



SURGICAL CENTER PRE-PROCEDURE INSTRUCTIONS & INFORMATION

Patient Name: _____ Attending Physician: _____

Your procedure is scheduled for: _____
Day Date

PLEASE NOTE: IF YOU DO NOT ARRIVE FOR YOUR PROCEDURE, OR CANCEL/RESCHEDULE WITHIN FOURTEEN (14) DAYS, YOU MAY BE CHARGED A CANCELLATION FEE OF \$400.

We do our best to accommodate procedure time requests at our Surgery Centers. Please keep in mind that your exact time for check-in may be moved to allow for equipment needs and/or the medical needs of other patients. We appreciate your patience and understand that it is difficult to arrange your own schedule and driver when you do not have a set time.

About a week before your procedure our nursing staff will call you to review your health history, give you your check-in time, and let you know when you must stop eating and drinking. If you are scheduled for a colonoscopy, upper endoscopy, or flexible sigmoidoscopy – the nursing staff will review your preparation instructions with you. If you need help signing up for MyChart, please see your doctor's office or registration desk staff.

- Bring your photo ID and insurance card(s)
- Bring method of payment for co-pay and procedure estimates
- Bring your cell phone
- Leave valuables at home (jewelry, cash, credit cards)
- Wear comfortable clothing

The day before your procedure, please be available by phone in case we need to contact you for any reason.

General Information The surgery center is owned and operated by the physicians of The Portland Clinic* and are designed to serve patients who require surgical treatment that cannot be done in the doctor's office, but do not require a visit to the hospital. The surgical center allow patients to have an operation or procedure in a comfortable, safe and sterile environment and return home the same day. Should an unplanned overnight stay become necessary, your physician will admit you to Providence St. Vincent Medical Center, Legacy Good Samaritan Hospital or Kaiser West Side Medical Center. To ensure your safety and the continuation of care, you will be transported to the hospital by ambulance. The ambulance company will bill you or your insurance company directly. Feel free to visit our website at www.theportlandclinic.com.

Medications If you are taking any GLP-1 weight loss medications via injections, oral, or patch methods such as (Ozempic, Wegovy, Mounjaro) please let us know. These medications must be stopped 7 full days prior to your procedure.

Five (5) days before your procedure stop taking multivitamins, iron, vitamin E, omega-3 oils, Advil (ibuprofen), Aleve (naproxen), and avoid NSAIDS (non-steroidal anti-inflammatory drugs). During your call with our nursing staff they may give you additional medication instructions. Please follow the instructions given to you for your prescribed medications and other supplements. If you use nitroglycerin or an inhaler on a regular basis, please bring it with you to your procedure.

Please refrain from receiving any type of vaccination 7 days before your procedure and 7 days after the procedure.

Transportation All patients who have had any type of anesthesia or sedation will not be allowed to drive themselves home. Patients must be driven home in a suitable vehicle by a responsible adult and should be supervised in the immediate post-discharge period by a responsible adult for at least 12-24 hours. Patients who have procedures requiring only local anesthesia may be allowed to drive or leave alone with the written pre-approval of their physician.

Patient Discharge If your family or driver is unable to remain onsite, they must have a mobile phone and be nearby for your discharge. Please note we may close our lobby during high levels of communicable disease in the community.

Service Animals The Portland Clinic (TPC) permits service animals to accompany patients to all areas of the facility where patients are normally allowed, with the exception of operating or procedure rooms.

Minor Children Please note that no unaccompanied minors will be allowed at the surgery center. All children under the age of 16 must be with an adult at all times and not be left alone in the waiting area. Minors will not be allowed in patient care areas unless allowed by the physician and/or nurse caring for you.

Check in Time The time the nursing staff provides you to report to the surgery center is dependent on the type of procedure you are scheduled for. For most procedures, this time is about one hour before your procedure. After checking in, we will get you ready for your procedure, take your blood pressure and other vital signs, give you any ordered medications and make any other required preparations.

Lab Work Please follow your physician's instructions for lab work or other tests before your procedure. These can usually be done up to four (4) weeks before your scheduled procedure but is determined by your medical history and may require labs closer to your procedure date. For safety purposes, if you have female anatomy and are of child-bearing age, we require a pregnancy test to be done upon admission.

Respiratory or Cold Symptoms – If you have experienced any upper respiratory or cold symptoms, please notify the clinic or Surgical Center as soon as possible. This is to ensure your safety and ensure you do not experience any complications after anesthesia. If you have had a positive COVID-19 test or have had upper respiratory symptoms within the last 2 weeks prior to your procedure date, we will postpone your procedure. This is due to the increased potential for breathing complications that may arise from anesthesia.

Clothes Wear comfortable clothing for your visit. We will have you change into a gown and non-slip socks while you are at the surgery center. Your clothes will be placed in a bag while you are here. Depending on your procedure, we recommend sweat suits or button-up shirts because they are comfortable and can fit all types of bandages or dressings and are easy to get on and off.

Consent Your physician has or will explain your procedure and describe the type of anesthesia you are scheduled for and will have you sign a consent form. The consent must be signed before any medications are given or procedures are done. Any patient aged 14 and younger must have a parent or legal guardian sign their consent form. Per the State of Oregon, any patient age 15 and older may sign their own consent form.

