

Preparing for your Procedure

Medical History

You will be asked questions regarding your medical history, medications, and any specific needs that you may have for your upcoming appointment during your pre-procedure phone call. Complete responses are part of the planning in providing a safe procedure. All answers are kept confidential. We may ask you the following:



- Are you taking any medications? This includes over-the-counter products, such as aspirin, ibuprofen, vitamins, herbal supplements, or Illicit drugs.
- Do you have allergies?
- Have you had any other surgeries?
- Do you have a fever, cold or rash?
- Do you have an Advance Directive?

Planning for your procedure

To help your procedure go as planned, take these simple steps ahead of time.

- Ask your family doctor about taking your usual medications for diabetes, blood pressure, heart, breathing problems, and blood thinning (Coumadin, aspirin, Plavix, anti-inflammatory medications, etc.). The dosage may need to be adjusted for your procedure.
- Call your insurance company and notify them of your scheduled procedure. Verify your coverage and check for any pre-certification requirements to avoid penalties or a benefit reduction.
- Call your WIU doctor if you get a fever, cold or rash. Your procedure may need to be postponed.
- It is advised not to bring minors with you to your procedure appointment.
- You will be contacted by the center pre-admission screening department within 2-7 business days prior to your scheduled procedure.

The Day of Your Procedure

Preparing at home:

- You may eat and drink as normal. If you are having minimal sedation for your procedure, it is best to eat a light meal two hours prior to your procedure.
- Do not shave the procedural site.
- Wear loose, comfortable clothing.
- Do not wear contact lenses.
- Leave all valuables at home.
- Take medications per the instructions provided during your pre-admission phone call.

What to bring

Bring the following items with you to the medical center:

- Insurance cards, photo ID/driver license
- A list of your medications, including name, dose and how often you take each medication.
- Money for co-payments, if your required by your insurance provider
- A copy of your Advance Directive, if you have one.
- Walker, crutches, or any personal assistive devices that you may require.

Checking in

Arrive at the medical center a few minutes before your assigned arrival time.

At registration, you will be asked to:

- Verify your contact information.
- Present your photo ID and insurance card.
- Make a co-payment, if required by your insurance provider
- Sign a release of information and financial policy form. These forms allow the medical center to bill your insurance provider for your procedure.

After registration, you will be escorted to your individual procedure room, where you will be prepared for your procedure. We will complete the following:

- Check your blood pressure, pulse, and temperature.

- If ordered, administer medications. This could include oral pills, muscular injection (shot) or intravenous (IV) medications.
- Arrange for you to meet the surgeon to discuss the designated procedure and answer any last-minute questions you may have.
- Have you sign your procedural consent.

If you have brought family or a friend with you to the medical center, they will remain in the lobby while your procedure is completed.

The Procedure Room

The procedure room provides a safe and clean environment to have your procedure.

Your team members will include your doctor, a nurse, and depending upon your location and procedure may include a radiology technologist, and a surgical technologist. This team constantly monitors your progress and well-being throughout your procedure.



Post-Procedure Care

After your procedure, you may be taken to a recovery room, or you may stay in your procedure room. The nurse will monitor your vital signs and assess any nausea or discomfort.

You will be asked to rate your pain on a scale of zero to 10. Using a pain scale can help to communicate your personal level of pain.

Remember that all pain is real. There are many ways to control pain. Ask for medication to control pain when you need it. Don't try to "tough it out," as this can make you feel worse.

Following these medications tips to help control your pain following surgery:

- Take your medications as ordered.
- Tell your nurse or doctor if the pain does not improve.
- Know that medications will reduce, but not take away all your pain.

Going Home

Before you go home, you will be given discharge instructions.

The following topics will be reviewed with you prior to being discharged home and included in your written discharge instructions.

- Bathing and showering, if applicable
- Diet-what to eat, what to avoid
- Incisional care, if applicable
- Medications-dosages and when to take them, if applicable
- Pain control-what to expect, what to do
- Physical activity, if applicable
- Returning to work, if applicable
- Signs of infections and what to do

If a follow-up is required, this will be scheduled with your provider or their care team. Bring a list of your questions or concerns to this visit.



Call your physician.

It is important to notify your WIU doctor if you have uncontrolled pain, severe nausea, heavy bleeding, inability to urinate, or signs of an infection. Call if you feel any of the following:

- You have a fever over 100.4 degrees Fahrenheit or higher.
- You notice excessive chills, increased redness, localized tenderness or swelling around your wound/incision, if applicable
- You notice red streaks in the skin leading away from the wound/incision, if applicable
- You notice drainage from the skin/excision that completely saturates the surgical dressing in the first 24-48 hours post-op, if applicable.
- You notice moderate or severe swelling under the skin excision, if applicable
- You develop severe or escalating pain at your surgical site not improved with over the counter medications such as Tylenol or while taking prescribed pain medications.
- You develop difficulty emptying your bladder.

Patient responsibility

We advise you to contact your insurance company and notify them of your planned procedure/surgery. Please ensure you also discuss with your insurance company any out-of-pocket costs. Any non-covered charges are the responsibility of the patient/guardian. For those individuals without insurance (self-pay), arrangements regarding financial responsibility should be made with each medical facility and/or specialist.

Important Phone Numbers

- WIU Financial Advocate: 920-886-7148
- WISE Financial Advocate: 920-886-7134
- Scheduler/Triage: 920-886-8979; for further scheduling needs or urgent concerns.



Our Locations to Serve You

Main Office

1265 W. American Drive, Suite 100, Neenah, WI 54956 (Fox Crossing)
920-886-8979 or (800) 897-7747
wisurology.com

Our Satellite Locations:

Oshkosh
New London
Shawano
Waupaca

Wisconsin Institute of Surgical Excellence

1265 W. American Drive, Suite 200, Neenah, WI 54956 (Fox Crossing)
920-886-7132
wiseurology.com

