

# PRE-ANESTHESIA CLINIC

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Surgery/Procedure Preparation

In-person appointment at  
Logan Health Pre-Anesthesia Clinic (406) 756-3526

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Phone Interview

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**LOGAN**  
HEALTH

# PREPARING FOR YOUR SURGERY/PROCEDURE

Welcome to Logan Health. We look forward to giving you the very best care. Our goal is to ensure your entire experience is excellent in every way.

If you are scheduled for an in-person appointment, please come to the Pre-Anesthesia Clinic at 310 Sunnyview Lane in Kalispell, Entrance C.

If you are scheduled for a phone interview, you will receive a call from the Pre-Anesthesia Clinic.\* This is a 30-45 minute telephone call where a registered nurse will review and verify your health history, evaluate your need for additional testing or consultation, and inform you on how to prepare for your surgery or procedure. Please allow a 1 hour window from your scheduled time for this appointment.

\*Please have your pre-anesthesia packet in front of you for this appointment.

## You will need the following:

- Current list of your medications and dosages.
- Your primary care provider's name.
- List of your past surgeries, current conditions, dates of recent lab/heart/lung tests, and implants (pacemaker, deep brain stimulator, cochlear implants, etc.)
- Requests for communication assistance (ex: interpreters, hearing-impaired devices).

**Arrival time will be available by calling your surgery location one business day prior to your surgery/procedure: Call between 2 and 4 p.m. in Kalispell and noon and 2 p.m. in Whitefish.**

Your surgery/procedure is scheduled at the following location:

- 320 Sunnyview Lane (406-751-7567) Surgery North, Entrance C
- 310 Sunnyview Lane (406-752-1780) Surgical Services, Entrance A
- 111 Sunnyview Lane (406-257-6700) Surgery Center
- 1600 Hospital Way, Whitefish (406-863-3500) Logan Health – Whitefish

See maps for directions.

Surgeon: \_\_\_\_\_

Date of surgery: \_\_\_\_\_ Time to arrive at hospital: \_\_\_\_\_

# DIRECTIONS TO KALISPELL SURGERY AREAS

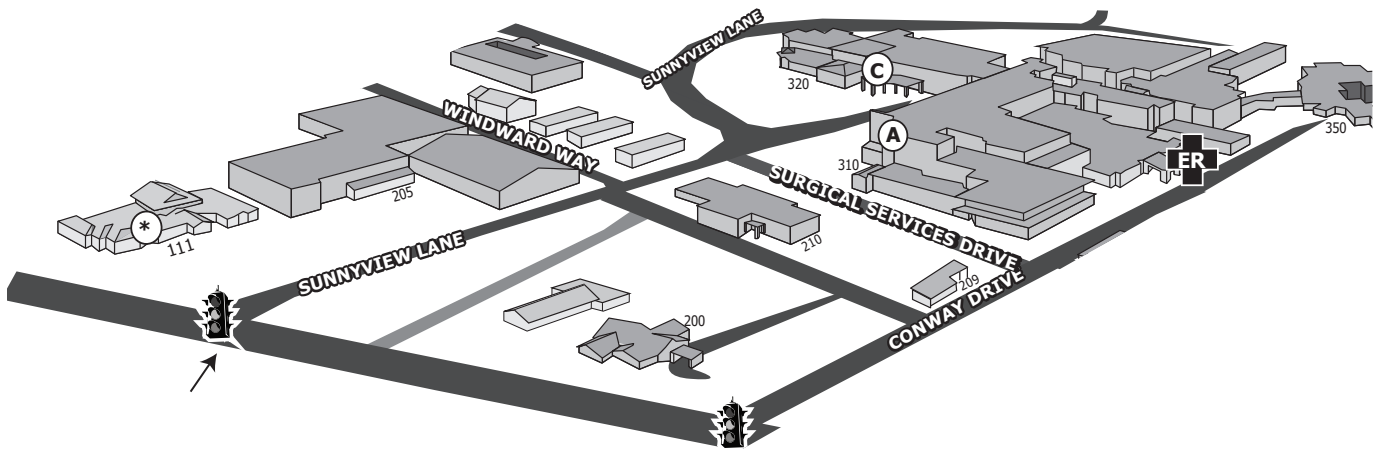
The main Logan Health campus is located just over a mile north of downtown Kalispell, Montana.

