

COMMUNITY MEMORIAL HEALTHCENTER **SURGICAL SERVICES DEPARTMENT**

Your surgery or procedure *may* require a visit to the hospital before the day of surgery for Pre-Admission Testing. It is a very important part of the care you will receive at Community Memorial Healthcenter. A PAT visit gives each patient having surgery or a procedure the opportunity to incorporate testing, health history review and teaching into one visit.

Pre-Admission Testing patient instructions:

Your doctor's office will make an appointment for your visit if required. Please allow 1-2 hours depending on the number and type of tests ordered by your doctor, and based on your health history, physical condition and the needs of the surgical procedure.

What to Bring With You:

- Identification (driver's license, Social Security Card or birth certificate).
- Insurance cards, Medicaid cards, Medicare cards, etc.
- Bring (or a written list that includes name, dose, and how often taken) all of your medications including vitamins and herbal supplements, over the counter drugs.
- A list of any known food or drugs including Latex to which you are allergic.
- Any instructions given to you by your physician.
- A list of any questions you may have.
- Parents/ legal guardians must accompany minors.
- POA if an adult doesn't sign legal papers for him/herself
- If you have completed any of the following, Advance Directives, Power of Attorney, or a Living Will please bring them with you.

Arriving For Your PAT Appointment:

- Fasting is not required; you may eat breakfast or other regular meals.
- Parking is available in our parking lot located across the street in front of the hospital. Handicap parking is available near the front door. Wheelchairs are available at the hospital's main entrance inquire at the front desk.
- Go directly to Admissions/Registration, located in front Main Lobby area.
- Once the registration process is completed, take a right out of the glassed in area to the end of the hallway and turn left. Proceed a short distance to the Surgical Waiting area located on the left. Please check in with the Volunteer.

Interviews and Exams:

During your appointment a registrar, a registered nurse, and possibly some other professionals will meet with you personally. They play an important role in your care and can make your admission easier by:

- Educating you about your procedure, the tests to be performed, type of anesthesia, about the events that will occur and care that you will receive the day of your surgery or procedure.
- Answering any questions you may have about your surgery, tests, etc.
- Reviewing your health history with you.
- Please tell the staff if you take diabetic medication or blood thinning medication, especially coumadin or plavix.
- Preparing and reviewing the consent forms with you or as appropriate to sign.
- Preparing your paperwork and obtaining proper authorization and billing of hospital charges to your insurance provider.
- Helping you understand your financial obligations.

Testing:

As deemed necessary by your doctor she/he may have ordered one or more of the following tests:

- Blood and/or urine tests
- EKG
- Chest x-rays
- Specialized diagnostic imaging may be necessary in some instances such as MRI or CT scans or ultrasound.

Questions / Concerns:

Any questions you may have before, during, or after your PAT visit, or surgery day may be directed to your doctor or call the **Surgical Services Department Office (434)- 447-3151 ext. 3160 Monday- Friday 8 a.m. to 4 p.m.**

Helpful Information for Your Surgery

The following instructions are for your comfort, health, and safety. These instructions are in general and apply to most patients. Your physician or the nursing staff may have given you specific instructions if you have questions please ask your doctor or call the Surgical Service Department office. (434-447-3151 ext. 3160.)

- Do not have anything to eat or drink after midnight, including chewing gum, candy, mints, unless instructed differently.
- Do not drink any alcoholic beverages or use recreational drugs for at least 24 hours prior surgery/procedure day.
- If you take Blood Pressure or Heart medication check with your doctor or nurse to see if you should take them the morning of surgery. Do not take “water pill” or diuretics unless instructed otherwise by the nurse/physician.

- Call your personal doctor or cardiologist for advice if you take diabetic medicines, aspirin, anti-inflammatory medications, or blood thinners on a daily basis.
- Brush your teeth before surgery/procedure, but do not swallow any water.
- Bathe or shower the evening before or the morning of your surgery. Make sure your hair is dry.
- Do not wear make-up, perfume (including perfumed lotions), aftershave, fingernail polish, or acrylic nails.
- Do not bring jewelry, money, or other valuables with you. **The nursing staff cannot be responsible for your valuables.**
- Wear shoes and clothes that are clean, comfortable, and easy to get on and off.
- Bring a case for your glasses or contact lenses. We will provide a case for your dentures or partial plates. Dentures and glasses must be removed prior to surgery and these items will be left with your family.
- Contact your doctor if you become sick the day before your surgery with a cold, sore throat, fever, or other illness. Contact the Surgical Services Department office (434)-447-3151 ext. 3160 if you eat or drink anything the day of surgery, your case may have to be cancelled or rescheduled.
- We strongly encourage you to have your family member or friend to stay in the hospital until the surgeon has spoken to him or her at the end of the surgery.

