



4110 Briargate Parkway, Suite 200
Colorado Springs, CO 80920
www.jointandspineasc.com
Phone: 719.282.8888

Surgery Date: _____

Post-Operative Appointment: _____

Welcome to The Orthopaedic and Spine Center of Southern Colorado! Information about our Surgery Center, how to prepare for your surgery, our contact information and all information detailed within this packet can also be found on our website. Please visit our website at: www.jointandspineasc.com.

Please read the following for important information regarding your surgical procedure.

- OSCSC uses One Medical Passport to obtain your medical history. This is separate from the portal that CSOG uses. You will be receiving a text message and/or email with a link to complete this. The next page has all the instructions. Should you have questions, please call 719.282.8888.
- A nurse, from the surgery center, will notify you of your arrival time **the day before** your procedure **between 3:00pm-4:30pm**. If you have any questions or concerns about your arrival time please call The Orthopaedic and Spine Center of Southern Colorado at 719.282.8888.
- At the time of your discharge, it is **required** that a responsible adult over the age of 18 accompany you. **You may not drive for 24 hours following anesthesia**. If you receive general anesthesia or IV sedation for your procedure, you must have a responsible adult over the age of 18 remain with you for 24 hours following the procedure. (This excludes local procedures). Please tell your accompanying party that they need to be available as soon as you are ready for discharge and that they should not make any other appointments on the day of your procedure.
- Please be aware that if the patient is a minor (under the age of 18), a parent or guardian must remain on the premises during the patient's entire stay.
- Registration personnel from The Orthopaedic and Spine Center of Southern Colorado may call to review your insurance information. You may call directly at 719.282.8888 if that is more convenient.
- Some surgical procedures and/or anesthetics may temporarily affect your breathing in the immediate post-operative period. Because of this, you may be required to receive supplemental oxygen for a few days while the effects of the surgical procedure / anesthetic wear off. We have contracted with a local, private respiratory care company that will provide you with home oxygen for up to 7 days. When they arrive at your home, you may be required to pay a fee based on the current fee schedule.
 - * Please note, you will only be required to have oxygen at home if your oxygen levels are below normal after your procedure.
- Call your surgeon's office if you develop a cold, sore throat, fever or any other illness that occurs within 48 hours of your surgery.

To provide you with excellent care, we ask that you to complete your health history through our secure online portal. Once you've created a Medical Passport with your info, our software will allow you to update and use your health history for future appointments.

How to Complete Your Medical Passport Online

Please visit: www.onemedicalpassport.com



New Users:

Click [Register](#) to create your first

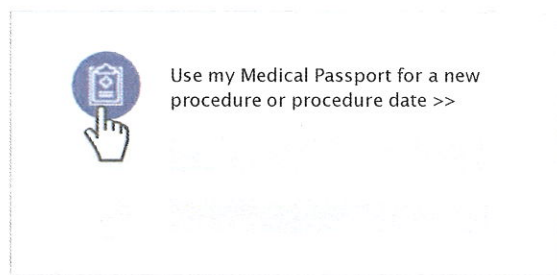
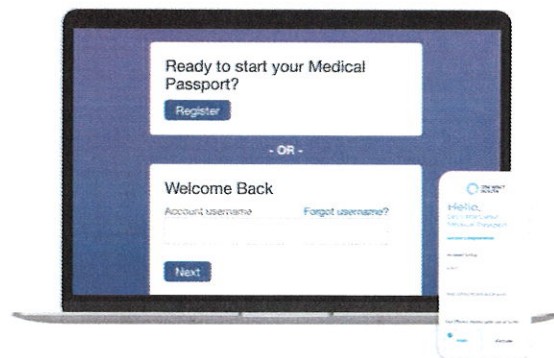
Medical Passport.

1. Enter your demographic information to create your account.
2. Answer the questions to complete your online health history.

Returning Users:

If you've previously created a Medical Passport Account, you will need to log in to update your health history.

1. Enter your original username in the 'Welcome Back' area.
2. Once you've successfully logged back into your account, click on the button located on the top right of the page.



Forgot Username and/or Password?


- Click '[Forgot username?](#)' if you don't remember the username you created upon initial registration.
- Click *'[Forgot password?](#)' if you don't remember your password and we will guide you through an automated reset process.

**The '[Forgot password](#)' link will only show after you have entered an existing username.*

Welcome Back

Account username [Forgot username?](#)

Account password [Forgot password?](#)

☐ I'm not a robot 

[Back](#)



DIETARY RESTRICTIONS:

The following instructions are very important for your safety. If you do not follow these instructions, your procedure may be cancelled or delayed.

- **Do not eat or drink anything after midnight the night before your procedure.**
- No gum, breath mints, hard candy or tobacco after midnight.
- Brush your teeth, rinse and spit without swallowing the water.
- Your prescription medications will be reviewed during the interview and those indicated may be taken with sips of water on the day of surgery.

