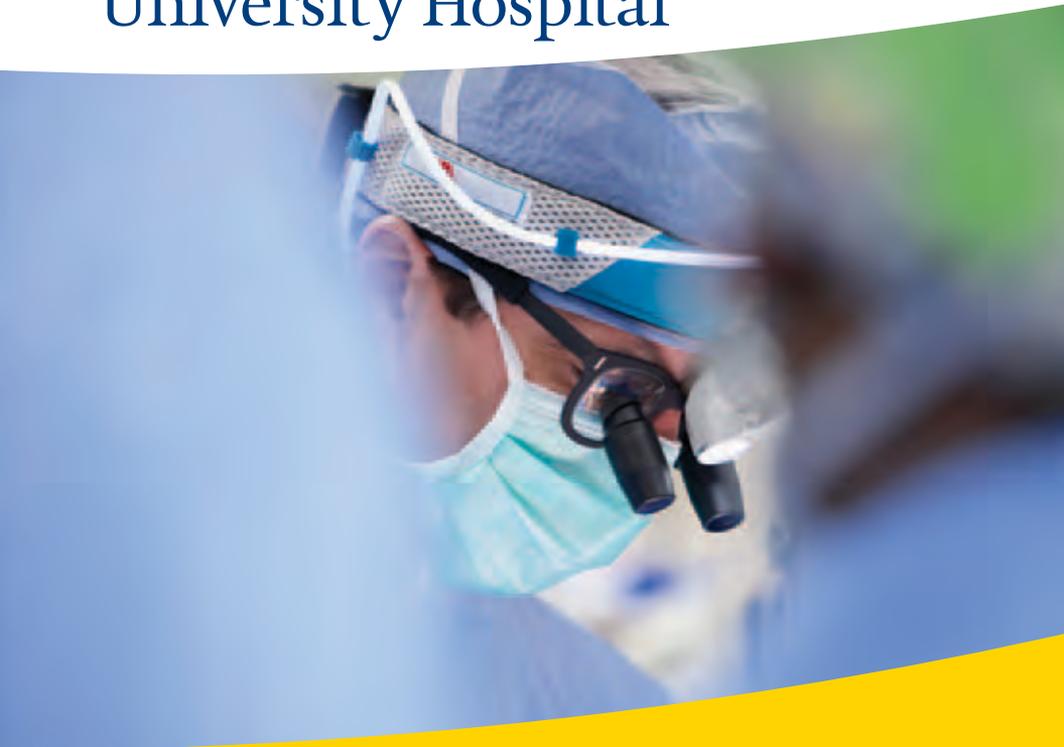




MedStar Georgetown University Hospital



Preparing for Surgery
*Everything you need to know about
your surgery.*

Knowledge and Compassion
Focused on You

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Your patient privacy code number is:

Arrival time on the day of surgery

Medications to take with a small sip of water on the day of surgery

Introduction

Welcome to MedStar Georgetown University Hospital! We are committed to providing you with the highest quality patient care available.

You are the most important member of our health care team and keeping you informed, safe, and comfortable is our greatest responsibility. It is important that you understand each step in the surgical process from the time your surgeon determines that surgery is the best option until you are ready to return home. The information in 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 pre-surgical nurse if you have any questions or concerns. Again, thank you for choosing MedStar Georgetown University Hospital.

Our Fax # is: 202-444-4208

MedStar Georgetown University Hospital is a tobacco-free campus. Thank you for not using tobacco products during your visit/stay.

Planning for Surgery

Planning ahead is the best way to reduce stress on the day of surgery. We want to minimize any anxiety you may feel and support you throughout your surgical experience.

To assist your health care team, we ask that you:

- Designate one individual as your contact person with whom your health care team may communicate both during and after your surgery.
- You and your contact person will be given a privacy code number. Anyone inquiring about you or your condition will need to provide hospital staff with the privacy code before information may be shared. This is to ensure your confidentiality and respect your privacy.
- Limit the number of family and friends waiting at the hospital on the day of surgery so that your health care team may focus on caring for you. Only your contact person may wait with you in the pre-operative areas. No visitors are allowed in the Operating Room.



- Plan your transportation and home care if you expect to go home the day of your surgery. For your safety a responsible adult must accompany you when you leave the hospital after receiving sedatives and/or general anesthesia. You will not be permitted to drive for a minimum of 24 hours after surgery. If you receive general anesthesia a responsible adult must stay with you at home for 24 hours after surgery. A responsible adult is not required to accompany you home if you only receive local anesthesia.

- Wear loose comfortable clothing on the day of surgery. If you stay overnight your contact person will be asked to keep your belongings. If you go home the day of surgery your belongings will be stored in a small locker.
- Bring only necessities such as glasses/contacts and case, hearing aid(s) and case, dentures and case, picture ID, insurance card(s), court documents and Advanced Directives as applicable, list of medications, and necessary or prescribed medical/health equipment. If you are staying overnight pack a bathrobe, slippers, and toiletries. All other belongings or valuables should be left at home.

