

Insurance

The amount of insurance coverage for your surgery or procedure depends on your insurance company and your plan.

To avoid unwanted billing surprises, please contact your insurance company to confirm the amount of your insurance coverage, deductible, coinsurance, and copay for your surgery or procedure.

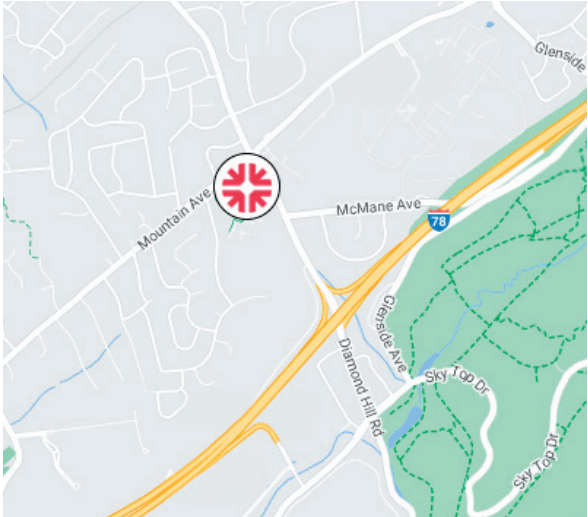
Before your surgery, our financial counselors will contact your insurance company to:

- Verify your eligibility and determine your benefits
- Give you an estimate of your deductibles and coinsurance

You also may be responsible for paying your:

- Ambulatory Surgery Center bill
- Surgeon's bill
- Anesthesiologist's bill
- Pathologist's bill

To speak with a financial counselor, please call 908.588.3941 or email estimates@summithealth.com

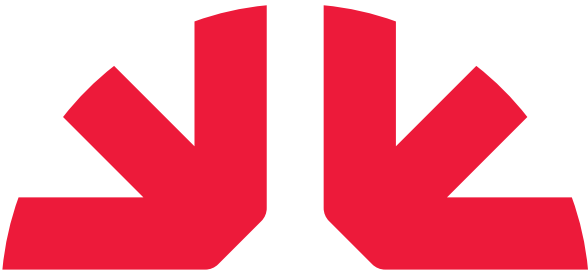


Summit Health Ambulatory Center

1 Diamond Hill Road
Bensley Pavilion
Berkeley Heights, NJ 07922

908.988.0647 or 908.988.2001

summithealth.com



SH0297-1225



Instructions for Patients



Welcome to the Summit Health Ambulatory Center

We are a patient-centered, state-of-the-art outpatient surgical facility designed to meet all your medical needs just before, during, and immediately after your surgery or procedure. All physicians on staff are board-certified in their particular medical specialty and together with our entire clinical team, they ensure you receive safe, high-quality surgical care.

For the convenience of your family and friends, we offer a café located in the Lawrence Pavilion, that offers breakfast and lunch.

Questions?

Please call us at 908.988.0647 or 908.988.2001 during normal business hours.



Preparing for Surgery

Our caring and personable practitioners and staff ensure that you receive the comprehensive care you need before, during, and after your surgery or procedure.

Before your procedure, your surgeon will answer your questions. He or she also will give you special instructions to help you prepare for and recover from your surgery.

- **Tell your surgeon immediately if you have recently developed any illness or health changes**, including a cold, cough, fever, or rash
- **Refrain from eating (including hard candy), drinking (including water), and chewing gum** before surgery unless instructed otherwise by your surgeon
- Take medications only as prescribed by your surgeon with a very small amount of water
- **Do not smoke** for at least 12 hours before your surgery
- **Avoid aspirin, ibuprofen, and other blood thinners** as per your surgeon's instructions
- Bring a storage case for glasses, contact lenses, and/or hearing aid
- **Be sure you have a ride home**; for your safety, you are prohibited from driving yourself after having a procedure. We require that you be accompanied home by a responsible adult. If you do not have appropriate transportation, we will reschedule your procedure

The Day of Your Surgery

- **Leave all valuables at home**, including all jewelry such as engagement/wedding rings, watches, credit cards, and cash; do not wear any jewelry or piercings on any part of the body, including the ears, nose, tongue, eyebrows, and belly button
- Wear comfortable, loose-fitting, easy-to-fold and store clothing that will fit over casts and bandages
- Wear comfortable, stable shoes; **do not wear flip flops or high heels**
- Wear eyeglasses; **do not wear contact lenses**
- **Arrive one hour before your procedure** so that your anesthesiologist and surgical team can meet with you
- If you have a Living Will or Advanced Directives, please bring a copy or information can be provided for you.
- If you would like a copy of Patient's Rights that can also be provided.

You must bring proper identification and your insurance cards to verify your information with our system!



Information for Pediatric/Minor Patients

For your child's safety a parent or guardian must:

- Stay at the Ambulatory Surgery Center the entire time a minor (anyone under the age of 18) is with us
- Sign all consent forms

For parents with infants and toddlers we request that they bring their own bottles, sippy cups, milk, formula, and diapers the day of surgery. It is also comforting to your child to have one familiar or favorite toy.

Immediately After Surgery

After your surgery or procedure, you will stay in our recovery area so your nurse:

- Can review postoperative instructions with you and your advocate
- Can give you written instructions about your care after surgery
- Ensures that you are ready to go home

The Day After Surgery

One of our nurses will call you the day after your surgery or procedure to find out how you are doing, answer your questions, and ask if you have the medications you need.

To ensure the best possible recovery and outcome from your surgery or procedure:

- Do not take any medication that your doctor has not prescribed and approved
- Do not take aspirin, ibuprofen, or other blood thinners until your doctor approves them
- Wait at least 24 hours before you drive, operate any equipment or machinery, sign important documents, or drink alcohol

