



ADULTS HAVING SURGERY

GETTING READY

Please read this booklet to help you get ready for surgery.

All information is for your safety and should be followed. Please ask questions and take notes to be sure you know everything you need to know about your surgery.

Your visit to the Preanesthesia Evaluation and Testing Center (PETC) will take 1-2 hours. You may have a blood test, an x-ray of your chest, a test of your heart (EKG).

Bring all your medicines with you and any papers from your regular doctors. The nurse from the Anesthesia Department will ask you questions about your health. He/she will talk to you about your medicines (over the counter and herbal remedies), diet, activities, and pain management. The nurse will answer any questions you may have about getting ready for surgery.

We have information for you about pain control, relaxation exercises, and other hospital services. You may also arrange to have 1 or 2 adult Care Partners who can be active members of your health care team while you are in the hospital. Please ask us for more information about this program.

If you take aspirin products or blood thinners, tell your surgeon so you will know when to stop taking them before surgery.

If you get sick with a cold, fever, flu symptoms, tell your surgeon before the day of surgery.

Please note – if you are going home on the same day as your surgery, you must have an adult driver take you home and stay with you the first night.

SURGERY SAFETY STEPS:

- Information on the consent form will be explained to you before you sign it. Be sure you have all your questions answered so you know what will happen and what to expect.
- We will put an identification band on your arm. Staff will ask you (or your family) to say your name and birthday (or other identifying information). If you are unable to speak and are alone staff will work together to confirm your identity clearly.
- We will ask what type of surgery you are having and the location on your body. If your surgery involves left or right limb or body side, or has multiple sites (like fingers and toes), the site will be marked on your body by the doctor or other member of the surgical team.
- Just before the procedure begins, everyone in the room will take a short “time out” and check that they are doing the right procedure on the right patient in the right place. This may happen after you are asleep.
- We prevent infections by careful hand washing and giving antibiotics, if needed.

THE DAY BEFORE SURGERY

For your safety and comfort, patients and families must read, understand, and follow the guidelines for eating, drinking and taking medications. If the guidelines are not followed, your surgery may be delayed or cancelled.

A nurse will call you between 2:30pm and 6:00 pm to tell you what time you should come to the hospital. If your surgery is on a Monday, you will receive your call the afternoon on the Friday before. Your surgery will begin at least two hours after you arrive.

If there is a block on your phone, please call us. If you are staying at a hotel, please tell us where you are staying and the name on the registration. You can call us after 2:30 pm at 434-924-1248.

Instructions for food, liquid and medicines before arrival time

- Do not eat ANY solid food or drink soup, milk products, jello, or orange, grapefruit or tomato juice after midnight.
- If you take medicines crushed in food (like applesauce) take the last medicine 6 hours before arrival time.
- Do not chew gum or tobacco products after midnight.
- **Until 2 hours** before arrival time you may drink clear liquids only.
 - Examples of clear liquids: water, apple juice, clear soda, and popsicles

If you have diabetes keep your blood sugar between 90 and 150 mg/dl.

THE DAY OF SURGERY Arrival Time _____

- During the last 2 hours before arrival time do not chew, eat or drink anything.
- You may take medicines with a sip of water as told by your surgeon. (Medicines for diabetes, fluid, pain, and blood thinners may have special instructions).
- If you are going home the same day after surgery you **MUST** have a responsible adult take you home and stay with you overnight.

Bring the following with you:

- Do bring your "blood" bracelet, if given.
- Do wear comfortable, loose clothes
- Do bring insurance cards
- Do bring all medicines and follow all instructions given
- Do bring lip balm to apply to your lips after surgery

When you arrive, check in to the Surgical Family Waiting Lounge on the first floor of the hospital. There is not much space so do not bring belongings or extra people. Any extra clothes or money can be safely locked in your car for after your recovery or sent home.

Leave these at home:

- Do not wear jewelry including wedding bands or body piercings.
- Do not wear make-up, hairpins, nail polish, and contact lenses.
- Do not bring extra luggage, clothing or money to the hospital.

YOUR SURGERY

When it is time for you to get ready for surgery you will go to the Surgical Admission Suite (SAS). One family member can be with you until you go into the operating room.

While you are in surgery your family will wait in one of the hospital waiting rooms.

We will recheck your identification and the type and place of your surgery. Please ask questions and let us know if you need anything.

The nurse will take your vital signs, review your health history and answer your questions.

You will get a needle in your arm (IV) for fluid and medicine.

Your anesthesiologist will review your health history and blood tests, tell you what will happen, and answer your questions.

