

## Important Information Regarding Your Surgery

Thank you for trusting Adventist Health White Memorial with your healthcare needs. Our team is dedicated to providing a positive surgical experience. We are happy to help answer any questions regarding your treatment or refer you to someone who can assist you with your specific needs.

Please follow these guidelines in conjunction with your physician's instructions.

### Pre-Assessment Procedure

- After your surgery has been scheduled, a date will be set for your pre-operative appointment. The appointment will either be in person at our Patient Intake Department, or via telephone. If you have any questions please call 323-268-5000 x2464, Monday through Friday from 9 a.m. to 5 p.m.
- A completed pre-operative appointment is required 2-5 days before your surgery. During the pre-operative visit, we will work with you on the following:
  - Insurance verification
  - Physical assessment
  - Pre-operative diagnostic tests including blood work, urine test, chest x-ray and electrocardiogram (EKG)
  - Allergies, if any, to medication, food, or metal
- Your anesthesiologist will meet with you before surgery. At that time, the anesthesiologist will examine you, discuss your medical history and determine the best plan for your anesthetic care. It is important to tell your anesthesiologist of any prior problems or difficulties you have had with anesthesia, control of pain or previous surgeries.
- Please be sure to notify your anesthesiologist if you are pregnant or think you might be pregnant.
- If your surgery is outpatient, you will return home the day of your surgery. If your procedure is inpatient, you will stay overnight at our hospital.
- Please contact your surgeon's office immediately if you develop a cold, fever, rash (your surgery may need to be postponed) or if you need to cancel your surgery for any reason.

### When to stop eating and drinking before your surgery or procedure

For your safety and to avoid delay of your surgery, it is important to follow instructions about eating and drinking before your surgery.

- Do not eat anything (including gum, candy or mints) after midnight the night before surgery.

*Please consult your surgeon for instructions about eating and drinking prior to surgery for infants and children.*

### Medications

- Please bring medications you are currently taking, including dose and frequency unless specifically instructed otherwise.

- If you are taking blood-thinning medications, including aspirin, or medications for diabetes and have not received instructions about when to stop them, please contact your surgeon's office immediately. Continue all other medications as prescribed by your doctor. Remember to take your medications with only a small sip of water on the day of your surgery.
- If you have sleep apnea and use CPAP equipment, please bring your CPAP device with you on the day of surgery.
- Please discontinue taking any herbal supplements unless instructed by your physician.

### **Unanticipated delay of Scheduled Surgery**

- In unusual circumstances, it may be necessary to delay or postpone your planned procedure. Your care will be prioritized so that your procedure can be performed at the earliest possible time. We will keep you informed if there is an unforeseen change in the schedule.
- In the event that your procedure must be rescheduled for a different day, it is important that your family member or friend remain nearby so he or she can take you home. Should this occur, you will be contacted to reschedule your operation.

### **Consent**

- You will be asked to sign documentation of Informed Consent for your surgery. Children and minors (under 18 years of age) must also have an Informed Consent signed by a parent or legal representative. Please bring proof that you are the minor's legal guardian, if applicable.
- In some cases, consent for blood transfusion will be needed. You will be informed about the risks and benefits of blood transfusion. Individuals who choose not to receive blood under any circumstances for religious or other reasons will be asked to sign a form documenting that choice. If you have questions about blood donation or blood from designated donors that have not been answered by your surgeon, please contact the surgeon's office as soon as possible. If you have been told that it may be difficult to find blood that matches your blood type, please notify your surgeon's office as soon as possible.

### **Designated Contact Person**

Please designate a primary contact person to whom we can provide updates about your condition. Your designated contact person's name and telephone number will be entered in your electronic medical record. All information will be directed to this person during your hospital stay. If your designated contact can be reached by cell phone, please provide that number as well.

### **Advance Health Care Directive**

- An Advance Health Care Directive is a legal document that allows you to appoint an individual to make healthcare decisions on your behalf in the event you are unable to do so yourself. It also provides an opportunity for you to state your wishes about the medical treatment you do or do not wish to receive. We recommend you discuss the Advance Health Care Directive before surgery with your spouse, family members, spiritual advisor and doctor. Although the participation of an attorney is not required, some people choose to prepare the Advance Health Care Directive in conjunction with a will and estate planning.
- If you already have an advance directive, living will, healthcare instructions, or medical power of attorney please bring a copy with you on the day of your admission.

## Day of Surgery

It is important to be at the hospital at your expected arrival time. **Wear comfortable clothes.** Remember not to eat or drink anything including water, mints or gum after midnight the evening prior to surgery.

### Where to Go

1. Enter the main hospital entrance parking lot off of East Cesar E Chavez Avenue.
2. Proceed to the main lobby of the hospital to check in for your procedure.
3. Family members may stay in the surgical waiting room. Your family will be informed once surgery is done. If your family cannot stay, please inform the nursing staff.

### Parking

Parking is available in the main parking structure (P1) off of East Cesar E Chavez Avenue. Please note there is a fee to park in the structure. Street parking is free except for street cleaning days. Please refer to map below.



## Surgical Patient Checklist

- Complete a pre-assessment evaluation at the White Memorial Patient Intake Department in person or via phone
- Follow the guidelines regarding eating and drinking prior to your surgery
- Take a CHG Bath (if applicable)
- Bring any pertinent medical records to the hospital
- Leave all valuables at home
- Bring:
  - a valid picture ID
  - copy of your advance directive (if you have one)
  - insurance card
  - social security information
- Bring medications you are currently taking
- Arrange for a responsible adult to accompany you home after your surgery (outpatient only)