Other items to consider as you plan for surgery are:

- Adhering to the scheduled surgery time for each patient is very important to us; however, due to the complex nature of surgery there are delays on occasion. We will keep you and your family informed at all times. We thank you in advance for your patience and understanding if you experience any delays.
- Private Room requests may be made to your pre-surgical nurse. We cannot guarantee a private room, but will do our best to accommodate your request.
- Please inform us if language assistance is required for you or your contact person before, during or after surgery. Interpreters are provided free of charge. Contact International Services at 202-444-1588 to make arrangements prior to the day of surgery.
- American Sign Language interpreters are provided as a complimentary service for our non-hearing patients and/or families. Contact the Patient and Physician Advocacy Department at 202-444-3040. Requests for interpreters should be arranged before the day of surgery.
- Parking costs \$3.00/hour to a maximum of \$7.00/day with a validated parking ticket.
- Patients arriving for surgery or Pre-Surgical Testing will need to register and obtain a patient identification wrist band from Patient Access on the 1st Floor of the Main Building.

Pre-Surgical Testing Center

Once surgery is planned your surgeon will refer you to the Pre-Surgical Testing Center. A Pre-Surgical Nurse will contact you to determine if you need an appointment for specialized evaluations, preoperative blood tests, and/or diagnostic testing (Electrocardiogram, X-rays, etc). If necessary, an appointment will be scheduled prior to your surgery date. If an appointment is not necessary or you are unable to come for an appointment, you can expect a phone call from a Pre-Surgical Testing Nurse. During this call, the nurse will obtain all necessary medical information in preparation for your surgery.

During this appointment you can expect:

- To meet with a Pre-Surgical Testing Center nurse and complete a nursing assessment. You will be asked to provide names and dosages of all medications you are taking, including prescription, non-prescription, over-the-counter medications, and aspirin. You should also provide names and dosages of any vitamins, herbals, and diet supplements you take on a regular basis.
- To meet with a Nurse Practitioner, if appropriate, to complete a focused anesthesia assessment based on your medical history and/or surgery.
- To provide list of medication allergies and its effects.
- To review and sign consent forms for surgery.
- To receive customized instructions regarding medications to take and medications to stop prior to surgery.
- To be instructed NOT to take ASA/Motrin/NSAIDS/Vitamin E/ Fishoil/Herbals/Diet Supplements for 14 days prior to your surgery.
- To have any required preoperative blood tests and/or diagnostic testing (Electrocardiogram, X-ray, etc.) completed unless test results are brought with you or faxed from your primary care physician/ HMO prior to your appointment. Our fax number is: 202-444-4208.
- To provide the name and phone number of your Primary Care Physician and any Specialists you may see.
- To have the opportunity to have your questions answered.

Pre-Surgical Testing ensures that all necessary medical information is obtained and all preoperative requirements are completed prior to the day of surgery. In the event the Testing Center cannot obtain this information or complete the requirements, your surgeon and/or anesthesiologist may decide that the safest course is to delay or cancel your surgery.



A nurse should have reviewed the following standard preoperative instructions with you:

- Do not eat, chew, or drink anything (including gum, candy, water) after twelve midnight on the day of your surgery. For your safety, surgery may be delayed or cancelled if you eat, chew, or drink anything after twelve midnight.
- Do not apply lotions, creams, or make-up on the day of surgery. These items can be irritating to your skin and eyes while under anesthesia.
- Follow the Pre-Surgical Testing Center instructions regarding skin cleansing.
- Follow the Pre-Surgical Testing Center instructions provided to you regarding your medications. Certain medications will interfere with your surgical care and must be stopped, or your surgery may be cancelled.
- If you were instructed by your physician to take any medications the day of surgery, please do so with a sip of water only. It may be necessary to refer you to your surgeon or primary care physician for special instructions regarding medications.
- Your arrival time on the day of surgery is 2 hours prior to your surgery start time. For example, if your surgery is scheduled for 10:00AM you should arrive at main registration at 8:00AM. Allow extra time for traffic and parking. It may be necessary to delay or cancel your surgery if you arrive late. If a delay is unavoidable please contact us at (202) 444-4218 as soon as possible.

If you have not received these instructions or have any additional questions, please contact a Pre-Surgical Nurse at (202) 444-2746.

We want to provide you with exceptional care throughout your experience. If at any time you feel that you are not receiving exceptional care please let your nurse or nurse manager know so that we can address your concerns before you leave Perioperative Services.

A Pre-Surgical Nurse Liaison will greet you upon arrival to the Surgery Center Waiting Room and will assist your loved ones while they wait. Next, you will be escorted to the Pre-Operative area where final preoperative requirements will be completed by your health care team. One contact person may be with you at this time.

During this time period you can expect:

- To be provided with a recliner or stretcher and a drape for your privacy.
- To change into a gown and slippers & place your clothing in a bag.
- To remove any jewelry/piercings, contact lenses/glasses, hearing aides, & dentures/removable bridges, etc. you may be wearing and give these to your contact person prior to entering the OR.

