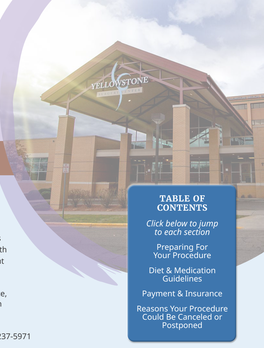
Yellowstone Surgery Center is a collaborative effort between independent physicians and Intermountain Health.

YELLOWSTONE SURGERY CENTER

We Make it Better



PAIN SERVICES

For Yellowstone Surgery Center Pain Services, we utilize the latest medical procedures and techniques to aid in the treatment and management of a wide range of acute and chronic pain. Yellowstone Surgery Center provides a warm, friendly and professional environment with a commitment to caring, to quality and to excellent patient experience.

For your comfort, safety and the best experience, please carefully read and follow the information included in this brochure.

1144 N 28th Street, Billings, MT 59101 • (406) 237-5971

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BEFORE YOUR PROCEDURE

- Review: The *Diet & Medication Guidelines* included in this brochure.
- Review: The *Payment & Insurance* section in this brochure and make any necessary arrangements.
- Register for One MNet Heath (*One Medical Passport*): Please login and create your user profile or contact our Clinical Nurse Liaison (CNL) to help you create or update your profile. This online health assessment needs to be done prior to each visit. You will receive a link via text or email when your appointment is scheduled. Please follow the link's instructions to complete. You can also access the health assessment by clicking HERE.
- Pain Contract: If you have a Pain Contract, contact your pain provider to help you manage your pain following your procedure. Per your contract in place, prescriptions may not be issued.
- Someone 18 years of age or older: You must arrange for an adult to be with you. They are responsible for signing you out, and transporting you home.
- Valuables: YSC is not responsible for personal belongings.
- Comfort: Wear loose fitting and comfortable clothing.
- Not feeling well: If you develop a cold, persistent cough, fever, rash, open wound, current infection, or any other health-related problems, or if you need to cancel your procedure, please notify our Pain Services Scheduling Department as soon as possible. For the safety of our patients and their families, please make sure any family or friends who accompany you are also in good health.

PAIN SERVICES SCHEDULING DEPARTMENT:

- is the only entity to schedule and/or cancel a pain procedure, and appointments are booked out an estimated 4-6 weeks.
- can answer questions about *Diet & Medication Guidelines* prior to pain procedure.
- will attempt to return calls within 48 business hours, however response times may vary.

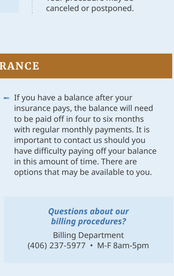
Pain Services Scheduling
(406) 237-5971
M-F 8am-4pm

DAY OF YOUR PROCEDURE

- Review: *Reasons Why Your Procedure Could be Canceled or Postponed* in this brochure. Please call if necessary: Downtown (406) 237-5901
- Diabetic: Check your blood glucose levels.
- High Blood Pressure: If you're able, check blood pressure.
- Missed Appointment: If your appointment is missed and no attempt was made to cancel in advance, we reserve the right to charge a $50 fee which will not be covered by insurance.
- Prescribed Medications: Take your regular blood pressure, cardiac, anti-seizure and gastric reflux medications.
- Bring with you:
  - ☐ Identification (Driver's License or Photo ID)
  - ☐ Insurance card
  - ☐ Payment: We will request a payment of any insurance co-payment or out of pocket expenses that are due at the time of the service.
  - ☐ Allergy & medication list
  - ☐ Important phone numbers, including the person driving you home
  - ☐ Guardianship paperwork (if applicable)
  - ☐ Someone 18 years of age or older
  - ☐ Remote (for patients with any kind of stimulator)
  - ☐ Comfortable clothing
- ✖ Leave at home: Jewelry, valuables, weapons, money

WHAT TO EXPECT AFTER YOUR PROCEDURE

- Driving: You cannot drive for approximately 6 hours after your procedure.
- Pain Relief: The effect of the block on pain control and duration of relief will vary from person to person. It may take 7-10 days for pain relief to take effect.
- Communication: A Yellowstone Surgery Center staff member will attempt to contact you in the week after your procedure to see how you are feeling and to answer any questions you may have.
- Activity Restrictions: Most blocks and other pain treatments do not necessitate any restrictions in activity. Unless otherwise advised by your doctor or the Pain Services specialist, you may resume your previous activity level.



DIET & MEDICATION GUIDELINES

These diet and medication guidelines are for general purposes only. Your primary care physician may require you to follow an alternative plan.

