

INTERMOUNTAIN SURGERY CENTER – ALTA VIEW

SURGERY PATIENT GUIDE

Welcome! We wish to provide you with excellent care during your time with us. These instructions will help you prepare for your procedure.

ONE WEEK BEFORE YOUR SURGERY

- All patients **MUST** complete a Patient Health History and a Medication History prior to their surgery.
 1. You will receive a phone call from a nurse 1-3 days prior to your scheduled exam. This phone call is to obtain your health history and current medications. This conversation will take approximately 10-15 minutes to complete. If you are not available, a message will be left for you to return the call.
 2. You may call one day before your surgery, after 3 PM, if you have not received your arrival time. Our number is [801-924-2878](tel:801-924-2878). Our hours are 7 AM to 4 PM. We are closed weekends and holidays.
 3. For pre-service questions relating to insurance verification and procedure estimates, please call [801-512-0464](tel:801-512-0464).
- If you have advanced directives such as a living will, a special power of attorney, or a medical treatment plan, please bring a copy of these documents with you on the day of the procedure.
- Stop all GLP-1/SLGT2 medications. Discuss alternatives with your prescribing provider. **If taking these medications, only clear liquids for 48 hours prior to surgery.**

ONE DAY BEFORE YOUR SURGERY

- We will contact you **AFTER 2 PM** the day before your surgery to confirm the time of your appointment. If you received a start time from your physician's office, please disregard that start time and follow the instructions from Intermountain Surgery Center – Alta View.
- **DO NOT** have anything solid to eat after midnight. Milk, orange juice, or any juice that has pulp is considered a solid.
- When you receive your call from the nursing staff in the days leading up to your surgery, you will be given a specific time to stop drinking. After that time, you should not have anything to drink.
- If testing is required before surgery, we will instruct you to come to the surgical center prior to the day of surgery.

DAY OF SURGERY

- **DO NOT** eat anything solid the day before surgery unless otherwise instructed by the nursing staff.

- Due to the use of anesthesia, you are not allowed to drive yourself home. You **MUST** have a designated driver to take you home. If you use public transportation, you will need to have somebody accompany you home.
- You may drink **ONLY** water, apple juice, sports drinks (no red or purple), or soda pop until 2 hours before your arrival time at Intermountain Surgery Center – Alta View. Absolutely nothing by mouth 2 hours before your scheduled procedure time or your procedure may be cancelled. This includes water, gum, candy, mints and cigarettes.
- You may take specific medications, as directed by your physician, with a sip of water as early as possible. If you use an inhaler, please bring it with you as well as any other medications as directed by your physician.
- To enter Intermountain Surgery Center – Alta View, enter the front door of the west side of building 1 of the Alta View Hospital campus.
- One family member should remain with you to receive instructions from the doctor after your procedure.
- Visitors are welcome. Keep in mind there is limited space, and the wait can be very long for children.
- There will be waiting time. Your family can plan on a minimum of 3-4 hours (Pre-op, Surgery, Phases I & II, and Post-Op).
- Do not wear jewelry, metal body piercings, or hair accessories. Please leave valuables at home.
- **PLEASE BRING** your ID, insurance card, and method of payment on the day of surgery.
- Children may bring a special toy or blanket to the surgery center. A parent will need to plan on staying at the surgery center during the procedure.
- You will be discharged when the surgery center staff determine that you are well enough to go home. Usually, this is 1-2 hours following surgery. You may feel the effects of the anesthesia for up to 24 hours.
- Wear loose, comfortable clothing that is easy to get on and off.



Intermountain Surgery Center – Alta View

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