## From the South

Traveling north on U.S. Highway 93, turn right on Sunnyview Lane, 0.9 miles north of the intersection of U.S. 93 and U.S. 2 (Idaho Street).

## From the North

Traveling south on U.S. 93, turn left on Sunnyview Lane, 1.8 miles south of the intersection of U.S. 93 and West Reserve Drive.



## Directions to entrances:

- (C) 320 Sunnyview Lane | ENTRANCE C | (406) 751-7567**  
When you arrive, you will see large letters above the awnings, look for entrance C. There is a parking lot in front for your convenience. You will receive further instructions specific to your arrival when you call for your arrival time the day before your surgery.
- (A) 310 Sunnyview Lane | ENTRANCE A | (406) 752-1780**  
Go to the main patient admitting entrance located on the west side of the hospital. There is a parking lot in front for your convenience. **When you arrive, you will see large letters above the awnings, look for entrance A.** You will receive further instructions specific to your arrival when you call for your arrival time the day before your surgery.
- (\* 111 Sunnyview Lane (406) 257-6700**  
Go to the outpatient Surgery Center located on the corner of Sunnyview Lane and U.S. 93. There is a parking lot in front for your convenience. You will receive further instructions specific to your arrival when you call for your arrival time the day before your surgery.

# DIRECTIONS TO WHITEFISH SURGERY

## Logan Health – Whitefish (863-3500)

Logan Health – Whitefish is located at 1600 Hospital Way on the south end of Whitefish, Montana. Go to the south entrance of the hospital. There is a parking lot adjacent to this entrance for your convenience. You will receive further instructions specific to your arrival when you call for your arrival time the day before your surgery.

## From Eureka

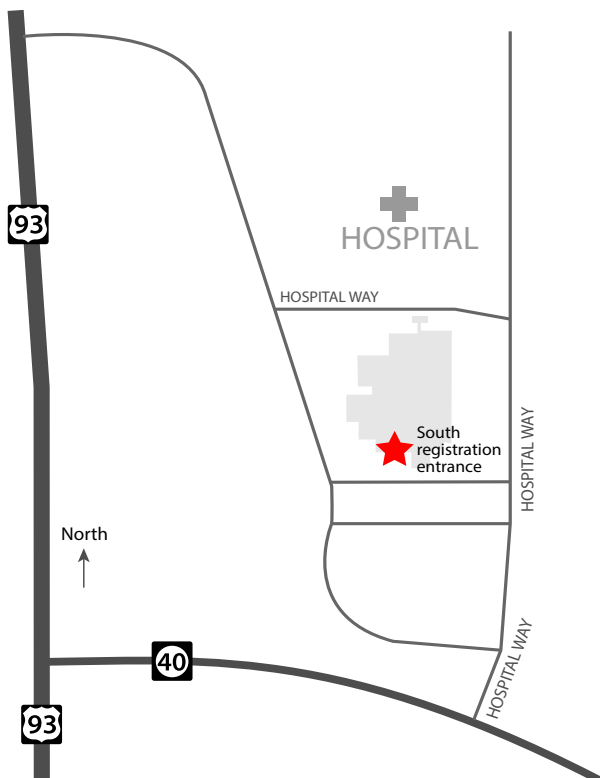
Take U.S. 93 south through downtown Whitefish (you will need to take a right to stay on U.S. 93 when going through downtown). After passing the Ford and Chevy dealerships, take a left at the hospital sign. The hospital is just north of the MT 40 and U.S. 93 intersections.

## From Columbia Falls, West Glacier and Canyon

Take U.S. 2 West to MT 40 West. Follow MT 40 until just before the MT 40 and U.S. 93 intersections. Take a RIGHT at the hospital sign.

## From Kalispell

Take U.S. 93 north to Whitefish. Continue straight through the light at intersections U.S. 93 and MT 40. Take a right about ¼-mile past the intersection at the hospital sign.



