Welcome

to Yellowstone Surgery Center!

Thank you for trusting Yellowstone Surgery Center with your care. We provide a warm, friendly and professional environment for outpatient surgical procedures with a commitment to quality and excellence.

Ambulatory surgery centers (ASCs), like Yellowstone Surgery Center, are highly regulated healthcare facilities that provide outpatient surgery and preventative care. Research demonstrates exceptional outcomes following surgery at ASCs. In fact, ASC patients are less likely to be admitted to the hospital for post-surgery complications. ASCs are shown to be more comfortable while leading the way in surgical innovation.

Yellowstone Surgery Center is a collaborative effort between independent physicians and Intermountain Health St. Vincent. Yellowstone Surgery Center is fortunate to utilize state-of-the-art equipment and have a multi-specialty surgical staff.

For your comfort and safety, please read and follow the included information.

From our team at Yellowstone Surgery Center,

well wishes for a rapid recovery!

YELLOWSTONE SURGERY CENTER

TABLE OF CONTENTS

Click below to jump to each section

Preparing For Your Procedure

What to Bring

When to Stop Eating & Drinking

Diet & Medication Guidelines

Payment & Insurance

Reasons Your Procedure Could Be Canceled or Postponed

CLICK BUTTONS BELOW FOR MORE INFORMATION ONLINE

DOWNTOWN LOCATION
Contact Info • Directions & Parking
Hotels With Medical Discounts • Nearby Dining

WEST END LOCATION
Contact Info • Directions & Parking
Hotels With Medical Discounts • Nearby Dining

Patient Services

Billing & Support

Provider & Physician Listing

Frequently Asked Questions

BEFORE YOUR PROCEDURE: CHECKLIST

Before your procedure

- Carefully review: The Diet & Medication Guidelines.
- Billing: Understand the Payment and Insurance materials enclosed and make any necessary arrangements.
- Your home: Prepare your home as needed. Purchasing any items required for your recovery such as: stool softeners, and prescriptions (if given to you in advance).
- Pain Contract: If you have a Pain Contract, contact your pain provider to help you manage your pain following surgery. Per your contract in place, prescriptions may not be issued.
- Adult companion: You must arrange for someone 18 years or older to drive you. They are responsible for signing you out, transporting you home and staying with you for a minimum of 24 hours after your procedure.
- Eyewear: Consider wearing glasses the day of the procedure and bring necessary container(s).
- Nails: Remove nail polish and acrylic nails.
- Jewelry: All jewelry must be removed, including *all* body piercing jewelry.
- Valuables: YSC is not responsible for personal belongings.
- Comfort: Wear loose fitting, comfortable clothing. Consider wearing slip-on shoes. If staying overnight, you may wish to bring additional clothing and pillows or blankets for your trip home.
- 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 your physician's office as soon as possible. For the safety of our patients and their families, please make sure any family or friends that accompany you are also in good health.

ONE MNET HEALTH (One Medical Passport)

Please complete your health registration in advance by creating a health profile prior to your procedure. This online health assessment needs to be completed prior to each visit.

You will receive a link via text or email when your procedure is scheduled. Please follow the linked instructions to complete your registration. You can also access the health assessment online at YellowstoneSurgeryCenter.com under the *Patient Registration* tab.

Need help? Contact our Clinical Nurse Liaison (CNL) at 406-237-5948 (Downtown) or 406-237-5155 (West) to help you create or update your profile. A CNL nurse will attempt to contact you prior to surgery to discuss your medical history if a health assessment is not done. If you do not receive a call by the day before your surgery, please call us.

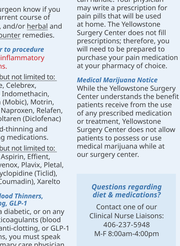
Day before your procedure

- Call for a patient screening: If you have not yet filled out your medical history online with One MNet Health *(One Medical Passport)* or if you need assistance, please call one of our Clinical Nurse Liaisons (CNL) at 406-237-5948.
- Total joints and a few other procedures*: Please complete the *Nose to Toes* the night prior to your procedure. **Per request of your surgeon*

DAY OF PROCEDURE: CHECKLIST

Day of your procedure

- Review: *Reasons Why Your Procedure Could be Canceled or Postponed*
- Diabetic: Check your blood glucose levels.
- High blood pressure patients: If 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.
- Carbohydrate drink*: Follow instructions and drink. **Only if requested by your physician.*
- Prescribed medications: Take your regular blood pressure, cardiac, anti-seizure and gastric reflux medications.