Advance Directives If you have an Advance Directive in place, please be aware that it will be temporarily suspended during your stay in the surgical center. In the unlikely event that an emergency occurs while you are at our facility, we will start cardiopulmonary resuscitation (CPR) or other measures needed and transfer you to an acute care hospital for evaluation. You may have been or will be asked to sign a Consent for Resuscitative Measures document prior to your procedure. If not already signed, this document may be included in this packet of information. If you have any questions regarding this policy, please feel free to contact us.

Discharge Most patients stay approximately 30-60 minutes in recovery after their procedure. When you meet the safe discharge criteria, you will be given instructions regarding diet, rest, medications, and care of your dressings.

Usually, your physician will advise you to reduce your activity level after your procedure – please make appropriate plans for this. After anesthesia or sedation, it is important that you have an adult available in your home during the first 12-24 hours following your procedure. Your physician may prescribe medication for you to take after your procedure; depending on what is prescribed a paper prescription may need to be taken to your pharmacy of choice. Your adult family member or driver may drop off, fill and pick up your prescription at your pharmacy.

Your Rights as a Patient

While you are a patient in our surgical centers, you have the right to:

- Personal privacy.
- Receive care in a safe setting.
- Freedom from all forms of abuse or harassment.
- Complete information about your treatment or procedure and the expected outcome of the procedure.
- Exercise your rights without being subjected to discrimination or harassment.
- Understand that the surgical centers are owned and operated by the physicians of The Portland Clinic.*
- Make informed decisions about your healthcare.
- Voice grievances regarding your treatment or care.

Grievances If you need to file a grievance, you may do so verbally or in writing to any staff member or the surgery center's quality nurse, information below. We will make every effort to resolve any concern you may have while you are a patient in the surgical center. You may also file grievances online at www.theportlandclinic.com/contact-us/. Grievances will be investigated, and findings will be given to the patient through written notification within four weeks after the grievance is received. If you would like, you may also share your grievance to the Oregon Health Care Regulation and Quality Improvement Office and/or the Medicare Ombudsman.

The Portland Clinic Quality Nurse

9100 SW Oleson Road; Tigard, OR 97223 Telephone: (503) 445-9066

Oregon Health Care Regulation and Quality Improvement Office

800 NE Oregon Street; Portland, OR 97232 Telephone: (971) 673-0540

Office of the Medicare Ombudsman

www.cms.hhs.gov/center/ombudsman.asp Telephone: (800) 633-4227

Billing Many procedures require authorization, if you have a change in your insurance coverage, please notify your provider's office as soon as possible.

Our electronic medical record generates estimates using a median average of similar services in the local area to provide a good faith estimate based on your insurance.

You should have received an estimate of services for your procedure during your visit. These are also available via your MyChart account. Payments for estimates are due on or before your procedure date.

If you have further questions about your estimate, please call the billing office at (503) 221-2189 or contact your providers' office.

If your procedure is scheduled with an anesthesiologist, you will have a chance to speak with them after being admitted. The anesthesiologists that work in surgical centers are contracted through Oregon Anesthesiology Group, PC. You will receive a separate bill from them for any anesthesia services received during your stay. To receive a quote prior to your procedure, please call (503) 372-2765 and have your procedure code (CPT) available. For billing questions, please call (503) 972-7103. To reach the pre-payment line, please call (503) 212-0899.

The Portland Clinic Alberty Surgery Center

9100 SW Oleson Road Tigard, OR 97223 Telephone: (503) 445-9066 x4623

The Alberty Surgical Center is located where Hall Boulevard, Greenburg Road and Oleson Road intersect and is in the same parking lot as The Portland Clinic Tigard office. For quick access, take the Greenburg Road and Washington Square Mall exit off of Highway 217. There is free parking located in front of our building.



***Physician Owners**

Ronald Allen, DO; Mark Bates, MD; Laura Bitts, MD; Prasanna Chandran, MD; Bryan Chitwood, MD; Reewen D'Souza-Kamath, MD; Thomas Dudley, MD; Tara Heeney, MD; Janson Holm, DPM; Michael Hwang, MD; Chris Hyun, MD; Albert Khine, MD; Gary Kim, MD; Ronald Kwong, MD; Brian Lindeman, MD; B. Megan Madden, MD; Amy Mulcaster, DO; Suvarna Palla, MD; Ann Marie Paulsen, MD; Baier Rakowski, MD; Janelle Rohrback, MD; Robert Sandmeier, MD; Ehud Zusman, MD

List of owners as of 4/27/2026, this list may be updated quarterly.

PROCEDURE DAY CHECKLIST

Before the day of your procedure

- Read all patient information slowly and carefully.
- Make sure you have completed any required pre-operative laboratory/EKG testing, as directed.
- Follow instructions from your care team for medications, supplements preps or scrubs.

Bring the following items with you to your procedure:

- Photo ID
- Insurance card(s)
- Method of payment (the ASC can only accept credit/debit payments)
- Reading glasses, if needed to sign documents
- Hearing Aids
- Contact information for the person driving you home
- Wear comfortable clothes

Please leave the following items at home:

- Jewelry
- Money