



YOUR SURGICAL PROCEDURE

# Planning & Preparing

IOWA CITY  
**ASC**  
AMBULATORY  
SURGICAL CENTER

*The Iowa City Ambulatory Surgical Center staff want you to understand what to expect prior to, during and after your surgical procedure. It is our goal to keep you comfortable, and provide you with a pleasant experience to start your surgical recovery journey.*

## **PRE-OPERATIVE INFORMATION**

Please take time to complete your online surgical assessment at [www.onemedicalpassport.com](http://www.onemedicalpassport.com). You will be contacted 2 days prior to your scheduled procedure by a pre-admission nursing staff member. The nurse will review the pre-admission information with you including:

- A brief review of your medical history and any special instructions related to your procedure
- Information related to medications you may take or may not take prior to the procedure
- Arrival and procedure time will be verified with you at that time
- You will receive instructions on preparing for your surgery
- Answer any questions you may have

***Interpreters are available upon request and will be scheduled as needed.***

Once you have completed your information on One Medical Passport, you have the option to receive your pre-operative information and instructions electronically. If you “opt-in” to this option on One Medical Passport, you should expect to receive your pre-operative information and instructions electronically, via email, or text. If you have not received this information electronically within 2 days of your procedure, please call the Iowa City ASC Pre-admissions office at 319-248-1502.



**It is extremely important for you to follow these instructions. YOUR SURGERY MAY BE DELAYED OR CANCELLED IF THESE INSTRUCTIONS ARE NOT FOLLOWED.**

- No alcohol or cigarettes 24 hours prior to surgery
- No aspirin or other nonsteroidal anti-inflammatory medicines (NSAIDs) for 1 week before your surgery
- Notify your physician if you develop a cold, sore throat, or infection

If you have any questions or concerns prior to your surgery, or prior to being contacted, please do not hesitate to contact our pre-admissions nurse at 319-248-1502.



### **Before your Surgery**

You must arrange to have a responsible adult drive you home and stay with you for 24 hours after receiving IV anesthesia.

If you must bring a child to your procedure or other family member's procedure, please have a responsible adult along to care for them both during and after the procedure. It is our recommendation, both during and after the procedure, that alternative childcare is secured as children often find it frustrating to wait but also overwhelming to be at the facility. Parents often feel torn between providing care for the surgical patient and other children.

**If you have not been contacted the day prior to your surgery please call us between 8:30am and 4:30pm at 319-248-1500.**

## DAY OF SURGERY

### What to Bring

If you use an **inhaler, CPAP or sleep apnea machine** please bring them with you.

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Wear your **hearing aids** and bring a case for them to be stored during your procedure.

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Contacts are not permitted. Make sure to wear your **eyeglasses** and bring a case for them to be stored during your procedure.

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Please bring all **insurance and pharmacy cards** with you. We offer a pharmacy kiosk to purchase any medications that will be needed at home as an option instead of stopping at your local pharmacy. The cost of medications at our kiosk is the same as at your pharmacy, with all current copays in place. Please let your preop nurse know which method you prefer to use.

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Worker's compensation cases must provide all **claim information**, including date of injury.

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If your child is having surgery, please bring along an **empty bottle or sippy cup**. You may also bring along **formula or milk** for after surgery. Bring any **comfort items** for your child (blanket, pacifier, etc).

### Preparing the Day of Surgery

Leave all valuables at home, including jewelry and money. You may shower the morning of surgery, but don't use any perfumes, colognes, or body lotions.

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Do not wear make-up or nail polish.

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You may brush your teeth the morning of your surgery. If you have dentures you may wear them. Please bring a case for them to be stored during your procedure.

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Make sure to wear loose, comfortable clothing that you will be able to easily slip off and on as well as fit over any bandages you may receive.

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Please check-in with our staff at the front desk upon arrival.

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Identification bracelets are given to all patients. Please keep these bracelets on while at the center.

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Check your medical chart for any allergies you have and any medicines you take.

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You will meet and be evaluated by your nurse, physician, and anesthesiologist prior to having your surgery.

## Check-in and Communication

Upon your arrival to our facility please check-in at the front desk. Our staff will verify your name and date of birth as well as your procedure and the side of your procedure to ensure that all information is correct. If you would notice a discrepancy, please notify the staff.

After your check-in is complete the pre-op nursing staff will escort you to the pre-op area. Please know that on certain times they adjust which patient goes to preop according to procedure needs. If you are not called in the order of your arrival please do not be concerned. If you have been waiting longer than 15 minutes, please check with the front desk.

## Caregivers & Family

Two visitors or caregivers are welcome to be with you during your recovery in your private recovery room. However, this may be limited according to individual patient needs. We offer a waiting area in the lobby that family members may use during your procedure. Family members may be allowed to wait in the patients private post-op room. When your procedure is complete, the physician will speak with you and your caregiver(s).