You will be taken into the Operating Room (OR). There will be many people there to keep you safe and comfortable at all times. You will be helped onto the table.

AFTER YOUR SURGERY

You will be taken to the Post-Anesthesia Care Unit (PACU) to recover.

Your surgeon may want you to spend time in the Intensive Care Unit (ICU).

You will be in the PACU for at least 30 minutes but often longer. Tell your nurse if you feel very sleepy, cold, have a sore throat, or feel sick. Please let the nurse know if you have pain.

Family and friends that are waiting for you will be called in about an hour and again regularly until you leave the PACU.

To help you recover, you must cough and take deep breaths when the nurse asks you. We want you to be as comfortable as possible. We will ask you about your pain and help to manage it after surgery.

IF YOU ARE ADMITTED

You will then be taken to your hospital room. Our *Patient Handbook* will give you information about the hospital and our services.

IF YOU ARE GOING HOME THE SAME DAY

- You will be taken back to Surgical Admission Suite to get ready to go home.
- You may be sleepy or dizzy so you must have a responsible adult driver to take you home and stay with you overnight.
- Verbal and written instructions will be given to you and your family. Please follow these instructions carefully and feel free to ask questions or voice concerns.
- Take it easy for a few days.
- Call if you have any questions when you get home.
- A nurse will call you in a few days to see how you are feeling and ask about your care at the UVa Health System.

IMPORTANT TELEPHONE NUMBERS

Preanesthesia Evaluation and Testing Center (PETC) 434-924-1248
 Surgical Admission Suite (SAS) 434-924-5455
 UVa Toll free number for all UVa Services 1-800-251-3627
 UVa Page Operator 434-924-0000

Your Surgeon (Name & Phone) _____

Time to get to hospital _____

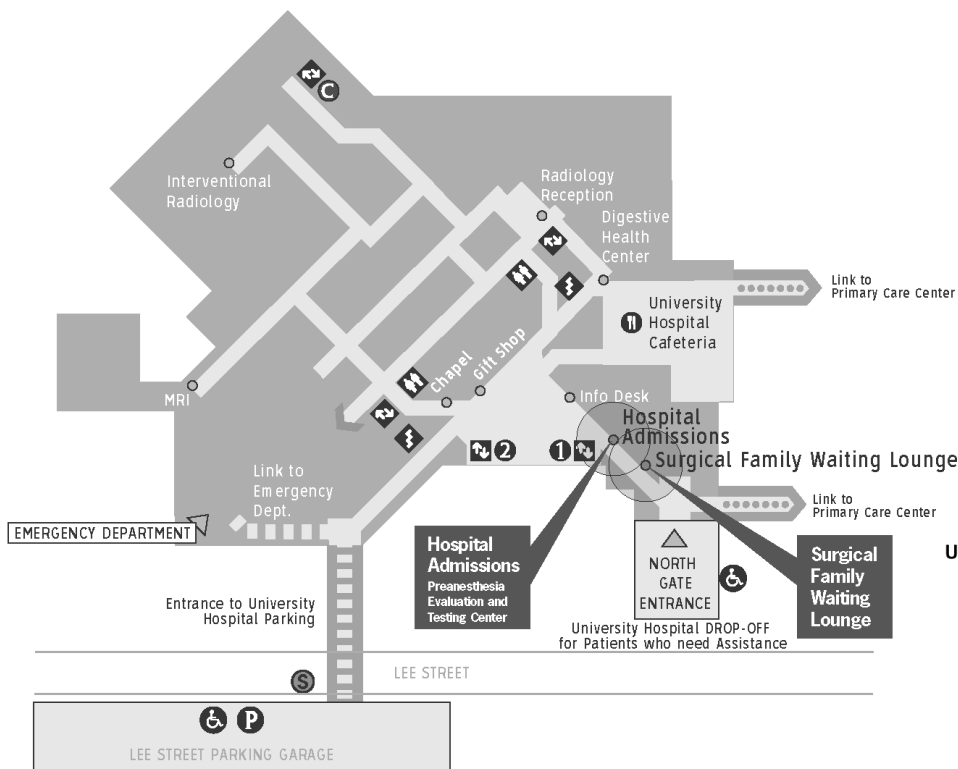
For a tour of all the surgery areas see:

<http://www.healthsystem.virginia.edu/internet/periop/> and click on "virtual tour"

For more information about your health see: www.uvahealth.com

Take these medicines in the morning with a sip of water

Do not take these medicines



UVA PAIN RATING SCALE