# MEDICATION WORKSHEET

## Continue taking these meds morning of surgery:

### Medications to continue the **morning of surgery** with a small sip of water

- Beta blockers (Metoprolol/Atenolol)\_\_\_\_\_ take per your usual routine
- Pain medication\_\_\_\_\_ take per your usual routine
- Asthma/COPD meds\_\_\_\_\_ take per your usual routine
- Thyroid hormone\_\_\_\_\_ take per your usual routine
- Anti-seizure meds\_\_\_\_\_ take per your usual routine
- Calcium channel blockers (Amlodipine, Diltiazem)\_\_\_\_\_ take per your usual routine
- Inhalers/eye drops\_\_\_\_\_ take per your usual routine  
AND bring with you
- Stool softeners and fiber supplements take per your usual routine
- Other meds \_\_\_\_\_ take per your usual routine
- Other meds \_\_\_\_\_ take per your usual routine
- Other meds \_\_\_\_\_ take per your usual routine

### If you are using any of the following medicines, ask your medical practitioner when you should stop taking them:

- Herbals, vitamins and supplements STOP \_\_\_\_\_ days before surgery
- NSAIDs (Celebrex, Meloxicam, Ibuprofen, Motrin, Advil, Naproxen or Aleve, Voltaren, Toradol, Etodolac) STOP \_\_\_\_\_ days before surgery
- Aspirin STOP \_\_\_\_\_ days before surgery
- Blood thinners STOP \_\_\_\_\_ days before surgery
- Bridge plan \_\_\_\_\_
- Other meds:  
\_\_\_\_\_ STOP \_\_\_\_\_ days before surgery  
\_\_\_\_\_ STOP \_\_\_\_\_ days before surgery  
\_\_\_\_\_ STOP \_\_\_\_\_ days before surgery
- Diabetic meds: See next page
- Ace-inhibitors (ACE) or ARBs (Lisinopril/Lorsartan)\_\_\_\_\_ DO NOT TAKE day of surgery
- Diuretics (water pills)\_\_\_\_\_ DO NOT TAKE day of surgery

\*Patients with congestive heart failure (CHF) need to continue diuretics, digoxin and ACE inhibitors prior to surgery. Ask your cardiologist for instructions\*

# DIABETIC INSTRUCTIONS

- Diabetic medications and insulin (check with your provider to determine if this is OK).
- The night before surgery take 75% of your long-acting insulin (Lantus, Levemir).
- The morning of surgery:
  - Oral diabetic meds: DO NOT take the morning of surgery.
  - Lantus/glargine, Levemir/determir: take 75% of usual dose the morning of surgery.
  - NPH insulin: Take ½ of usual dose the morning of surgery.
  - Novolog/aspart, Humalog/lispro, Apidra/glulisine: DO NOT take morning of surgery.
  - Mixed insulin (70/30, 75/25): DO NOT take morning of surgery.
  - Insulin pump: keep basal rates at usual levels.
  - Other instructions: \_\_\_\_\_ .

It is important to keep your blood sugar controlled when you are having a surgical procedure. This will help to prevent complications during and after surgery, which are related to your diabetes.

- Target glucose range: 80-180 mg/dl
- Test blood sugar first thing in the morning and every 2 hours until you are admitted to the hospital. Please call your surgery location with any questions.
- Treatment of hyperglycemia (blood sugar above 200 mg/dl):
  - o May take corrective (sliding scale) insulin if you use rapid-acting insulin.
  - o Do not take any more frequently than every 4 hours.
- Treatment of hypoglycemia (blood sugar below 80 mg/dl): Take 15 grams carbohydrates. Choose ONE of the following:
  - o 4 oz. (1/2 cup) juice (must be clear such as apple or grape) – try to avoid liquid if less than 4 hours from time of surgery.
  - o OR – 4 glucose tablets.
  - o OR – 4 teaspoons sugar.
  - o OR – 4 Life Saver(brand) candies (not sugar-free).

# EATING AND DRINKING BEFORE SURGERY/PROCEDURE

Please follow these instructions about your diet. If you do not follow these instructions, your surgery procedure could be delayed or canceled.