## For Children

Parents or guardians will be able to stay with their child until surgery. When your child is medically stable after surgery, they will return to their post-op room and you may be with them. At least one responsible adult must remain in the building during the entire procedure/process. Your availability is required during the actual procedure, in case the surgeon, nurse or anesthesiologist would need to contact you. When the child's surgery is complete the surgeon will discuss the details of the procedure with you.



## RECOVERY

After surgery you will be taken to the post-anesthesia care unit for observation. Our surgeon will be speaking to the appropriate family members after surgery regarding your procedure, prior to your arrival in post-op. Your surgeon will speak to you about your procedure, but due to the effects of some types of medication, you may not remember having the conversation.

When you are stable you will be transferred to your private recovery room; where you will be reunited with your family.

Home instructions will be given to you prior to your procedure. The preop and postop nurse will go over them with you and will provide a printed sheet with the instructions for review at home. We go over information multiple times in order for you to better understand. Medications given during surgery frequently cause people to have unclear memories and we want you to be as informed as possible. It is also important to have a responsible adult available to hear the discharge instructions in order to clarify information at home as needed. You will receive a courtesy call from our center to see how you are recovering. If you have any needs or concerns, please contact your physician.

## CALL 911 OR OTHER EMERGENCY SERVICES

If you have any of the following symptoms

Signs of Shock  
(*confusion, loss of consciousness*)

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Severe Pain, Sweating  
or Pale Skin

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Shortness of Breath with a  
rapid heartbeat. These may  
be symptoms of a pulmonary  
embolism

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An increase in leg swelling.  
This may be a sign of deep  
vein thrombosis, a condition  
that can be very serious if  
not treated

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Moderate to severe  
difficulty breathing

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## CALL YOUR SURGEON

If you have any of the following symptoms

Nausea and vomiting. If you  
aren't able to keep fluids down,  
you may become dehydrated

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Difficulty swallowing

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Pain that doesn't go away after  
you take your pain medicine

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A temperature higher than  
101°F (38°C)

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A rash

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Difficulty urinating or having a  
bowel movement

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Loose stitches or an open  
surgical wound

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Pus draining from your wound  
or red streaks

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## AFTER HOURS QUESTIONS

Please call Mercy On Call 319.339.0300 you may ask the On Call nurse any questions you have OR ask for an ASC representative.





## DIRECTIONS TO THE SURGICAL CENTER

### From the East

If approaching from Interstate 80 take exit 246 (Hwy I/Dodge Street). At the off ramp stop light, turn right onto Dodge Street. Continue straight on Dodge, at the 2nd stoplight you will turn right onto Northgate Drive. Follow Northgate Drive around the curves (approx. 1 mile from Dodge/Northgate intersection). The ICASC will be on the right side. You will turn right onto side street and immediately right again into the first drive. You may drive under the canopy to drop off the patient prior to parking in our open no charge lot.

### From the West

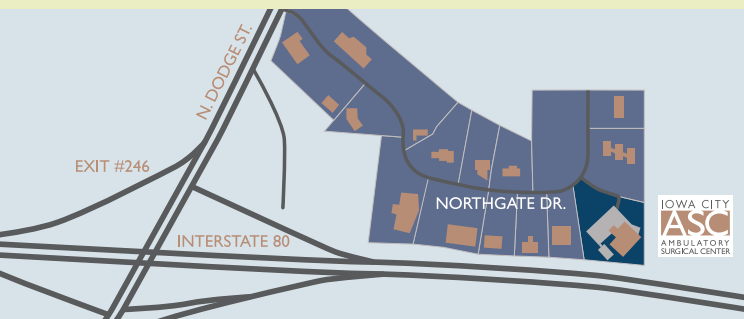
If approaching from Interstate 80 take exit 246 (Hwy I/Dodge Street). You will turn left at the off ramp stoplight onto Dodge Street. Continue straight on Dodge, at the third stoplight you will turn right onto Northgate Drive. Follow Northgate Drive around curves (approx. 1 mile from the Dodge/Northgate intersection). You will turn right onto the side street and immediately right again into the first drive. You may drive under the canopy to drop off the patient prior to parking in our open no charge lot.

### From the North

If approaching on 218/380 take Interstate 80 exit heading east. Then follow directions from the west. If approaching on Hwy I, follow Hwy I through Mount Vernon and Solon. Turn left onto Northgate Drive. Follow Northgate Drive around curves as per directions from the east and west.

### From the South

If approaching from Interstate 218/380 take Interstate 80 exit heading east. Then follow directions from the west.



*A multi-specialty surgical center.*



Iowa City Ambulatory Surgical Center  
2963 Northgate Drive  
Iowa City, IA 52245

PH. 319-248-1500

[www.iowacityasc.com](http://www.iowacityasc.com)