WHEN TO STOP EATING & DRINKING
Unless otherwise instructed

Quantity: Although the below guidelines allow you to eat and drink the day of your procedure, limit the amount you ingest.

After midnight (12am) the day of procedure
STOP tobacco, smokeless tobacco & medical marijuana products. Includes chewing tobacco & vaping products.

6 hours prior to procedure
NOTHING to eat. Includes food, candy, mints, gum, etc.

STOP non-clear liquids. Includes milk and creamer.

4 hours prior to procedure
STOP clear liquids. Includes water, juice, coffee, soda, etc.

MEDICAL MARIJUANA NOTICE

While the Yellowstone Surgery Center understands the benefit patients receive from the use of any prescribed medication or treatment, Yellowstone Surgery Center does not allow patients to possess or use medical marijuana while at our surgery center.

STOP THESE MEDICATIONS

7-10 days prior to procedure
Aspirin/Dipyridamole (Aggrenox)
Aspirin, 325mg Full Dose
Clopidogrel (Plavix)
Excedrin

5-7 days prior to procedure
Nabumetone (Relafen)
Coumadin (Warfarin)

4 days prior to procedure
Dabigatran (Pradaxa)
Meloxicam (Mobic)
Naproxen/Naprosyn

3 days prior to procedure
Apixaban (Eliquis)
Aspirin, 81mg Low Dose
Rivaroxaban (Xarelto)

24 hours prior to procedure
Diclofenac
Ibuprofen (Motrin, Advil)
Toradol (Ketorolac)
Enoxaparin (Lovenox)

If you are taking any blood thinners that are not listed in this brochure, please contact the Pain Clinic at (406) 237-5945 to verify with the nurse.

PRESCRIPTION MEDICATIONS

The morning of your procedure, you may take any medication that is not listed in *Stop These Medications* (unless otherwise advised by your physician). Take with a sip of water.

Blood Pressure, Cardiac, Anti-Seizure: It's important that you take blood pressure, cardiac or anti-seizure medications unless otherwise advised by your physician.

FOR DIABETICS

Currently on oral medication:

Appt. BEFORE 12pm (noon): Do not take your medication. Bring your medication with you to your procedure.

Appt. AFTER 12pm (noon): Take your medication with food before 6am.

Currently taking insulin:

Appt. BEFORE 12pm (noon): Take 1/2 of your scheduled insulin. Do not eat before your appointment.

Appt. AFTER 12pm (noon): Take your normal morning insulin with your morning meal.

Monitor Glucose Levels: Continue to monitor your glucose level throughout the day as normal. On the day of your procedure, if your blood glucose level is greater than 200mg/dL notify Yellowstone Surgery Center as soon as possible. Your procedure may be canceled or postponed.

Questions regarding diet & medications?
Pain Nurse
(406) 237-5945
M-F 8am-4pm

PAYMENT & INSURANCE

- Contact your insurance company to verify your current benefits and confirm if Yellowstone Surgery Center is considered In-Network.
- Co-payments and/or deductible may be required at the time of procedure.
- Credit card, check, cash payments and money orders are accepted.
- You will receive two bills:
  - Yellowstone Surgery Center
  - Anesthesia Partners of Montana
- If you do not have insurance, prior to your surgery, you will need to contact Yellowstone Surgery Center to speak with a Patient Representative to discuss payment options.
- If you have a balance after your insurance pays, the balance will need to be paid off in four to six months with regular monthly payments. It is important to contact us should you have difficulty paying off your balance in this amount of time. There are options that may be available to you.

Questions about our billing procedures?
Billing Department
(406) 237-5977 • M-F 8am-5pm

REASONS YOUR PROCEDURE COULD BE CANCELED OR POSTPONED

IMPORTANT!

On the morning of your procedure, if any of these are an issue please call the Yellowstone Surgery Center as soon as possible.

Pain Services
(406) 237-5971

- ✖ You have not discontinued the use of:
  - Anti-inflammatory medications
  - Blood-thinning medications
  - Anti-clotting medications (Refer to *Diet & Medication Guidelines* above.)
  - Antibiotics
- ✖ Consuming food and/or liquids outside the *Diet & Medication Guidelines* (above).
- ✖ For diabetics: If your blood glucose level is greater than 200mg/dL on the day of your procedure.
- ✖ For patients with high blood pressure: If blood pressure is at or above 180/100.
- ✖ If you have developed a cold, persistent cough, fever, rash, open wound or have any current infections.
- ✖ Not having someone who is 18 years of age or older to:
  - Drive you home
  - To come in and sign your paperwork
- ✖ Guardianship & Consent: Requirements for procedure informed consent involving a child and special procedures have not been followed.

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