makeup and any piercings if applicable.

Do not use lotions, perfume or oils after bathing.

Wear loose, comfortable clothing such as sweat suits and easy to button shirts or blouses that are big enough to put on after surgery. Wear comfortable shoes, no high heels, please.

Leave all valuables, including jewelry and cash, at home. We cannot be responsible for lost or damaged property.

Be prepared to sign a form giving your consent for the procedure and anesthesia. If the patient is under 18, a parent or legal guardian must accompany the patient and sign the consent form.

Bring all insurance cards and your driver's license or photo ID with you to the center. Please see the section on insurance and billing.

Your physician will notify you of the time you should arrive at the facility. Normally this is 1 to 2 hours prior to your scheduled surgery time. North Valley Surgery Center is located at 8901 E. Raintree Road, Suite 100, Scottsdale, AZ 85260 and the cross street is the 101 and Raintree Road in Scottsdale. Call 480-767-2100 for assistance with directions.

After you have checked in with the front office, a nurse will escort you to the preoperative area and you will be asked to change into a patient gown. We will provide a bag to store your clothing. We will review your medical and surgical history with you and answer any questions you may have. We will also check your weight, temperature, blood pressure, pulse, oxygen level and ask you to empty your bladder before surgery (a urine specimen must be collected on all females of child bearing age). An intravenous line may be started to administer anesthesia medications and antibiotics if ordered by your physician.

A family member may stay with you in the preoperative area after you are prepared for surgery until you are taken into the operating room, then they will be asked to wait in the front lobby. Your physician will speak with your family immediately following surgery and a recovery room nurse will bring your family member to the recovery room when you have sufficiently recovered from anesthesia.

AFTER SURGERY

Before you leave the center, you and a family member will be given both verbal and written instructions for your care at home.

After you have returned home, be sure to follow your physician's orders regarding diet, rest, medication and activity. Unless directed otherwise, you should start your diet with clear liquids. In four to six hours you can begin to eat solid foods. By the next day you should be back to your normal diet.

It is not unusual to feel a little sleepy, lightheaded, dizzy or experience pain for several hours after your operation.

Do not drive a car, smoke, drink alcoholic beverages, operate machinery or cook for 24 hours after surgery. Do not sign any important papers or make any significant decisions for at least 24 hours.

If you have any questions or problems after surgery, please contact your physician. If you are unable to reach your physician, call 911 or go to the nearest emergency room.

A nurse from the center will contact you within 1-3 business days after your surgery to see how you are and answer any additional questions you may have.

INSURANCE AND BILLING

Please remember to bring all insurance cards and photo ID and other pertinent documents with you on the day of surgery so that we may process your insurance papers for you. Any co-insurance or copay will be collected the day of surgery. We accept cash, personal checks, American Express, Visa and Mastercard with credit card approval on the date of payment. **You will receive a separate bill from your physician, anesthesiologist, and for any lab services or medical equipment if applicable.**

It is your right as a patient to request information or have questions answered regarding fees or payment policies. If you have any questions or problems regarding your bill, please contact our business office at 1-866-645-3148. We will be happy to help you between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday.