Surgical Services: Same Day or Ambulatory

We are pleased that you have chosen Northwestern Memorial Hospital for your surgery. It is important for you to know what to expect and how to prepare. Please review the following information. It explains:

- What to expect before, during and after surgery.
- Important steps for you to take.

The following topics are discussed.

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**Before Your Surgery: Getting Ready**

Please follow these guidelines so we can provide you with safe, timely and effective care.

If you have any questions, please ask your doctor or nurse.
Pre-operative (pre-op) Testing
Based on your health, age or the type of surgery you are having, you may need a physical exam or certain tests. Please schedule these tests and exams at least 2 weeks before your surgery. This helps avoid delays. Testing often includes:

- EKG.
- Complete Blood Count (depending on surgery).
- Blood Chemistry (patients 65 and older).
- Urine Pregnancy Test (females 60 years or younger).
- Medical History and Physical Exam.

You can have the testing at any time up to **21 days before your surgery**. But, **it must be completed at least 4 business days before your surgery**.

Other tests may be ordered. It is helpful to review the list of ordered tests before having them done. If you have had these tests or a physical exam recently, they may not have to be repeated. Talk with your surgeon or primary care doctor. They can also assist with testing and exam sites. **Be sure to bring the order sheet from your surgeon’s office to the test site.**

For your convenience, Northwestern Memorial offers the following health exam/testing location options. If you choose to use one of these sites, you and/or your insurance company may be billed for the services and tests done.

- **Pre-op Assessment Service**
  201 East Huron Street – Galter Pavilion, 5th Floor
  For information, call *(312) 926-4343*
  To schedule an appointment, call *(312) 926-4566*
  Walk-in patients can expect at least a one hour wait
  **Hours:**
  Monday – Thursday 8:30 a.m. to 5:00 p.m.
  Friday 8:30 a.m. to 3:00 p.m.

- **Diagnostic Testing Center (DTC)**
  675 N. St. Claire Street - Galter Pavilion
  2nd Floor – Suite 154
  *(312) 926-4200*
  **Hours:**
  Monday – Friday 7:00 a.m. to 7:00 p.m.
  Saturday 7:30 a.m. to 12 noon

- **Prentice Pre-op Clinic**
  250 E. Superior Street, 6th floor
  To schedule an appointment, call *(312) 926-7000*
  **Hours:**
  Monday, Wednesday, and Thursday 7:00 a.m. to 3:00 p.m.
The pre-op history and physical exam lasts about 40 to 60 minutes.

The surgeon may also ask you to meet with:
- An anesthesiologist.
- Another specialist (depending on your health).

On the day of your appointment, you may eat, drink and take medications unless you are told otherwise.

Please bring the following to your pre-op appointment:
- Test order sheet from your surgeon’s office.
- Photo ID if you are having tests done for possible blood transfusions (Type & Screen or a Type & Crossmatch).
- Health insurance information.
- Medicare card (Medicare patients only).
- A list of all current medications, herbals and over-the-counter medicines including:
  - Dose.
  - How often you take it.
  - Why you are taking it.

During your pre-op appointment:
- You will be asked to complete a health history form.
- Our staff can explain your pre-surgical tests and procedures.
- We will answer questions about what to expect during your hospital stay.

**Medication & Diet**

Be sure to follow your doctor’s instructions for diet, bowel preparation, or medicines. Some medicines you take may affect how well you do after surgery.

Talk with your surgeon if you are taking any:
- “Blood thinning” medicines such as warfarin, Coumadin®, Lovenox®, or heparin. These types of drugs can increase your risk of bleeding.
- Aspirin, Advil®, Motrin® (ibuprofen) or other NSAIDS (non-steroidal anti-inflammatory drugs. You will have to stop taking these before surgery. Please contact your doctor to confirm **when** to stop taking these medicines. (This may be anywhere from 2 to 14 days before your surgery.)
- Insulin or other medications for diabetes. Your dose may need to be changed for the day of surgery.
Two weeks before surgery, if you did not receive specific instructions, please do the following:

Stop taking all herbal medicines and medicines containing aspirin. If you are not sure which medicines you should stop taking, ask your doctor or pharmacist. You may take acetaminophen (Tylenol®) to relieve minor pain if needed.

**Surgery Pre-registration**

Telephone pre-registration helps ease check-in on the day of surgery. It is important to register **at least 2 business days** before your surgery.

Please call **(312) 926-2950**. Have the following information ready when you call:

- Contact information (name, address, telephone).
- Social security number (new patients).
- Health insurance information.

**Call from the Pre-op Nurse**

On the day before your surgery (or on the Friday before a Monday surgery), a pre-op nurse may call you. The nurse will discuss:

- Surgery time.
- Diet and medicine guidelines before your surgery.
- Discharge home or hospital stay.

