

Quick Reference Guide

These page numbers will quickly guide you through this brochure

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Saint Agnes Numbers to Know

(all numbers use 559 area code)

Main Operator.	450-3000
Centralized Scheduling <i>(for Lab, X-ray and EKG appointments)</i>	450-5656
Patient Admitting <i>(Where you will report for lab and other diagnostic tests, and on day of surgery.)</i>	450-5115
Pre-Admission Testing.	450-3772
Preregistration	450-8855

Preparing for Surgery

This pamphlet is designed to help prepare you for your surgery and ensure the most successful experience possible. We encourage you to share it with your family or friends who will care for you the day of your surgery and at home.

Welcome

Ask for the Language Line Translators if you want translator services. Interpreters are provided at no cost to you.

*Read this brochure
so you will be
well-informed
and know what
to expect.*

Bienvenido, pregunte por el 'Intérprete de Lenguaje Line' si desea los servicios de unintérprete. Los intérpretes se proporcionan sin ningún costo.

ਸੁਆਗਤ ਹੈ, ਜੇ ਤੁਸੀਂ ਦੁਭਾਸ਼ੀਆ ਸੇਵਾਵਾਂ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ "ਲੈਂਗਵੇਜ਼ ਲਾਈਨ ਇੰਟਰਪ੍ਰਟਿਰ" ਦੀ ਮੰਗ ਕਰੋ। ਇੰਟਰਪ੍ਰਟਿਰ ਤੁਹਾਨੂੰ ਬਿਨਾਂ ਖਰਚ ਦੇ ਮੁਹੱਈਆ ਕੀਤੇ ਜਾਂਦੇ ਹਨ।

Բարի գալուստ, եթե թարգմանչական ծառայությունների կարիք ունեք, ապա «Հեռախոսային թարգմանչի» խնդրեք:

Zoo saib txais tos, Nug txog "Kab Lus Tus Kws Txhais Lus" yog tias koj xav tau ib tus kws pab txhais lus. Muaj cov kev pab txhais lus pub dawb rau koj.

Before-Surgery Planning Checklist

Registration and Payment Arrangements

Once your surgeon's office schedules your surgery, here's what happens:

- The registration team will call you to verify the information we received about you from the surgeon's office. This is to guarantee we have all the correct information about you.
- Next we verify your insurance information and your insurance coverage for your scheduled procedure. If required by your insurance company, we will obtain prior-authorization for your treatment.
- If you do not have insurance, we will work with you to make financial arrangements.
- Private financial counseling is available to ALL patients. If you would like to make an appointment, please call (559) 450-7262, Monday-Friday, 8 a.m.-5 p.m.

*Your safety is our
No. 1 priority,
so we double-
and triple-check
everything. We ask
a lot of questions
because we care
about your health!*

Before-Surgery Medical Assessment and Testing

After your surgery is scheduled, one of our Pre-Admission Testing (PAT) nurses will call you to go over your medical history and all of your medications. Your answers to these questions, and the medical information we received from your surgeon's office, will help us determine if any additional tests or studies are needed to prepare you for your surgery. You may also be asked to see your family doctor, cardiologist, or other specialist. At Saint Agnes Medical Center, we want our surgical patients to be as medically ready for surgery as possible, and safety always comes first.

Before-Surgery Suggested “Shopping List”

Don't put off today what you won't feel like doing after surgery ... stock up on these needed supplies!

- ❑ CHG (Chlorhexidine Gluconate) soap (Brandname: Scrub Care or Hibiclens) can be purchased at most local pharmacies. ***It is not always covered by insurance.***
- ❑ Thermometer – to check your temperature at home.
- ❑ Acetaminophen (Tylenol) or Ibuprofen (Motrin) to use for mild pain (if you are not allergic) as ordered by your physician.
- ❑ Clean washcloths to wash your incisions, per your discharge instructions.
- ❑ Comfortable clothing that is VERY easy to wear home as you recover.
- ❑ Alcohol gel for frequent handwashing and hand cleaning.
- ❑ Simple frozen meals to make mealtime easy for the first few days.
- ❑ A walker, cane, or bedside commode as recommended by your surgeon.