WHAT TO BRING:

- ☐ A photo ID
- ☐ Your insurance card
- ☐ A form of payment if you have been notified of a co-pay, deductible, and/or co-insurance amount due on the day of your procedure.
- ☐ Bring a case for glasses and dentures.
- ☐ If you are having any lower extremity surgery (Hip, Knee, Foot, etc.)— obtain crutches, check for proper fit and receive instructions for use. Please practice the use of crutches prior to your procedure, we may ask you to demonstrate use for your safety.
- ☐ Bring any slings, braces or other medical equipment already issued or previously in use.
- ☐ Bring your CPAP or other device if you have sleep apnea and use one at home.
- ☐ Bring your inhaler if you have asthma, COPD or any other condition that requires you to use one

ADDITIONAL INSTRUCTIONS:

- ☐ Do NOT take any medications containing NSAIDs (Aspirin, Ibuprofen, Advil, Motrin, Naproxen, Aleve, Mobic), Fish Oil, Vitamin E, Omega Fatty Acids, CO-Q-10, herbs, or weight loss supplements for seven (7) days prior to your procedure. If you have taken them, please contact your surgeon right away.
- ☐ If you take any blood thinning medications for your heart such as Aspirin, Coumadin, Plavix or Xarelto, please contact your cardiologist or primary care physician for guidance regarding when you should stop taking these medications.
- ☐ Remove all jewelry and piercings
- ☐ Leave ALL jewelry and valuables at home. The Center is not responsible for valuables.
- ☐ Wear loose fitting comfortable clothes and shoes.
- ☐ Please do NOT apply makeup, deodorant, creams, or lotions. If you are having a procedure on any extremity (i.e. Arm or leg), remove nail polish from the operative side.
- ☐ If you think you may be pregnant, please call the surgery center right away at 719.282.8888



Please inform your surgeon if you are on ANY GLP-1/SGLT-2 medications for any reason. The following is a list of the most common:

Generic Name	Brand Name	Dosing Frequency
Dulaglutide	Trulicity	1x Weekly injection
Exenatide (ER)	Bydureon BCise	1x Weekly injection
Exenatide (IR)	Byetta	2x Daily Injection
Liraglutide	Saxenda, Victoza	1x Daily Injection
Lixisenatide	Adlyxin	1x Daily Injection
Semaglutide	Ozempic, Wegovy, others	1x Weekly Injection
Semaglutide	Rybelsus	1x Daily Oral

Require holding for 3 days (72 hours)

- Bexagliflozin (Brenzavvy™)
- Canagliflozin (Invokana®)
- Canagliflozin/metformin (Invokamet®)
- Canagliflozin/metformin XR (Invokamet® XR)
- Dapagliflozin (Farxiga®)
- Dapagliflozin/metformin XR (Xigduo®)
- Dapagliflozin/metformin XR (Xigduo® XR)
- Dapagliflozin/saxagliptin (Qtern®)
- Dapagliflozin/saxagliptin/metformin (Qternmet® XR)
- Empagliflozin (Jardiance®)
- Empagliflozin/metformin (Synjardy®)
- Empagliflozin/metformin XR (Synjardy® XR)
- Empagliflozin/linagliptin (Glyxambi®)
- Empagliflozin/linagliptin/metformin XR (Trijardy® XR)
- Sotagliflozin (Inpefa™)

Require holding for 4 days (96 hours)

- Ertugliflozin (Steglatro™)
- Ertugliflozin/metformin (Segluromet™)
- Ertugliflozin/sitagliptin (Steglujan™)



Insurance/Billing:

The facility (OSCSC), Surgeon (Colorado Springs Orthopaedic Group (CSOG)), and Anesthesia (U.S. Anesthesia Partners (USAP)) are separate entities—therefore, bill separately—and you may receive separate bills in relation to your care.

- **Cash Pay (Self-Pay) Patients:** We will call you with a cash pay (discounted) estimate as soon as we receive the scheduling packet from your surgeon's office.
- **Insured Patients:** We will verify your insurance benefits and outpatient surgery coverage a week prior to surgery. A business office personnel will call you to go over obtained benefits and will notify you of the amount due on the day of surgery. Please note we *may* collect remaining deductible, coinsurance, and/or copay, or max out-of-pocket depending on your coverage and our contract with your insurance.
- Should you need a Facility estimate ahead of time, please contact OSCSC's Business Office at: 719.282.8888
 - Surgeon (CSOG) estimate: 719.867.7346
 - Anesthesia USAP) estimate: 303.377.7638 (Be ready to provide CPT codes, diagnosis (ICD) codes, and duration of procedure)

DRIVING DIRECTIONS:

- Our address is 4110 Briargate Parkway, Suite 200, Colorado Springs, CO 80920
- **From the North:** Take I-25 South, take exit 151 toward Briargate Parkway. Merge onto Briargate Parkway, make a left on Memorial Hospital Drive. The facility will be on the left.
- **From the South:** Take I-25 North, take exit 151 toward Briargate Parkway. Merge onto Briargate Parkway, make a left on Memorial Hospital Drive. The facility will be on the left.
- **From Powers:** Take powers, exit at 151 toward Briargate Parkway, head west, turn right on Memorial Hospital Drive. The facility will be on the left.

The Orthopaedic and Spine Center of Southern Colorado does not discriminate on the basis of race, color, national origin, age, or disability; in admission of, access to, treatment, or employment in, its programs and activities.

To obtain information about Advanced Medical Directives, please see our website at www.jointandspineasc.com and click on the "Advanced Directive" icon or call Colorado Healthcare at 1-800-658-8898