



FREQUENTLY ASKED QUESTIONS

MINIMAL INVASIVE PROCEDURES

Q: What are minimally invasive procedures?

A: MIPs, also called laparoscopic surgeries, use state-of-the-art technology to perform abdominal surgery. During an MIP, a small, dime-sized incision is made in the patient's abdomen through which a miniature camera, or videoscope, and specialized instruments are inserted to perform the procedure.

Q: Why would I elect an MIP over a traditional surgery?

A: MIPs are proven to be just as effective as surgery, while getting patients back to the things that are important to them sooner. An MIP reduces the need for a long incision that may cut through large amounts of skin and muscle. Patients who choose MIPs usually enjoy faster recoveries and shorter hospital stays when compared with traditional surgery patients.

Q: Are there risks to MIPs?

A: All surgical procedures have risks, but the risk for serious complications depends on your medical condition and age, as well as on your surgeon's and anesthesiologist's experience. Ask your healthcare provider or surgeon about what to expect after surgery and the risks that may occur with any surgery, including:

- Reactions to medications or anesthesia
- Breathing problems
- Bleeding
- Infection
- Injury to blood vessels
- Injury to internal organs
- Blood clots in the veins or lungs
- Death (rare)

Additionally, open surgery has a greater potential for:

- Muscle injury
- Post-operative incisional hernia

Ask your healthcare provider whether or not you are a candidate for an MIP. For more information, visit www.healthhappens.com.

Q: What specific procedures are offered as MIPs?

A: Many abdominal surgeries can be performed as MIPs, such as:

- Cholecystectomy (removal of the gallbladder)
- Colectomy (for colon surgery)
- Appendectomy (removal of the appendix)
- Hysterectomy (removal of the uterus)
- Surgery for acid reflux (GERD, gastroesophageal reflux disease)

Q: Is an MIP right for me?

A: For some patients, an MIP is not an appropriate choice. Your surgeon will help you determine the best choice for you and will consider factors such as:

- Obesity
- History of prior abdominal surgery causing dense scar tissue
- Inability to safely visualize organs
- Bleeding problems during the operation
- Underlying medical conditions

The decision to perform an MIP or open surgery should be made during a discussion with your surgeon. Sometimes a procedure can start out as an MIP, but may have to be converted to open surgery based on the factors listed above.

Q: Are there financial benefits to choosing an MIP?

A: In some cases, your medical benefit includes a lower patient copayment when an MIP is preformed. Talk with your benefit administrator for more details.

ODS delivers free health coaching to all ODS medical members. ODS health coaching programs offer support for maintaining health while dealing with common health problems.

If you are considering a specialty procedure (such as a knee arthroscopy, a scope of your knee) you can also work one-on-one with a health coach to evaluate your options — all within the context of your personal preferences, values and priorities.

To speak with an ODS health coach, please call 503-948-5548 or 877-277-7281 (TTY users, dial 711). Or, email careprograms@odscompanies.com.