Planning for Transportation

Prepping for surgery takes time. That's why we ask you to arrive 1-2 hours early. We want to be sure you're ready when your surgical team is ready.

- Your Pre-Admission nurse will give you your arrival time and instructions.
- You will be asked to arrive at the hospital approximately 1-2 hours before your scheduled surgery. Your scheduled surgery time is when the surgeon starts your procedure. We need you to arrive early so that all the necessary preparations can be completed by the time your surgical team is ready.
- For same-day surgery, or upon discharge from your hospital stay, **you will need to make arrangements for a ride home from the hospital.** We require this for your safety, because anesthesia and pain medication lingers in your system. **You will also need to arrange for someone to stay with you for the first 24 hours after your surgery.**

Medical Decisions to Consider

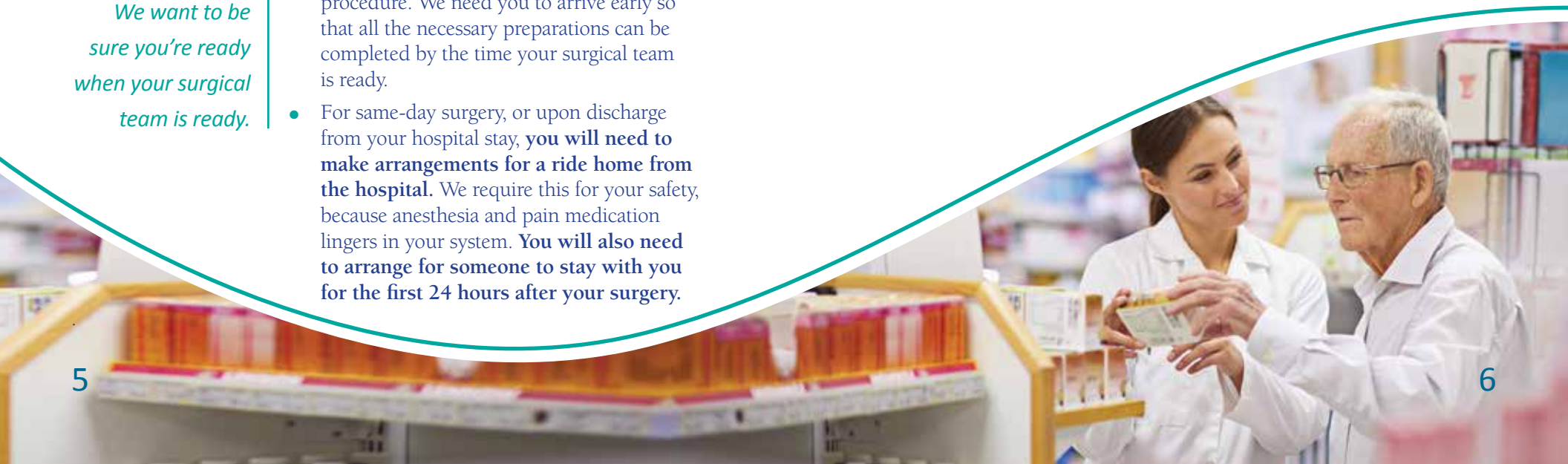
Additional Paperwork to Bring to the Hospital

- Durable Power of Attorney
- Guardianship
- Advance Directives or POLST (Physician Orders for Life-Sustaining Treatment) – If you have Advance Directives, please bring copies to the hospital on the day of surgery.

Bring these important forms with you on your day of surgery!

ONE WEEK Before Surgery

Do NOT shave near where you will have surgery. Shaving can increase your risk of infection due to small cuts in the skin.



