

## Preparing for Your Procedure

It is important that you read the following information so you and your family will be prepared for your Day Surgery visit.

- Do not eat or drink anything after midnight (including gum, hard candy, water) unless you have been instructed otherwise by your physician or the anesthesiologist. In some instances, patients are instructed to take medications with a small sip of water.
- Refrain from smoking after midnight as your lungs need to be clear for surgery.
- Bring a list containing the name, dosage and time all medications are taken.
- Wear comfortable, loose-fitting clothes that are easy to get on and off, as well as low-heeled shoes.
- Makeup, hair spray, aftershave or cologne are not permitted.
- You may brush your teeth and/or use mouthwash.
- If you wear contact lenses, please leave them at home and wear glasses. Please bring a case for them.
- Nail polish/acrylic nails are acceptable as long as one nail is left exposed (either a fingernail or a toenail).
- Metal hairpins or barrettes cannot be worn.
- Leave all valuables at home (i.e. money, jewelry). Remove all jewelry, including body piercing.
- If you are staying in the hospital overnight or for several days, you may wish to bring your belongings with you. A secure locker will be provided for this purpose.

During the Pre-Procedure visit, you may have the following:

### Interview

The Day Surgery Center Nurse will meet with you to document your health history. At this time, please present any papers your physician has instructed you to bring to the hospital. If you will need interpreter services, please inform your physician so that accommodations can be made. If you prefer, you may bring someone with you to assist in interpreting.

### Pre-Procedure Testing

This may include blood work, urinalysis, chest x-ray, electrocardiogram and other tests as ordered by your physician.

### Anesthesiology Consult

A staff anesthesiologist will talk with you about your procedure and discuss what type of anesthesia is best for you.

### Pre-Procedure Appointment

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Date and Time

Date of Surgery

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To reschedule a Pre-Procedure Testing, please call your doctor's office.

# Day Surgery

## Patient Information



## Morton Hospital

A STEWARD FAMILY HOSPITAL

Steward

World-class health care where you live.

Steward

## Welcome

Your doctor has scheduled a procedure for you in our Day Surgery Center where you will receive advanced care in a comfortable outpatient setting. We want your stay with us to be as convenient and comfortable as possible. If you have any questions, please call your physician or the Day Surgery Center at (508) 828-7282.

## Pre-Procedure Visit

Your physician's office staff will assist in scheduling your pre-procedure visit and date of procedure. Pre-Procedure Testing is required of all patients being admitted to the Day Surgery Center who will receive anesthesia and may also be required for some patients receiving local anesthesia.

The Pre-Procedure Testing visit generally takes one to two hours. If pre-testing is done at another facility, allow one hour for the nursing assessment and anesthesia consultation.

Children under 18 must be accompanied to the Pre-Procedure visit by a parent or guardian.

## When you report to Pre-Procedure Testing, please bring the following:

- Insurance information (card)
- Any health care proxy forms or legal guardianship documentation
- Any paperwork given to you by your doctor
- Name, dosage and time medications are taken
- Copies of recent test results done at another facility (such as blood work, EKG, X-rays)

You will receive a call from the Day Surgery Center staff between 3 p.m. and 8 p.m. on the last weekday before your surgery to let you know when and where to arrive.

If you are unavailable during this time, call (508) 828-7126 to receive this information.

The time you are asked to arrive at the Day Surgery Center will be approximately one to two hours before you are scheduled for your procedure to allow sufficient time to prepare you for your surgery.

If you develop a cough, cold or elevated temperature before your procedure, contact your physician immediately as your procedure may need to be rescheduled.

## The Procedure

As directed by the Registration staff, please report to the Day Surgery Center Reception Desk. There, you will be asked to validate information and be directed to a waiting area.

Prior to your procedure, you will be escorted to a changing area, where you will be provided with a gown, robe and slippers. A locker will be provided for your personal belongings. You will then go to the pre-operative area, where a nurse will take your temperature, blood pressure and pulse and answer any questions.

At this time, you may receive medications to help you relax. An intravenous line is often started in the Day Surgery Center prior to surgery to help replace body fluids and administer medication. One person is welcome to stay with you while you are in the pre-operative area.

## Going Home

It's likely that you'll feel slightly dizzy or sleepy after being sedated or anesthetized for surgery. For your own safety and well-being, we require that you be accompanied home by a responsible adult after discharge from the Day Surgery Center. We cannot allow you to take a taxi home unattended. We also recommend that an adult stay with you during the first 24 hours following your procedure. Because anesthesia can continue to affect you up to 24 hours following your procedure, you should not drive or operate hazardous machinery or tools, drink alcohol, or make important decisions during this time.

Your physician or nurse will provide you with specific instructions for home care before you leave the Day Surgery Center.

## When to Call the Doctor

If you experience any of the following symptoms following your discharge from Day Surgery, please call your doctor immediately:

- Difficulty breathing
- Excessive, persistent nausea or vomiting
- Fever and/or chills
- Any unusual swelling or pain
- Any other complications your doctor may have discussed with you

If you are unable to reach your doctor, call the nearest emergency room for advice. Morton Hospital's Emergency Department is available 24 hours a day. Call (508) 828-7100.