✖ **DO NOT:**
- Wear nail polish or acrylic nails
- Wear make-up, mascara or lotion
- Shave on surgery site

What to bring

- ☐ Identification: driver's license or photo ID
- ☐ Insurance card, Medicare or Medicaid 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.
- ☐ Medication list
- ☐ Important phone numbers, including the person driving you home
- ☐ Guardianship paperwork, if applicable
- ☐ Crutches or walker: if necessary for your procedure and if you already have
- ☐ Someone 18 years of age or older
- ☐ Remote: for patients with any kind of stimulator
- ☐ Snacks: if you have dietary restrictions
- ☐ Contact lenses container and/or glasses container
- ☐ Comfortable clothing
- ☐ CPAP machine: if instructed
- ☐ Infant items: If necessary, bring diapers and formula.

For overnight cases:

- ☐ Bring only your essential prescription medications which must be in original pharmacy containers. Do not bring narcotics.
- ☐ Personal hygiene products

✖ **DO NOT BRING:**
- Jewelry
- Valuables

DIET & MEDICATION GUIDELINES

These diet and medication guidelines are for general purposes only.
Your primary care physician or surgeon 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.

Carbohydrate Drink: If instructed by your surgeon, consume your Carbohydrate Drink prior to your procedure.

After midnight (12am) the day of procedure
STOP tobacco & smokeless tobacco products i.e. chewing tobacco, cigarettes, vaping products.

8 hours prior to procedure
STOP all food intake.

6 hours prior to procedure
STOP non-clear liquids.

ALLOWED: clear liquids
Water: flat or sparkling
Fruit juice: strained, no pulp
Sports drinks: Gatorade
Black coffee & tea
Bouillon or broth
Soda: ginger ale, cola, Sprite, 7-up
Gelatin or Jell-O
Popsicles
Hard candies & mints

NOT ALLOWED: non-clear
Milk or creamer, including in coffee & tea
Juice: citrus, prune, tomato, juice with pulp
Pudding
Creamy beverages
Smoothies
Jell-O with fruit or toppings
Ice cream or sherbet
Fruit-filled popsicles

3 hours prior to procedure
STOP clear liquids.

MEDICATIONS

14 days prior to procedure
STOP Nutritional / herbal medications and supplements.

Examples, but not limited to:
Alfalfa, Echinacea, Ephedra, Feverfew, Fish Oil, Garlic, Ginger, Ginkgo Biloba, Ginseng / Siberian Ginseng, Goldenseal, Licorice, Kava Kelic, Saw Palmetto, St. John's Wort, Turmeric (Curcumin), Valerian, Vitamin E

Let your surgeon know if you are on a current course of antibiotics, and/or herbal and over-the-counter remedies.

7 days prior to procedure
STOP Anti-inflammatory medications.

Examples, but not limited to:
Advil, Aleve, Celebrex, Ibuprofen, Indomethacin, Meloxicam (Mobic), Motrin, Naprosyn, Naproxen, Relafen, Toradol, Voltaren (Diclofenac)

STOP Blood-thinning and anti-clotting medications.

Examples, but not limited to:
Aggrenox, Aspirin, Effient, Eliquis, Lovenox, Plavix, Pletal, Pradaxa, Ticlopidine (Ticlid), Warfarin (Coumadin), Xarelto

Diabetic, Blood Thinners, Anti-Clotting, GLP-1
If you are a diabetic, or on any type of anticoagulants (blood thinners), anti-clotting, or GLP-1 medications, you must speak to your primary care physician and/or surgeon about these medications regarding any changes that may be needed to your routine for surgery and create a necessary plan.

Prescriptions & Pain Control
You have the right to expect appropriate pain control. We may not be able to get rid of all your pain, but we can lower your pain to a level you can handle. Your physician may write a prescription for pain pills that will be used at home. The Yellowstone Surgery Center does not fill prescriptions; therefore, you will need to be prepared to purchase your pain medication at your pharmacy of choice.

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.

Questions regarding diet & medications?
Contact one of our Clinical Nurse Liaisons:
406-237-5948
M-F 8:00am-4:00pm

PAYMENT & INSURANCE

Before your procedure

- Contact your insurance company to verify your current benefits and confirm if Yellowstone Surgery Center is considered *In-Network*.
- Contact your physician's office to ensure that pre-authorization has been obtained prior to your surgery date.

PLEASE NOTE:

- 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 multiple bills:
  - Yellowstone Surgery Center
  - Surgeon's office
  - Anesthesia Partners of Montana
  - Pathology *(if applicable to your procedure)*
  - Radiology *(if applicable to your procedure)*
- 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?
Please contact us so we may provide assistance.
Billing Department 406-237-5977 M-F 8:00am-5:00pm

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 location of your procedure as soon as possible.

Downtown 406-237-5901
West 406-237-5151

✖ You have not discontinued the use of:
- Anti-inflammatory medications
- Blood-thinning medications
- Anti-clotting medications
(Refer to Diet & Medication Guidelines above.)
- GLP-1 medications

✖ Consuming food and/or liquids outside the Diet & Medication Guidelines.
(Refer to 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
- Stay with you a minimum of 24 hours

✖ Guardianship & Consent: Requirements for surgical informed consent involving a child and special procedures have not been followed.