ONE DAY Before Surgery

The day before surgery is all about anesthesia safety and infection prevention.

What you eat and drink on the days before surgery will affect how your body processes anesthesia, so please follow these guidelines.

Because anesthesia can affect each person differently, and because your safety is our No. 1 priority, we ask that you please follow these guidelines:

- ❑ Do NOT eat anything after midnight. This includes gum. The Pre-Admission Testing nurse will instruct you about when to stop drinking before your surgery. Please follow these instructions carefully.
- ❑ Please do NOT smoke, drink alcohol, or take illegal drugs the day before surgery. These substances affect your lungs and your body's ability to process anesthesia.

- ❑ If you have an infection, a cold or sinus problem, a rash, or have experienced vomiting or any unusual changes in your body, please call your surgeon's office.
- ❑ Complete any special instructions your surgeon has ordered for you.
- ❑ Before bedtime, take a shower and wash your hair using the special CHG soap (Scrub Care or Hibiclens) we asked you to purchase. If you haven't got it yet, it can be purchased at most pharmacies, but you might want to call ahead before driving there to buy it. The soap is to help prevent infections because your skin is not sterile. The soap will reduce the number of germs on your skin. Here's how to use it:
 - Wash your hair and body as usual using your regular shampoo. Then rinse carefully to remove any soap or shampoo residue.
 - Do NOT shave near the area where the surgery is to occur.
 - Apply the CHG soap to your body from the neck down. DO NOT USE CHG SOAP NEAR YOUR EYES, EARS, OR IN YOUR PRIVATE AREAS.
 - Allow the soap to stay on your body for 5 minutes. Turn the water off to prevent rinsing the soap off too soon. Wash gently and thoroughly for 2-5 minutes, especially in the area where the surgery will be performed, unless this is near your eyes, ears, or private areas. CHG soap does not make suds like normal soap.
 - Turn water back on and rinse off. DO NOT use your regular soap after using CHG soap.
 - Pat yourself dry with a clean, dry towel.
 - DO NOT use lotion, powder, perfume or aftershave on the skin.
 - Wear clean clothing and sleep on clean sheets.

You will minimize your risk of getting an infection after surgery by washing yourself as directed. Remember to use the special soap!



DAY of Surgery

When the big day arrives, the last thing we want you worried about is your appearance, so no makeup, jewelry or perfume! The key is to be clean and comfy. Wash your hair and body with CHG soap and dress in loose-fitting clothes. Pack lightly and leave your valuables at home. The only thing valuable you should bring along is a loved one.

- ❑ Take a shower and shampoo your hair using CHG soap, following the same directions as the day before. Do not apply any conditioner rinse or spray.
- ❑ Brush your teeth, but DO NOT swallow any water.
- ❑ Only take the following medications with a small sip of water. You should have discussed this list with your surgeon.

- ❑ Wear loose-fitting, comfortable clothes to the hospital.
- ❑ DO NOT wear makeup or anything in your hair to the hospital.
- ❑ Remove all jewelry, earrings, and any piercings before coming to the hospital.
- ❑ What to bring:
 - Eyeglasses, dentures, hearing aids, contact lenses and their cases
 - A written list of all medications you take (from your PAT conversation)
 - Inhalers, eye drops, CPAP or BiPAP machines
 - Paperwork like Advance Directives or Guardianship
 - Photo ID and insurance cards, money for co-payments (if applicable)
- ❑ What NOT to bring:
 - Any valuables such as cash, credit cards, jewelry, iPods or iPads, etc. We are not responsible if these items are lost or stolen.

Arriving at the Hospital

Please arrive on time and check-in where you were instructed by the Pre-Admission Testing nurse (see back page). For your convenience, free valet parking is available.

Below is an outline of what you can expect. Please do not hesitate to ask questions of any staff member while you are with us. Our goal is to keep you informed and make you as comfortable as possible.

