



MedStar Georgetown  
University Hospital



## Planning for Surgery

*Knowledge and Compassion*  
**Focused on You**

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## SURGERY

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**Date of your surgery:** \_\_\_\_\_

**Your arrival time:** \_\_\_\_\_

1. Medications to take the morning of surgery:

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2. Name of responsible adult taking you home:

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When you arrive, **please report to the Surgery Center waiting room** (on the Ground Floor of the Concentrated Care Center (CCC), Entrance 2, off Reservoir Road, NW).

## Introduction

You are the most important member of our healthcare team. Keeping you informed, safe and comfortable are our greatest responsibilities. It is important that you understand each step in the surgical process. This pamphlet will provide you with valuable knowledge to ensure the best experience for you and your family.

Please call us at **202-444-2746** and ask to speak with a presurgical nurse if you have any questions or concerns. Thank you for choosing MedStar Georgetown University Hospital.

Questions? Call **202-444-2746** • Fax Number: **202-444-4208**



# Planning for Surgery

**You are the most important member of our health care team. Careful planning can improve your surgical experience.** Depending on your medical history, you may be directed to see a primary care physician and/or specialist before surgery.

## **AN IMPORTANT NOTE ABOUT PLANNING AHEAD FOR YOUR SAME DAY SURGERY**

- If you receive anesthesia, a responsible adult must escort you home.
- Your escort is strongly encouraged to remain at the hospital during your procedure.
- If you receive anesthesia, we require that a responsible adult stay with you for 24 hours after you leave the hospital.
- You will not be permitted to drive for a minimum of 24 hours after anesthesia.

### **To assist our health care team, we ask that you:**

- Designate one individual as your **contact person** to communicate with our health care team before and after your surgery.
- Make a note of your **privacy code**. Anyone inquiring about you or your condition will need to provide hospital staff with the privacy code. The privacy code must be provided before any information about you can be shared. This process ensures confidentiality and respect for your privacy.
- Ask only your contact person to wait with you in the preoperative areas. **Family and friends** are welcome to remain in the waiting room.

**Please bring only essential personal items to the hospital. These may include:**

- Glasses/contacts and case
- Hearing aid(s) and case
- Dentures and container
- A bathrobe, slippers and toiletries, if you are staying overnight
- A picture ID
- Insurance card(s)
- Court documents, if applicable
- Advanced directive (living will)
- A list of your medications, vitamins and supplements
- Any necessary or prescribed medical/health equipment

**All other belongings or valuables should be left at home.** Please keep in mind that the hospital is not responsible for lost or damaged personal items.

**Language Assistance**

Please inform us if **you or your contact person** has hearing or language needs that require support before, during or after surgery. In-person interpreters and remote interpreting by video or telephone are available free of charge.

For American Sign Language or any spoken language assistance, please contact Language Services at **202-444-8377** before the day of your surgery.

**WHAT TO KNOW ABOUT SURGERY START TIMES**

- We value your time, and we will work hard to avoid delays.
- Our **surgery start times** are estimates only.
- We will update you regularly about when you can expect your surgery to start.

# Presurgical Testing

Presurgical testing is a process that ensures that all preoperative requirements are completed and reviewed before the day of surgery. **If the Presurgical Testing Center cannot complete this process, your surgeon and/or anesthesiologist may decide to delay or cancel your surgery.**

Once your surgery date is scheduled, a nurse will contact you to determine if you need a presurgical testing appointment. If one is necessary, the nurse will schedule this appointment with you.

If you do not need an appointment, you can expect another phone call within one week before your surgery from a nurse who will review your medical history and provide presurgical instructions.

If you were directed to see a primary care physician or specialist before your surgery, please have them fax your results to the Presurgical Testing Center at **202-444-4208**.

## **At the presurgical testing appointment you can expect to:**

- Meet with a nurse and complete an assessment.
- Provide a list that includes names and dosages for all medications you use, including prescription, nonprescription and over-the-counter medications and supplements. Include the type and amount of any vitamins, herbal or other dietary supplements you take regularly.
- Meet with a nurse practitioner and/or anesthesia provider.
- Provide a list of medication and/or food allergies and their effects.
- Review and sign consent forms for surgery.
- Complete any required diagnostic tests (blood tests, urine test, X-rays, etc.).
- Provide the names and phone numbers of your primary care physician and any specialists you may use.

**Before your surgery**, you may be instructed to change your medication schedule or NOT to take these medications and/or supplements:

- Ibuprofen (Motrin)
- Naproxen sodium (Aleve)
- Aspirin
- Vitamin E
- Fish oil
- Herbal supplements, such as St. John's Wort
- Dietary supplements



**Contact Information**

**Primary Care Physicians and Specialists Names**

**Phone Number**

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## Day Before Surgery

### Important information you should know the day before your surgery:

- Do not eat, chew or drink anything (including gum, candy and water) after midnight on the day of your surgery. **For your safety, surgery may be delayed or canceled if you eat, chew or drink anything after midnight.**
- Do not apply lotions, creams or makeup on the day of surgery. They can irritate your skin and eyes when you are under anesthesia.
- **Follow the Presurgical Testing Center instructions regarding skin cleansing.** If you are expected to do any special cleansing, information will be provided to you.
- **Follow instructions provided to you regarding your medications.** Certain medications will interfere with your surgical care and *must be stopped* before surgery or your surgery may be canceled. If you were instructed to take any medications the day of surgery, please do so with only a sip of water.