## The last time I can have solid food is 12 a.m. midnight.

- **At midnight**, the night before your surgery/procedure: Stop eating all solid food and drinking liquids you cannot see through, including the following:
  - NO milk or dairy products
  - NO coffee creamer
  - NO chewing gum
  - NO lozenges, mints, hard candy
  - NO alcohol
- Infant formula is permitted until 6 hours prior to scheduled arrival time.
- Breast milk is permitted until 4 hours prior to scheduled arrival time.
- You may drink clear liquids, such as water, Gatorade, plain gelatin, apple juice without pulp, clear tea or black coffee up until 2 hours prior to your arrival time.
- **2 HOURS BEFORE ARRIVAL TIME:** Stop drinking all liquids except for a small sip of water for taking medications.
- **High-Carbohydrate Instructions:** If you were told by your provider to drink a carbohydrate-rich drink before your surgery/procedure and are not diabetic: Please drink 8 oz of Ensure Clear, Boost Breeze, or Gatorade 2.5 hours prior to your arrival time.
- **Bowel Prep Instructions:** If your provider gave you specific instructions for diet and bowel prep, follow those instructions.

# INFECTION PREVENTION BEFORE SURGERY

Follow these instructions for shaving and bathing carefully to help significantly reduce the risk of your surgical/procedure site becoming infected. Because skin is not sterile and has germs, it is recommended to use special antiseptic soap before your surgery/procedure to help reduce the chance that you may get an infection. The soap, called Chlorhexidine Gluconate (CHG) also known as Hibiclens, will help to clean your skin and reduce germs. The special soap is available from your surgeon or over-the-counter at drugstores.

**Pre-surgery showers:** Before your surgery, you should shower twice with Hibiclens, unless directed otherwise.

- Shower #1: Use Hibiclens the night before your surgery/procedure.
- Shower #2: Use Hibiclens the morning of surgery.

**Instructions for using Hibiclens:**

- Use the Hibiclens from the neck down instead of your usual soap, including under your arms.
- If your skin shows ANY sensitivity, discontinue use and call your surgeon.
- DO NOT USE AS A SHAMPOO.
- DO NOT USE AROUND GENITAL AREA.
- DO NOT GET IN EYES, EARS, or MOUTH.
- Remove ALL jewelry before showering.
- Rinse thoroughly.
- DO NOT rewash with regular soap.
- Dry skin with a fresh, clean, dry towel.
- Do NOT use powders, creams, moisturizers, perfume or deodorants on the day of surgery.
- It is best to sleep on clean bedding the night before surgery.

\*Hibiclens is irritating to the eyes and can cause corneal damage.

\*Hibiclens can cause deafness if exposed to the inner ear if the eardrum is ruptured.

**Shaving:**

Shaving with a razor can irritate your skin and increase your risk of developing an infection.

- 72 hours prior to arrival: DO NOT shave the part of your body where your surgery/procedure will take place.
- 24 hours prior to arrival: DO NOT shave any part of your body within 24 hours of your surgery/procedure.



# PREPARING FOR YOUR SURGERY/PROCEDURE

## WHAT TO BRING TO THE HOSPITAL

- Photo ID and insurance cards.
- ID card for any implanted medical device.
- Controller or remote for implanted devices.
- Eye glasses, hearing aids, dentures with appropriate cases. Do not wear contact lenses.
- Name and phone number for the person taking you home.
- Bring money for possible discharge medication co-payments, which are separate from the hospital bill.
- Clean, loose fitting clothing.
- Undergarments.
- Slip resistant, closed heel shoes.
- Cell phone and charger.
- Copies of legal documentation for power of attorney or legal guardianship.
- Copies of advanced directives, living wills.
- Cpap machine and notation of your settings.

## WHAT NOT TO BRING TO THE HOSPITAL

- Valuables, including jewelry.
- Sandals, flip-flops, crocs, or open back shoes.
- Perfume, after-shave, makeup, or contact lenses.
- Medications other than inhalers and eye drops, unless directed otherwise.

## INSTRUCTIONS FOR CHILDREN

One parent/responsible adult must stay with the child while in the surgery departments at all times. For patients under 18 years of age, a parent or legal guardian (with legal documentation) must sign an operative consent witnessed by a staff member.

## VISITORS

Patients are our top priority. We know it helps to have family and friends visit you in the hospital. Sometimes we may limit the number of visitors, or how long they may stay. Check with your surgery/procedure location for current policy when you call to find out your arrival time.