- ❑ You will be given a Saint Agnes Surgery “Passport.” This passport will identify what you and those who are with you can expect while you have your surgery.
- ❑ After registering, you will be escorted to the Surgical Waiting Lounge.
- ❑ A member of our preoperative team will come and escort you into the preoperative area. Space in this area is limited, so we ask that only one family member or friend escort you. This person will be asked to wait momentarily while you are weighed, use the restroom and change into a hospital gown. The rest of your family or friends may wait in the Surgical Waiting Lounge.

Most patients get a little nervous before surgery, so we aim to keep the environment calm and the noise level low. We ask that you choose only one person to accompany you to Preop.



Inside the Preoperative Area:

- ❑ Your personal belongings will be recorded and will be placed in a bag for safekeeping.
- ❑ A registered nurse will review your history and medications with you. Please bring a list that includes the last dose and the time it was taken.
- ❑ Your temperature, heart rate, blood pressure and oxygen saturation will be checked and recorded.
- ❑ You will be asked to sign a consent form for your procedure.
- ❑ Your surgeon will meet you in the preoperative area and may mark your surgery site with a marker.
- ❑ Your anesthesiologist will meet with you briefly to discuss the plan for your anesthesia during surgery. Then you will be asked to sign a consent form for your anesthesia.
- ❑ For certain types of surgery a staff person may swab your nose or clean your skin again with CHG wipes.

- ❑ An IV (intravenous catheter) will be placed in your hand or arm for fluids and medications needed during surgery and recovery. If ordered by your doctor, an assistant may use a clipper to clip the hair at your incision site.
- ❑ Your family member will get instructions for tracking your progress on our surgical tracking board.
- ❑ You will be taken into surgery when all safety checklists have been completed.
- ❑ Your operating room nurse will come to the preoperative area to greet you, receive a report from the preoperative nurse and then escort you into surgery.
- ❑ In the operating room, the operating room nurse will position you for surgery and the anesthesiologist will administer medication to sedate you or put you to sleep.
- ❑ During your procedure, you may have a urinary catheter placed in your bladder to drain your urine. Please avoid tugging or pulling on the tubing. Do not twist or kink the tubing, and always keep the urine bag below the level of your bladder. Our goal is to remove the catheter as soon as possible to prevent infections.

Once you are taken into surgery, your family will be directed to the Surgical Waiting Lounge. Your doctor will meet them there after your surgery is completed to discuss the procedure and outcome.

Your anesthesia team will ask you a lot of questions. Some may seem unrelated to your surgery, but you can be assured they are all important to us to safely administer medication that's specific to your needs.

AFTER Surgery

The hard part is over. Now it's time to rest and recover. It may take a few hours to fully wake. Don't worry about your family. We will keep them informed about how you are doing until you are ready to go home or be taken to your room.

Following surgery, you will be cared for and monitored in the Post-Anesthesia Care Unit (PACU), also known as the recovery room, until you are fully awake from the anesthesia. Our nurses will work with you to control your pain and any other potential side effects from the medications used in surgery.

It is not usually possible for family members to visit in the PACU, but your nurse will keep them updated about how you are progressing.

The amount of time spent in the PACU depends on how quickly you wake up – typically a few hours. When you are fully awake, you will be moved to the discharge area if you are going home, or to your room if you are being admitted.

If you are going home the same day as your surgery, your family will be directed to the discharge area. If you are being admitted, they will be directed to your hospital room.

