

## Preparing for your Procedure

### Medical History

During your consultation or pre-procedure phone call, you will be asked questions regarding your medical history, medications, and any specific needs that you may have for your upcoming procedure.

Complete and accurate responses are essential for ensuring a safe and effective procedure. All answers are kept confidential. We may ask you the following:



- **Medications:** Are you currently taking any medications including over-the-counter products, such as aspirin, ibuprofen, vitamins, herbal supplements, or illicit drugs? Please specify the dosages and frequency.
- **Allergies:** Do you have allergies?
- **Previous Surgeries:** Have you undergone any previous surgeries?
- **Current Symptoms:** Are you experiencing any symptoms such as fever, cold or rash?
- **Advance Directive:** Do you have an Advance Directive?

### Planning for your procedure

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

- **Medical Management:** Consult your family doctor regarding the use of your usual medications, including those for diabetes, blood pressure, heart conditions, breathing problems and blood thinners (e.g. Coumadin, aspirin, Plavix, anti-inflammatory medication, etc.) Your dosage may need adjustment for your procedure.
- **Insurance Notification:** Contact your insurance company to inform them of your scheduled procedure. Confirm your coverage and check for any pre-certification requirements to avoid potential penalties or benefit reductions.
- **Health Concerns:** If you develop a fever, cold, or rash, contact your WIU doctor as your procedure may need to be postponed.
- **Minors Policy:** It is recommended not to bring minors to the medical center.
- **Pre-Admission Screening:** If your procedure is at the Wisconsin Institute of Surgical Excellence, the center's pre-admission screening department will contact you within 2-7 business days prior to your scheduled procedure.

## The Day of Your Procedure

### Preparing at home:

- **Eating and Drinking:** You may eat and drink normally. If you are having minimal sedation for your procedure, it is best to eat a light meal two hours before your procedure.
- **Clothing:** Wear loose, comfortable clothing.
- **Valuables:** Leave all valuables at home.
- **Medications:** Take medications as instructed during your consultation or pre-admission phone call.

### What to bring

Bring the following items with you to the medical center:

- **Identification and Insurance:** Insurance cards, prescriptions cards, Medicare card and a photo ID or driver's license.
- **Medication List:** A detailed list of your medications, including names, dosages, and frequency.
- **Financial:** Money for co-payments, if required by your insurance provider.
- **Advance Directive:** A copy of your Advance Directive, if you have one.
- **Assistive Devices:** Walker, crutches, or any personal assistive devices.

### Checking in

Arrive at the medical center a few minutes before your assigned arrival time. At registration, you will be asked to:

- **Verify Contact Information:** Confirm your current contact details.
- **Present Identification:** Show your photo ID and insurance card.
- **Make Co-payment:** Pay any co-payment required by your insurance provider.
- **Sign Forms:** Sign a release of information and financial policy form to authorize the surgical center to bill your insurance provider for your procedure.

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

- **Vital Signs:** Your blood pressure, pulse, and temperature will be checked.

- **Medications:** If ordered, administer medications. This could include oral pills, muscular injection (shot) or intravenous (IV) medications.
- **Consent Form:** You will be asked to sign a procedural consent.

If you have brought a family member 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. Depending on your procedure, your healthcare team members may include:

- **Doctor:** Performs the procedure.
- **Nurse:** Assist with care and monitor your condition.
- **Radiology Technician:** (if applicable) Handles imaging and diagnostic equipment.
- **Surgical Technician:** (if applicable) Assists with the procedural setup and tools.



Your healthcare team will work closely together, continuously monitoring your progress and well-being throughout your procedure.

## Post-Procedure Care

After your procedure, you may either stay in your procedure room or be moved to a recovery room. A nurse will monitor your vital signs and manage any symptoms you may experience, such as nausea or discomfort.

You will be asked to rate your pain on a scale of zero to ten. This helps effectively communicate your level of pain to your healthcare team.

To manage your pain effectively, follow these tips:

- **Follow Orders:** Take your medications as ordered.
- **Report Pain:** Inform your nurse or doctor if the pain does not improve.
- **Expect Some Pain:** Medications will help reduce, but not eliminate, all 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:** Instructions if applicable.
- **Diet:** What to eat and avoid.
- **Incisional Care:** How to care for your incision if applicable.
- **Medications:** Dosages and timing, if applicable.
- **Icing the Procedural Area:** Guidance if needed.
- **Pain Control:** What to expect and how to manage.
- **Physical Activity:** Recommendations, if applicable.
- **Returning to Work:** Guidance if relevant.
- **Signs of Infections:** Symptoms to watch for and actions to take.



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

### Call your Doctor

It is important to notify your WIU doctor if you experience any of the following symptoms, as they could indicate complications that need immediate attention:

- **Fever:** A temperature of 100.4 degrees Fahrenheit or higher.
- **Wound Issues:** Excessive chills, increased redness, localized tenderness or swelling around your wound/incision, if applicable.
- **Red Streaks:** Red streaks in the skin leading away from the wound/incision, if applicable.
- **Drainage:** Drainage from the skin/excision that completely saturates the surgical dressing in the first 24-48 hours post-op, if applicable.
- **Swelling:** Moderate or severe swelling under the skin excision, if applicable.
- **Persistent Pain:** Pain that continues despite taking medications as directed or pain that suddenly worsens.
- **Urinary Issues:** Difficulty or inability to urinate.

## **Patient responsibility**

We advise you to contact your insurance company and notify them of your planned procedure. Discuss any potential out-of-pocket costs with them, as non-covered charges are the responsibility of the patient/guardian.

For those without insurance (self-pay), please make financial arrangements directly 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)  
Phone: (920) 886-8979 or (800) 897-7747  
Website: 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)  
Phone: (920) 886-7132  
Website: wiseurology.com