Visitors must not be sick.

## TOBACCO USE

Nicotine has known complications for all surgeries. Please avoid all nicotine products.

Smoke and tobacco free includes no usage of electronic cigarettes (vaping) or any similar device, as well as chewing tobacco. Visitors who choose to smoke must be off property.

Logan Health supports a program to help you or your friends, family or visitors quit smoking. If you would like information about the program, call 1-800-QUIT-NOW.

## SERVICE ANIMALS

Staff is not permitted to care for your service animal during your surgery/procedure. Please make arrangements for a family member or friend to care for your service animal during this time.

# PREPARING FOR YOUR SURGERY/PROCEDURE

## IF YOU FEEL SICK OR HAVE A CHANGE IN SKIN THE DAY BEFORE OR THE MORNING OF SURGERY

Call your surgeon if you develop a cold, sore throat, cough, fever, new shortness of breath, skin infection, open cut, scrape, bug bite, animal bite or scratch, rash or any other illness or change in your health.

## WHAT TO EXPECT IN THE PREOPERATIVE AREA

- Please arrive on time. This will allow your health care team the necessary time to prepare you for your surgery/procedure. Our goal is to ensure your surgery/procedure goes as smoothly and safely as possible.
- You will be asked to remove all personal items and put on a hospital gown. Your vital signs (temperature, heart rate, blood pressure, etc.) will be checked. An IV will be placed so that you can receive the necessary medications. Additional lab work may be drawn. An EKG and/or x-ray may also be performed. You will be asked to go to the bathroom prior to surgery.
- Various staff members will ask you some of the same questions. The information is checked and double checked for your safety. A nurse will be happy to answer any questions you may have.
- Your surgeon will come to your bedside before you go to your surgery/procedure. You will have an opportunity to ask your surgeon questions at that time.
- You will meet your anesthesia provider before you go to your surgery/procedure. Your anesthesiologist will review your medical record, ask you questions about your medical history and perform a physical evaluation. Be ready to ask any questions you may have, discuss your anesthetic care during your surgery, and discuss any possible risks, benefits and possible complications.
- Adult patients may have one person at a time with them in the pre-operative area. Patients under 18 years of age may have both parents with them. Children of patients or siblings of patients may not be left unattended and may not enter patient care areas.
- On occasion, a surgery/procedure before yours may take longer than anticipated. If this happens, you may have to wait a little longer for your surgery/procedure to start. Your patience is appreciated.

## PLANNING FOR YOUR RETURN HOME

If you are scheduled to go home the same day as your procedure, you **MUST** have an adult escort to accompany you. Failure to do so may result in your surgery/procedure being canceled. You may **NOT** drive yourself home. We suggest you have a responsible adult with you at home after your surgery/procedure for the first 24 hours.

Do not drink alcoholic beverages, drive, operate machinery or make important decisions for 24 hours after surgery.

# MANAGING PAIN AFTER SURGERY

Post-surgical discomfort or pain *is expected* and can last several days to weeks.

Below you will find a useful tool that outlines pain based on a scale of 0 to 10.

- We consider your pain adequately managed at a level of 4 or less.
- DO NOT expect your pain to be at a zero – this is unrealistic in light of the surgery you have had. Your pain immediately following and the morning after surgery, in general, is going to be relatively minimal.
- Know that your pain will get worse before it gets better.
- Usually, the third through fifth days after surgery are your most painful days, so it is important for you to follow a routine regimen during that time frame to keep yourself comfortable.
- It is your understanding of pain management, appropriate use of medications and other methods that is going to make your transition home and initial days of recovery comfortable and manageable.

0	No Pain	
1	Minimal	Pain is hardly noticeable.
2	Mild	Low level of pain.
3	Uncomfortable	Pain bothers me but I can ignore it.
4	Moderate	Aware of pain but can continue most activities.
5	Distracting	Think about the pain most of the time and it interferes with some activities.
6	Distressing	Think about the pain all the time and had to give up many activities.
7	Unmanageable	In pain all the time and it keeps me from most activities.
8	Intense	So severe can think of hardly anything else, talking and listening are difficult.
9	Severe	Can barely talk or move because of the pain.
10	Unbearable	In bed, can't move due to the pain, need to go to the emergency room.