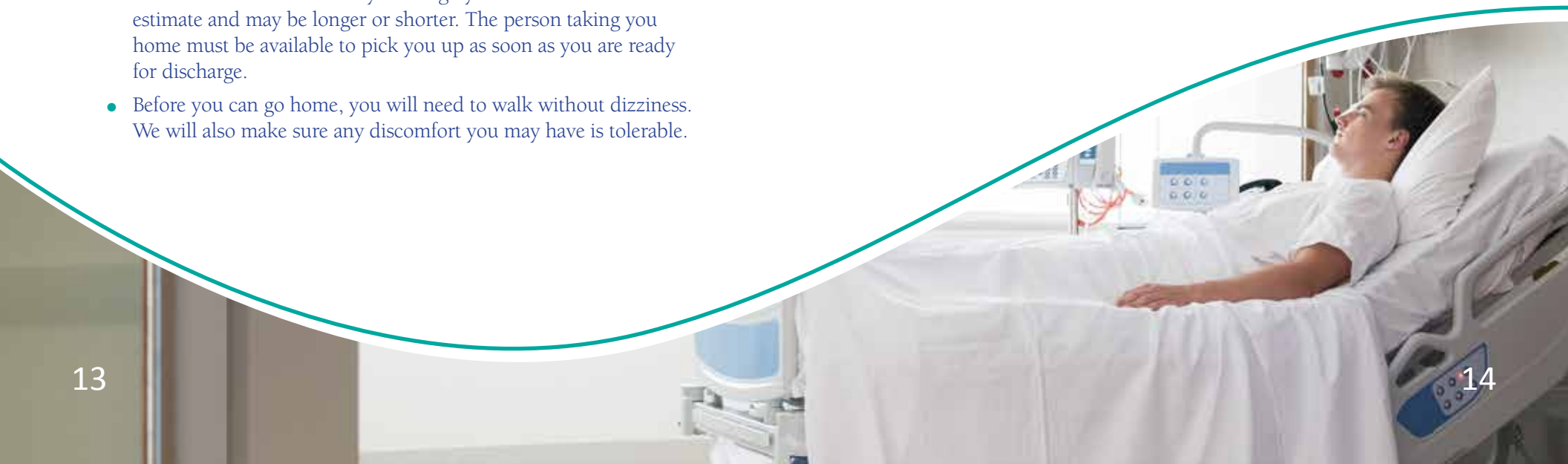
Same-Day Discharge

Prior to leaving the hospital, written instructions for your care will be reviewed with you and your caregiver. **(Remember, for your safety you cannot go home alone.)**

- If you are having same-day surgery, you will be ready to go home within 30-90 minutes after your surgery is finished. This is an estimate and may be longer or shorter. The person taking you home must be available to pick you up as soon as you are ready for discharge.
- Before you can go home, you will need to walk without dizziness. We will also make sure any discomfort you may have is tolerable.

- We recommend that you have someone stay at home with you for the first 24 hours.
- During the first 24 hours you may feel drowsy, slightly dizzy, and experience some mild nausea. You also may experience some discomfort. The prescription medication you will be given should help control your pain.
- Please plan on filling your prescription for pain medication even if you don't think you will need it. You may find that you need it after the anesthesia wears off.
- Make sure you know what health care provider to call if you need help or have questions after you are at home. If you are not sure, please ask the nurse.

We know you'll be anxious to get home, but please don't leave until you receive written instructions about how to care for yourself once you get there. Ask as many questions as you can think of ... that's what we're here for!



Medication List

Please list every prescription and over-the-counter medicine you are presently taking, including aspirin and herbal remedies. Give the strength and dosage of each, and how often it is taken.

Allergies

Please list all known allergies (food, soap, medication, tape, latex, iodine, contrast, etc.) and reactions, if known _____

Preferred Pharmacy: _____

Phone: _____

Please complete and provide this medical information during your phone interview with the Pre-Admission Testing (PAT) nurse, and bring it with you the day of surgery.

Patient Name: _____

1. Medicine		
Strength	Dose	Frequency

2. Medicine		
Strength	Dose	Frequency

3. Medicine		
Strength	Dose	Frequency

4. Medicine		
Strength	Dose	Frequency

5. Medicine		
Strength	Dose	Frequency

6. Medicine		
Strength	Dose	Frequency

7. Medicine		
Strength	Dose	Frequency

8. Medicine		
Strength	Dose	Frequency

9. Medicine		
Strength	Dose	Frequency

10. Medicine		
Strength	Dose	Frequency



Your Health History

Please complete and be prepared to provide this medical information during your phone interview with the Pre-Admission Testing (PAT) nurse.