For your safety a registered nurse will:

- Confirm your identity by asking you to state your name and date of birth. Confirmation of your identity will be repeated throughout your surgical experience because we care about your safety.
- An allergy bracelet will be placed on your wrist if appropriate.
- Review your medical record for completeness and perform preoperative teaching.

You will be visited by:

- Your surgeon(s), anesthesia providers and your operating room nurse.
- Your surgeon will review your medical record, answer any questions, and mark your surgical site as appropriate.
- Your anesthesia team will discuss the plan for your anesthesia and start an IV (intravenous) line.
- Your operating room nurse will confirm that you are fully prepared to enter the Operating Room.

Operating Room

- Once preparations are complete you will be escorted to the Operating Room and your contact person will be directed to the appropriate Surgical Waiting Room.
- Before entering the Operating Room a protective paper cap will be placed on your head. Your entire surgical team will be wearing similar hats to decrease the potential for infection.
- In the Operating Room you may be asked to assist with transfer to the Operating Room table.
- There are bright lights and many pieces of equipment in the Operating Room.
- Your operating room nurse is in the Operating Room to care for you and act as your advocate. He/She will remain with you throughout your surgery.



Post-Anesthesia Care Unit (PACU)

- Immediately following surgery you will be escorted to the PACU for recovery care.
- Critical care nurses staff the PACU and will care for you as you awaken from anesthesia.
- You will remain in the PACU until it is safe for your discharge to an appropriate post-recovery location and an appropriate room is available.
- Visitation in the PACU is allowed for brief periods. The surgical liaison will coordinate the visit with your loved ones and the PACU nurse. If you remain in the PACU for a longer period, brief visits may be repeated. All visits must be arranged and visitors must be escorted to and from the units.
- In the event that a room is unavailable in an appropriate post-recovery inpatient unit, you may stay overnight in the PACU. If you stay with us in the PACU you will receive exceptional care and respect for your privacy throughout your stay.

Post-Recovery

After the immediate post-operative recovery period you will transition to one of two areas:

- The discharge area in the Surgery Center where you will be reunited with your family and will receive home care instructions.
- An inpatient room where you will continue your post-surgical care.

Communication During Your Surgery and Recovery

At MedStar Georgetown University Hospital our goal is to keep our patients and their loved ones well informed throughout their surgical experience. Should questions arise about anything, at any time, please do not hesitate to let us know. We will do our best to provide you with the information that you need in a timely and sensitive manner.

Once you have gone to the Operating Room your contact person and any other family members will be directed to the appropriate waiting area. We ask that your contact person check in at the reception desk of the appropriate waiting area so we have their contact information should we need to reach them.

Throughout the surgical process, updates will be provided to your contact person by a Surgical Liaison. Our Surgical Liaisons are available to answer questions and provide support to family members throughout your surgical experience. This service is provided in our waiting areas from 9AM-9PM Monday-Friday.

If your contact person is not able to wait at the hospital during your surgery, please provide us with their contact information and we will be happy to communicate with them by telephone. Federal law, as well as our concern for patient privacy, prohibits us from providing information about you to anyone without your express permission.

Information regarding room assignments for patients being admitted to the hospital will be provided to the contact person as soon as it is available. We care about the comfort of all our patients' family members so please be advised that there is limited seating in our surgical waiting

rooms. Kindly consider our space limitations when determining how many family members will wait during your surgery.

Caring for you is at the heart of MedStar Georgetown's commitment to providing you with the highest quality, safest patient care available. Please communicate any questions or concerns, at any time, during your stay to any member of your health care team so that we may address them quickly and to your satisfaction.

MedStar Georgetown participates in a random confidential patient satisfaction survey. You may receive a call from Discovery Research asking about your experience while you had surgery. Your response is very important to us. We make improvements to our care and service based on your responses. In the event that you feel you cannot give the highest possible ratings, please let us know so that we may address your concerns prior to your discharge.

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



MedStar Georgetown University Hospital

is a 609-licensed bed, not-for-profit, acute care teaching and research facility based in Northwest Washington, DC.

MedStar Georgetown's clinical services represent one of the largest, most geographically diverse and fully integrated health care delivery networks in the area. MedStar Georgetown is home to the internationally known Lombardi Comprehensive Cancer Center, as well as nationally ranked programs in neurosciences, gastroenterology, gynecology, orthopedics and urology.

Visit our web site at www.medstargeorgetown.org.

We're Only a Phone Call Away

For more information about all our programs and services, call **Georgetown M.D.**, our free physician referral service staffed by nurse counselors. We can put you in contact with a doctor who best meets your personal and medical needs, and can arrange an appointment. All physicians involved in **Georgetown M.D.** are associated with MedStar Georgetown University Hospital.

Call **202-342-2400** or toll-free **866-745-2633**, Monday through Friday, 8:00 a.m. to 8:00 p.m.

medstargeorgetown.org



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