# MANAGING PAIN AFTER SURGERY

Research has shown there are effective methods to reduce pain and swelling that don't involve medication at all. Your provider may have told you remember "RICE" after surgery. RICE stands for:

- **Rest:** Try simple relaxation techniques (journaling, music, slow breathing).
- **Ice:** Ice may be used to reduce swelling. It should be applied for 12-30 minutes, then taken off for 30 minutes. Please contact your surgeon's office prior to use. Plastic surgery patients should NOT use ice.
- **Compression:** You may be advised to use compression dressing or wrap to decrease swelling. This should be applied gently.
- **Elevation:** Elevate surgically affected part of the body above heart level.

## **Pain medication:**

- NSAIDS (non-steroidal anti-inflammatories) such as Ibuprofen, Aleve, Naproxen, Celebrex, and Meloxicam as directed by your provider.
- Acetaminophen (Tylenol) – Do not exceed 3000mg in a 24 hour period. Please note: narcotics often contain Tylenol. Do not take additional Tylenol. Do not exceed 3000 mg in a 24 hour period.
- Narcotic medications (oxycodone, hydrocodone, Norco, Percocet) You may be prescribed narcotic medications by your provider to help with pain management. Common side effects can include:
  - o Dizziness
  - o Drowsiness
  - o Constipation
  - o Itching
  - o Difficulty urinating
  - o Nausea/vomiting
- Please note: Your surgeon's office does not refill narcotics after 5 p.m. or on weekends. Please plan accordingly.

## **Medication side effects to report:**

- If you have difficulty breathing or swallowing call 911.
- If you develop a rash or troublesome side effects, notify your surgeon immediately.

# DEALING WITH CONSTIPATION

**Constipation during and after hospitalization is common.** Narcotic pain medication (morphine, hydrocodone, oxycodone, hydromorphone, codeine) causes constipation by slowing down the movement of stool through the intestine. Other common causes are not drinking enough fluids, not having enough fiber in your diet, poor bowel habits, not enough exercises and certain medicines or disease. Anesthesia is a significant contributor to constipation problems as well.

- **Increase your fluid intake.** You should drink at least 6-8 cups (8 ounces) of water each day (unless instructed otherwise). Other healthy liquids can be consumed in addition to this amount. Certain juices, such as prune juice, can also help decrease constipation.
- **A high fiber diet** usually helps decrease constipation. Fiber is the part of fruits, vegetables and grains that is not broken down by the body. A high fiber diet will add softness and bulk to your stool. Your diet should include fruits and vegetables, whole grain products, cereals with fiber and beans. Add fiber to your diet over time. A high fiber diet can also help decrease a high blood cholesterol level and help manage diabetes.
- **Exercising or walking** can also help, unless otherwise directed by your surgeon. When you are cleared to, exercises like walking and cycling are good things to help with constipation. You can purchase the following medications without a prescription to help with constipation:
  - o **Stool softeners** (Docusate/Colace, Senna) make the stool soft and easier to pass.
  - o **Laxatives** (Senna, Senna tea, Bisacodyl/Dulcolax, Miralax, Milk of Magnesia) help empty the bowel. Do not take laxatives for more than 7 days.
  - o **Fiber supplements** (Psyllium/Metamucil, Citrucel, Fibercon) help soften and add bulk to stool.

**Contact your provider if these tips do not help your constipation, or if you are worried about your condition.**

# INFECTION PREVENTION AT HOME

We care about preventing infection and avoiding the spread of germs – not only while you’re in the hospital but when you go home, too. Your recovery and continued good health are important to us.

When you return home from the hospital, it’s important to take the following steps to help prevent infection and avoid spreading germs that could infect you or others. Ask everyone in your home to follow these guidelines, too. Clean hands are the best protection against spreading germs and preventing infection.

## When to clean your hands

- Whenever your hands are visibly dirty.
- Before you eat, and before touching your mouth, nose or eyes.
- Before and after preparing food.
- After contact with blood or body fluids, using the restroom, touching animals/pets, or changing diapers.