Answers in this questionnaire are strictly confidential (please print.)

Name		Date of Birth	
Home Number	Cell Number	Work Number	
Height	Weight	<input type="checkbox"/> Male	<input type="checkbox"/> Female

Cardiac History

- High blood pressure
 - Irregular heartbeat
 - Chest pain/angina
 - Angiogram, stent placement
 - Limited physical activity
 - Open heart surgery
 - Blood clots
 - Congestive heart failure
 - Heart valve problems
 - Pacemaker/defibrillator
 - Other: _____
- Name of Cardiologist:

Respiratory History

- Asthma/wheezing
- Shortness of breath with mild activity
- Emphysema
- Recent pneumonia

- Tuberculosis
- Home oxygen
- Sleep apnea
- Use CPAP or BiPAP

Endocrine History

- Diabetes
- Thyroid disease

Implanted Devices

- Artificial joints
- Pacemaker
- Implanted IV device
- Defibrillator
- Lens implant Right/Left

Blood Disorders

- Anemia
- Bleeding disorders
- Blood-clotting disorders
- Previous blood transfusion

Gastrointestinal History

- Hepatitis/jaundice
- Colon problems
- Stomach problems
- Acid reflux

- Ulcer
- Gallbladder problems
- Pancreatitis

Kidney History

- Kidney disease
- Dialysis

Neurologic History

- Stroke
- Seizures – date of last one: _____
- Headaches

Nutrition History

- Unexplained weight loss
- Difficulty swallowing

Musculoskeletal

- Back/neck problem
- Osteoporosis
- Arthritis
- Artificial joints

Immune System

- Recent steroid use
- Cancer
- Radiation therapy

Women's Health

- Tubal ligation
 - Post menopause
- Date of last menstrual period:

Other

- _____
- _____

Past Surgical History

- _____
- _____

History of Resistant Organisms

(MRSA, VRE) Yes No

Previous Anesthesia Problems

- Yes No

Social Habits

- Alcohol Yes No
 #Drinks per week _____
 Tobacco use Yes No
 #Packs per day _____
 Date quit ___/___/___
 Recreational drugs Yes No



Additional Information to Help Prepare You for the Day of Surgery

To Prevent Infections

1. **Handwashing:** If you do not see any of your care team members wash their hands, ask them to do so before examining you.
2. **Smoking:** Patients who smoke get more infections. Talk to your doctor about how you can quit.
3. **Antibiotics:** Given properly, antibiotics can greatly lower your chances of getting an infection after surgery. They should be given within 60 minutes of surgery and stopped within 24 hours, in most cases.
4. **Shaving:** If needed, clippers can be used to remove hair at the site of your surgery. Do not shave. Using a razor can leave small cuts on the skin, causing infections.
5. **Blood Sugar:** If you are diabetic, controlling your blood sugar will reduce your risk of infection.
6. **Diet:** Eat a healthy diet.

Tobacco and Alcohol Use – If you smoke, you will probably be asked to stop for a week or two before and after surgery. Recent tobacco use increases the chance of developing abnormal heart rhythms during general anesthesia and impairs lung function. Smoking decreases blood circulation, interferes with healing and increases your risk of infections.

Heavy alcohol use can damage the liver, causing heavy bleeding during surgery and unpredictably increasing or decreasing the effect of general anesthesia. Alcohol consumption should be gradually decreased. A sudden decrease before undergoing general anesthesia can cause harmful effects, such as fever and abnormalities of blood pressure or heart rhythm.

Complete Test – Before surgery, you may undergo several tests to determine how well your vital organs are functioning (i.e., an electrocardiogram, X-rays, lung capacity tests, etc.). If organs are functioning poorly, the stress of surgery or anesthesia can cause problems. Preoperative tests occasionally reveal an illness without clinical symptoms that would require postponing surgery, like an infection.

