



# PRE-SURGERY INFORMATION



1730 S 70<sup>th</sup> Street | Lincoln, NE 68506  
(402) 484-6600 | [nebraskasurgery.com](http://nebraskasurgery.com)

# ABOUT US

Thank you for choosing Nebraska Surgery Center for your outpatient surgical procedure. We take our responsibility to you and your family very seriously. This brochure is intended to help you prepare for your upcoming surgery. Please let us know if you have any questions.

## **Please note:**

- Your safety is our highest priority.
- We require all patients to be accompanied by an adult (19 years of age or older) who will be responsible to drive you home and stay with you for at least 24 hours following your procedure. This person will receive medical information that will be necessary for your care after you leave the surgery center.
- If a minor child is having surgery, at least one parent or legal guardian must remain in the facility at all times.
- During high community transmission levels of illnesses such as Flu or COVID 19, we will need to implement enhanced infection prevention protocols to ensure a safe environment for our patients, staff, and providers.

**Jennifer Case, BSN, RN, CNOR**  
Administrator

**Debra Scott**  
Director of Operations



# PREPARING FOR SURGERY

- When your surgeon's office schedules your surgery with Nebraska Surgery Center, you will receive a text message to the cellular phone number you provided, to schedule your preoperative phone call.
- You will have the opportunity to opt out of texting at any time.
- If you opt out of texting, one of our staff will call you to schedule a preoperative call.
- These calls are scheduled 5-7 days prior to your procedure.

## PREOPERATIVE CALL INFO

### *During your preoperative call, your nurse will:*

- Give you an approximate arrival time.  
If your arrival time changes, a nurse will contact you the day before your procedure with an updated time and instructions.
- Clarify any questions we may have about your medical history, and tell you what medications to take the morning of your procedure.
- Review preoperative instructions.

## PATIENT PORTAL INFO

- Patient Portal allows you to access your medical records online following your procedure.
- We request your email address to allow you to access the Patient Portal.
- If you need help with the Patient Portal, please contact our support team at (402) 484-0998 or send an email to: [patientportal@lincolnsurgery.com](mailto:patientportal@lincolnsurgery.com).

# DAY OF SURGERY

*If you do not follow these instructions exactly, we may need to reschedule your procedure.*

## **Patients scheduled for an EGD or colonoscopy:**

Please contact your surgeon's office for fasting instructions.

## **Eating and Drinking Guidelines:**

### **Newborn – 24 Months**

- May drink clear fluid 2 hours prior to admission: water, Gatorade (sport drink) or apple juice
- May have breast milk 4 hours prior to admission
- May have infant formula 6 hours prior to admission
- May have non-human milk 6 hours prior to admission
- May have solids 6 hours prior to admission

### **24 Months – Adult**

- Arrival time prior to 3:00 pm: no food after midnight
- Arrival time after 3:00 pm: light meal prior to 7:00 am (toast, cereal, crackers)
- May have clear fluids 2 hours prior to admission: water, Gatorade (sports drink), apple juice or black coffee (must be able to see through the liquid)
- We encourage all patients to drink a sports drink (Gatorade, Powerade, Propel, Body Armor — must be able to see through the drink) 2 hours prior to arrival.

## **Arriving at Nebraska Surgery Center:**

- Please enter through Entrance D, where our friendly, professional staff will welcome you and begin your admission process.
- Bring your insurance card and a photo ID.
- Leave jewelry and valuables at home.
- If you have sleep apnea and use a CPAP machine, bring it with you.
- Please let us know what we can do to make you comfortable.

*Waiting times vary and depend on many factors. We understand that your time is important. We will do all that we can to minimize delays.*

# AFTER SURGERY

- Our nursing staff will monitor you closely.
- You will be discharged when you are stable and ready to go home.
- You and your responsible adult will receive instructions for your care at home.
- It is important to follow all post-operative instructions. If you have any questions, please call the Nebraska Surgery Center at (402) 484-6600 or your surgeon's office.
- A nurse will call you after your procedure to see how you are feeling and to answer any questions you may have.



# ADVANCE DIRECTIVE

An Advanced Directive is a document that allows a person to give instructions about future medical care should he or she be unable to participate in healthcare decisions due to serious illness or incapacity. The most common types of Advance Directives are living wills, power of attorney for health care and code/no code orders. Nebraska state law recognizes both living wills and durable power of attorney for health care.

If you have an Advanced Directive, you may bring a copy with you the day of surgery. The document provided will become part of the patient's current medical record. The Anesthesia provider will review your Advance Directive and discuss it with you prior to your procedure. Nebraska Surgery Center will notify you if we cannot comply with your Advance Directive.

For more information go to: <https://www.caringinfo.org/planning/advance-directives/by-state/nebraska>. Nebraska Surgery Center will provide official State advance directive forms upon request.

# GENERAL VISITOR GUIDELINES

- 2 adults (19 years or older) are allowed for each patient.
- Minor patients must have one parent/legal guardian in the building at all times.
- Requirements may necessitate allowing one parent at a time, to remain with the patient.
- All patients and visitors must pass the screening process upon arrival.
- Masks are optional.

## FINANCIAL INFO

The following providers bill separately:

- Nebraska Surgery Center – Facility
- Your Surgeon
- Your Anesthesia Provider
- Ancillary services; Lab, Radiology and Pathology

***If you have questions regarding your facility bill please contact our billing office at (402) 484-9025.***

Nebraska Surgery Center participates with most major insurance carriers. We will file your claim to assist you. You are responsible for understanding the benefits and the requirements of your health insurance policy. Some insurance companies require pre-authorization by the physician's office before surgery. Please review the requirements of your policy and verify that this process is completed.

- You are responsible for the balance of your account after your insurance company has paid its portion of the financial responsibility.
- We expect you to pay your account balance in full within 90 days of receiving the first statement.
- For your convenience, we accept VISA, Mastercard, Discover and American Express.



**Nebraska Surgery Center** sincerely hopes that we meet your expectations. If you wish to voice a complaint or make a suggestion, please call (402) 484-6600 and ask to speak with the administrator. Nebraska Surgery Center is licensed in the State of Nebraska.

**Direct complaints to:**

Department of Health and Human Services

Division of Public Health Licensure Unit

ATTN: Health Facility Investigations

PO Box 94986

Lincoln, NE 68509

Phone: (402) 471-0316 Fax: (402) 471-1679

Email: [dhhs.healthfacilityinvestigations@nebraska.gov](mailto:dhhs.healthfacilityinvestigations@nebraska.gov)

Patients who are Medicare beneficiaries may receive additional help from Medicare.Gov:

[www.medicare.gov/claims-appeals/how-to-file-a-complaint-grievance](http://www.medicare.gov/claims-appeals/how-to-file-a-complaint-grievance)



# CONTACT US



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Please use **Entrance D** to access  
Nebraska Surgery Center



## ***Non-discrimination statement***

Nebraska Surgery Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, gender identity). Appropriate auxiliary aids and services to provide information in accessible formats are available free of charge.

## **Español (Spanish)**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-297-2266 "codigo" 0018-4960-6554 (TTY: 7-1-1 o para español-español 1-888-272-5528 o para español-inglés 1-877-564-3503). Nebraska Surgery Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, origen nacional, discapacidad o sexo.

## **Tiếng Việt (Vietnamese)**

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-297-2266 bộ luật, "mặt mã", "mã", or "mã hoá 0018-5658-6202 (TTY: 7-1-1 1-800-833-7352). Trung tâm Phẫu thuật Nebraska tuân thủ các luật dân quyền liên bang hiện hành và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, tình trạng khuyết tật hoặc giới tính.