## Proper hand washing

Use soap and plenty of running water if your hands are visibly soiled:

- Wet hands with warm water and work soap into a lather.
- Rub your hands vigorously for 15 seconds or longer. Get in between fingers and scrub wrists.
- Rinse your hands with warm running water and pat them dry with a clean towel.
- Use a clean paper towel to turn off the water faucet, and discard it in a trash can.

## Proper use of hand sanitizers

Use a hand sanitizer for routine hand cleaning only if your hands aren’t visibly dirty:

- Apply the hand sanitizer to the palm of one hand.
- Rub your hands together until they’re dry, making sure the sanitizer covers every spot on your hands and fingers.
- It should take 15 seconds to rub your hands dry. If not, you didn’t apply enough hand sanitizer.

## Care for wounds

Your skin is your body’s first line of defense against germs, but an open wound leaves an easy way for germs to enter your body. To prevent infection:

- Clean your hands before and after changing wound dressings. Wear gloves to change dressings if recommended by your provider.
- Take special care with IV lines or other medical devices inserted into the body. If you must touch them, clean your hands first.
- Follow any specific instructions from your provider for care of your wounds.

## Disinfect germ hot-spots.

- Take these steps to ensure your home is a healthy place for your recovery:
- Disinfect commonly touched hard surfaces in your home like countertops, door handles, sinks, tabletops, phones, TV remotes and baby changing tables.
- Products such as sprays and wipes that are labeled “disinfectant” are designed to kill a broad spectrum of harmful bacteria and viruses that other cleaners cannot. Follow the directions on your disinfectant’s label to maximize the benefits.
- Use a clean, dry cloth or paper towel to clean and dry all surfaces. Wiping surfaces with a dirty dishcloth, sponge, or towel will only spread germs.
- Never share toothbrushes, combs, drinking glasses, utensils, razor blades, face cloths and bath towels. Germs can be passed from person to person on these personal items.

*This information is provided by Association for Professionals in Infection Control and Epidemiology (APIC). Used with permission.*

# IMPORTANT PHONE NUMBERS

## Logan Health

Pre-admission Appointment Scheduling .....	(406) 756-3526
Front Desk .....	(406) 751-7550
Imaging Registration.....	(406) 751-7533
Medical Records .....	(406) 751-7556
Patient Billing.....	(406) 756-4408
Patient Accounting .....	(406) 751-6445
Financial Assistance.....	(406) 752-1767

## LOGAN HEALTH – WHITEFISH

Scheduling .....	(406) 863-3574
Hospital .....	(406) 863-3500
Hospital Admissions .....	(406) 863-3503
Hospital Laboratory Services .....	(406) 863-3577
Billing and Patient Accounts:	
Medicare/Medicaid (Last Names A through K) .....	(406) 863-3722
Medicare/Medicaid (Last Names L through Z) .....	(406) 863-3723
Commercial Insurance .....	(406) 863-3728
Medical Records .....	(406) 863-3547
Imaging Services.....	(406) 863-3576

## SURGEON CLINICS

Gina Nelson OB/GYN .....	(406) 755-6550
Glacier ENT .....	(406) 752-8330
Glacier Eye Clinic .....	(406) 257-2020
Logan Health Plastic Surgery .....	(406) 756-2241
Logan Health OB/GYN .....	(406) 858-8200
Logan Health Breast Center .....	(406) 751-6488
Logan Health Children’s Specialists .....	(406) 758-7490
Logan Health Neuroscience & Spine .....	(406) 752-5170
Logan Health Oncology & Hematology .....	(406) 752-8900
Logan Health Orthopedics & Sports Medicine 111 Sunnyview .....	(406) 752-7900
Logan Health Orthopedics & Sports Medicine 350 Heritage Way .....	(406) 752-6784
Logan Health Surgical Clinic.....	(406) 751-5392
Logan Health Urology .....	(406) 890-7432
Logan Health Women’s Care .....	(406) 752-8282
Logan Health Wellness & Pain Management .....	(406) 756-8488
Gwenda Jonas OB/GYN .....	(406) 752-5252

## You will receive a separate bill from your anesthesiologist

Northern Rockies Anesthesia Consultants .....	(888) 900-3788
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HEALTH

[logan.org](http://logan.org)