If you have any questions or concerns about blood transfusion, please call our **Transfusion-Free Program Coordinator, (559) 450-3357**.

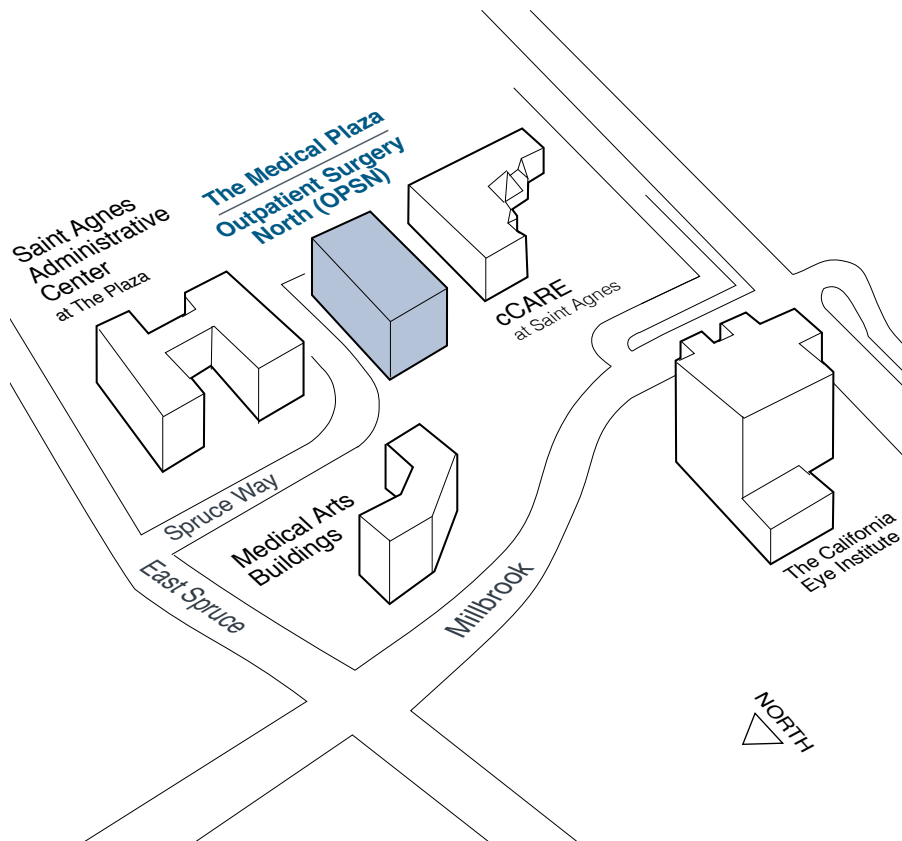
Pain Medication – Ask your doctor in advance about what type of pain medication he or she plans on prescribing for you after surgery.

NOTE: Popular pain relievers like hydrocodone may be prescribed for pain control after surgery, which can cause constipation. If you have a history of constipation ask your doctor about increasing fluids after your surgery, once it's safe to do so. Also ask about starting either a stool softener or having something like Metamucil available at home for when you are discharged.

Directional Map

Saint Agnes Outpatient Surgery North (OPSN)
1105 E. Spruce Ave. #101

Turn north on Millbrook Ave., off of Herndon Ave., merge into the right lane and prepare to turn right (east) on Spruce Ave. Then make an immediate right on Spruce Way.



Saint Agnes Medical Center
1303 E. Herndon Ave.

Immediately after turning south on Millbrook Ave., off of Herndon Ave., merge into the left lane and prepare to turn left at the sign (1) labeled Emergency/Outpatient Center Entrance. Patient registration is located inside the Outpatient Center.

Complimentary valet parking is provided.