If you have questions before your surgery, please contact the Presurgical Testing Center at **202-444-2746**

# Day of Surgery

You should arrive two hours before your surgery start time. Allow extra time for traffic and parking. Go to the Surgery Center waiting room located on the Ground Floor, CCC, Entrance 2. First, you will meet briefly with a registrar to complete your registration. Next, you will be escorted to the preoperative area where final preoperative requirements will be completed by your healthcare team. One contact person may be with you at this time.



## **Before entering the Operating Room, you can expect to:**

- Change into a hospital gown.
- Remove any jewelry/piercings, contact lenses/glasses, hearing aids or dentures/removable bridges.
- Give all your belongings to your contact person.

## **For your safety, a nurse will:**

- Confirm your identity by asking you to state your name and date of birth. Your identity will be confirmed repeatedly throughout your surgical experience to ensure your safety.
- Place an allergy bracelet on you, if appropriate.
- Review and discuss your medical history with you and help prepare you for surgery.

## **Your surgeon(s), anesthesia provider(s) and operating room nurse will visit you.**

- Your surgeon(s) will discuss your surgery with you, answer any questions and mark your surgical site, if appropriate.

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- Your anesthesia team will discuss the plan for your anesthesia and start an IV (intravenous) line.
  - Your operating room nurse will remain in the Operating Room throughout your surgery to care for you and act as your advocate.
  - We are an academic medical center. Residents, medical students and nursing students may also provide care under the supervision of your surgeon and nurse.

**Once preparations are complete:**

- You will be escorted to the Operating Room.
- Your contact person will be directed to the appropriate surgical waiting room.
- A protective paper cap will be placed on your head. Your surgical team also will be wearing similar caps that decrease potential risk for infection.

**Phase I Postanesthesia Care Unit (PACU)**

- Immediately following surgery, you will be escorted to the PACU.
- Critical care nurses will care for you in the PACU as you recover from anesthesia.
- If you are admitted to the hospital after surgery, you may remain in the PACU for an extended period and possibly overnight. Should the appropriate inpatient bed become available, you will be transferred. Whether you are in the PACU or on an inpatient unit, you will receive exceptional care.
- The surgical liaison may coordinate brief visits with your contact person after you have recovered from anesthesia. **All visits must be arranged and visitors must be escorted to and from the PACU.**



## Phase II Recovery

After the immediate phase I recovery period, you will transition to one of two areas:

- An inpatient room where your care will continue.

OR

- The discharge area in the Surgery Center, where you will be reunited with your contact person and/or responsible adult. You will receive home care instructions.

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- You will not be permitted to drive for a minimum of 24 hours after anesthesia.

## Communication During Your Surgery and Recovery

Once your contact person arrives at his or her designated surgical waiting area, we ask that he or she check in at the reception desk and provide his or her contact information.

Updates will be provided to your contact person by a surgical liaison who can answer questions and provide support to family members. This service is provided in our waiting areas from 7:30 a.m. to 9 p.m., Monday through Friday.

If your contact person is not able to wait at the hospital during your surgery, please provide his or her contact information and we will communicate with this person by telephone. The surgeon or a member of the surgical team will speak to your contact person after your surgery is finished.

Information about room assignments for admitted patients will be provided to the contact person as soon as it is available.

Our goal is to keep you and your designated contact person well-informed. We will do our best to provide you with the information that you need in a timely and sensitive manner.

**Federal law and our concern for patient privacy prohibit us from providing information about you to anyone without your express permission.** Anyone inquiring by phone about your condition must provide your **privacy code** before any information can be shared.

**Thank you again for choosing MedStar Georgetown University Hospital for your surgery.**



## Additional Information

### Parking

Valet parking is available and recommended at no additional cost. Valet parking is located in front of the Emergency department at Entrance 2.

Please visit [MedStarGeorgetown.org/Parking](https://www.medsstar.org/Parking) for information about parking.

### Patient Care or Safety Concerns

- If you have any concerns about patient care or patient safety in the hospital, please discuss these issues with any member of your health care team.
- If these concerns are not addressed to your satisfaction, please contact a patient advocate: **202-444-3040**.
- If the patient advocate cannot resolve the issue to your satisfaction, you may contact the District of Columbia Department of Health: **202-442-4737**, or the Joint Commission: **800-994-6610** or by email: [complaint@jointcommission.org](mailto:complaint@jointcommission.org).

### TOBACCO-FREE CAMPUS

MedStar Georgetown University Hospital is proud to be a smoke-free campus and provide a healthy environment for patients and visitors, inside and outside the hospital. Please note that the use of tobacco products is prohibited in or around any hospital buildings, parking lots and the surrounding university and residential neighborhoods. We appreciate your consideration and cooperation as we fulfill our vision of being the trusted leader in caring for people and advancing health.



**MedStar Georgetown University Hospital** is a not-for-profit, acute-care teaching and research hospital with 609 beds located in Northwest Washington, D.C. Founded in the Jesuit principle of *cura personalis*—caring for the whole person— MedStar Georgetown is committed to offering a variety of innovative diagnostic and treatment options within a trusting and compassionate environment.

MedStar Georgetown's centers of excellence include neurosciences, transplant, cancer and gastroenterology. Along with Magnet® nurses, internationally recognized physicians, advanced research and cutting-edge technologies, MedStar Georgetown's healthcare professionals have a reputation for medical excellence and leadership. MedStar Georgetown University Hospital— Knowledge and Compassion Focused on You.

MedStar Franklin Square Medical Center  
**MedStar Georgetown University Hospital**  
MedStar Good Samaritan Hospital  
MedStar Harbor Hospital  
MedStar Montgomery Medical Center  
MedStar National Rehabilitation Network  
MedStar Southern Maryland Hospital Center  
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**MedStarGeorgetown.org**



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