What to Expect Before Your Surgery or Procedure

- Review your instructions about eating and drinking prior to surgery, what medications to take, and what to expect. Follow these instructions carefully.
- Make sure you know your arrival time to the hospital.
- Due to limited seating, only 2 visitors per patient are allowed in the surgical waiting room at one time. Others may wait in the front Main Lobby.
- A parent or legal guardian must accompany you if you are under 18. We ask for parents or guardians to remain in the hospital for the duration of the surgical procedure.
- **Arrange for a family member or friend to accompany you and take you home after the surgery.** For your safety we cannot let you drive yourself or take public transportation home after the surgery or procedure. Your surgery /procedure may be **cancelled** or rescheduled if you haven't made these arrangements.
- We ask that you not bring children with you but to arrange for someone to care for your children while you are away. Seating is limited and there is no children's play area.
- We will ask you to sign consent forms for permission to perform your surgery / procedure and to verify that the surgeon has discussed the procedure with you.
- You may receive 2-3 phone calls prior to surgery, one from the Registration representative to confirm your home address, health insurance, and emergency contact numbers, etc. A nurse may call you to discuss your arrival time, medications, and fasting instructions, etc. Be prepared for changes in arrival times

as other patients' surgeries are cancelled or urgent cases are added to your doctor's schedule.

- Bring crutches or walker if you use them to walk or if needed after surgery.
- **CHILDREN:**
 - ✓ We suggest that you bring an extra set of clothes, diapers, formula, etc.
 - ✓ Parents are encouraged to stay with their children in the pre-op area and in the recovery area (PACU).
 - ✓ Your child may bring a favorite toy such as a doll or stuffed animal but no mechanical toys.
 - ✓ Your child may be fussy and cranky after his/her surgery. For this reason, we ask that you bring another adult to assist in the driving on the way to your home.

The Day of Surgery

- Arrive promptly at the registration area as scheduled.
- Make sure you have with you all of the required forms, identification, and insurance card.
- Report to the Surgical Waiting room. Leave registration area. Turn left at end of hall. Go a short distance and the waiting room is on the left.
- A Volunteer will assist you, if no one is present someone will be monitoring the area, give him/her your papers.
- A nurse will assist you with the consent forms, perform an assessment and take your blood pressure, heart rate, temperature, and oxygen saturation measurement. An intravenous line (IV) will be started for medication purposes.
- You will learn about a pain scale to rate your discomfort and what to expect after surgery.
- You will change into a patient gown, and get an identification (ID) bracelet. You will need to verify the information on the bracelet.
- An Anesthesia Provider will meet with you to discuss the plan for your anesthesia during surgery.
- If appropriate, someone from your family may stay with you until the actual time of surgery.

In the Operating Room

- A Registered nurse from the Surgical team will meet you in the preoperative area to verify your identify, surgeon, planned procedure, and operative site.
- The nurse will take you to the operating room and assist you onto a special bed.
- The surgical team members will prepare you for surgery along with the Anesthesia Provider and will attach required monitoring devices.

Post Anesthesia Care

- After your surgery or procedure most patients are taken to recover in the PACU (Post Anesthesia Care Unit). The RN will monitor your vital signs and general

condition and provide care and treatment to you as you recover from the effects of anesthesia.

- You will stay in PACU until you have recovered from anesthesia enough to be either moved to your room or until you are ready to prepare for discharge home.
- Some complex surgeries require intensive care admission after surgery.
- Visitation in the PACU is allowed only for parents of children under age 16. Patient visitation must be limited to safely provide patient's care and confidentiality.
- We would appreciate if your family member or friend would stay in contact with the waiting room volunteer so we can keep him/her posted on your progress, room assignment, and other important updates.

Your Recovery After Surgery

- Your doctor will provide you with instructions for your recovery process; follow your doctor's instructions for breathing exercises, rest, medicine, diet, care of your incision, and activity. You will also receive discharge instructions from one of the nurses.
- Do not drive or operate machinery for 24 hours following your surgery or as instructed by the nurse/physician.
- Watch for trouble signs, such as breathing difficulties, excessive bleeding, uncontrollable pain, or fever. If any of these signs occur, call your doctor immediately or come immediately to the emergency department (ER) if needed.
- We will attempt to call you the day after surgery to check on your progress.

If you have further questions, please call one of our nurses in the Surgical Services Department 434-447-3151 ext. 3160 between 8 a.m.-4 p.m. Monday through Friday.