The nurse will also review the hospital arrival place and time. Northwestern has 3 ambulatory surgery centers on campus:

- Olson Ambulatory Surgery Center (Olson Pavilion)
  710 N. Fairbanks Court
  6th Floor Registration Desk Check-in (6:00 a.m. to 7:00 p.m.)
  (312) 926-7937
- Prentice Ambulatory Surgery Unit
  Prentice Women’s Hospital
  250 E. Superior Street
  6th Floor Registration Desk Check-in (6:00 a.m. to 9:30 p.m.)
  (312) 472-0600
  (Valet parking available here only)
- Same Day Surgery (Galter Pavilion)
  201 E. Huron Street
  5th Floor Registration Desk Check-in (6:00 a.m. to 8:00 p.m.)
  (312) 926-5450
During this call, please ask the nurse any questions you have about your procedure. The nurse may refer you to your surgeon for questions about your specific surgery. You may call the pre-op nurse later on if you have more questions. Please use the numbers listed above to reach a nurse at your surgery center.

**Night Before Surgery**

Please follow any specific instructions your surgeon or pre-op nurse gave you.

**Unless otherwise instructed by your surgeon or pre-op nurse, be sure to:**

- Eat a light or bland meal for dinner.
- Do not eat or drink after midnight, including hard candy, mints and gum.
- Do not smoke after midnight.
- Shower and wash your hair.

If you plan to go home the same day, it is important to arrange to have an adult take you home after surgery. It is also helpful to designate a family spokesperson who can update family members/friends about your condition after surgery. (We cannot share any medical information about you by phone to outside callers.)

**Day of Surgery**

**Guidelines**

Before you come in, be sure to follow any specific instructions your doctor or pre-op nurse gave you. Here are some additional guidelines to follow.

- **Medicine:** Unless your surgeon or pre-op nurse told you otherwise, you may take your regular medicines on the morning of surgery. Take your medicines as directed, with only small sips of water.
- **Diabetics:** If you are diabetic, follow your doctor’s guidelines about taking insulin.
- **Food & Drink:** Do not have anything to eat or drink – no candy, gum, or mints. Do not swallow anything, including the water you use to brush your teeth. (The only exceptions are for medicine).
- **Make-up:** Remove any make-up before surgery. During surgery, we will check your circulation by looking at your skin, so it should not be covered with make-up.

**What to Bring to the Hospital**

Having the right information will make it easier for us to provide you with the best service. Please bring:

- Photo ID.
- Medical insurance information.
- Medicare card (for Medicare patients).
- List of allergies & current medicines (including the last time taken).
- Recent test or physical exam reports (if done outside of Northwestern).
- Copies of yourAdvance Directive, Living Will or Power of Attorney (if you have completed these forms).
- Medical devices, if used, such as a CPAP machine.

To make your stay more comfortable, you may wish to bring:
- Containers for contact lenses, glasses or dentures.
- Toiletries and other personal items if you will be staying overnight.
- Magazine, book or other reading materials.

Please leave all valuables (jewelry, credit cards, money) at home. This includes body-piercing jewelry and tongue studs. You may not wear any jewelry during surgery.

If you plan to go home the same day, please wear comfortable, loose-fitting clothing (that will fit over any bandages or splints).

**Arrival**

Please come to the surgery center location as instructed by your surgeon’s office or the pre-op nurse. (See page 4.) If you were not given a specific arrival time, please arrive 1½ hours before the time of your surgery.

**Parking** is available for patients and visitors in the garage at 222 E. Huron, across from the Feinberg and Galter Pavilions. For discounted rates, please bring your parking ticket with you. Tickets can be validated at the Customer Services Desks on the 1st and 2nd floor of the Feinberg and Galter Pavilions, and on the 1st floor of Prentice.

Valet parking is available for Prentice Women’s Hospital patients and visitors.

**From the Parking Garage** to get to the Olson Ambulatory Surgery Center or Same Day Surgery (Galter): Walk across one of the bridges located on the 2nd floor of the parking garage.

To get to Prentice Women’s Hospital, walk east on Huron. When you reach Fairbanks Avenue, turn left and walk north one block until you reach Superior Street. Prentice Women’s Hospital is located on the northeast corner of Superior Street and Fairbanks.

**Pre-Surgery (pre-op) Preparation**

**Check-in**

When you arrive at the registration desk, the staff will check you in and update your information as needed. They will then direct you to the waiting area until you are called by the nurse. The staff will notify you if there is any delay.

When you are taken into the pre-op area, visitors who plan to stay and wait may wish to check in with the volunteer staff in the Surgical Waiting Room. This helps ensure that they can be contacted when your surgery is over.
**Pre-op Area**

Once in the pre-op room, we ask you to change into a hospital gown. The nurse will review your medical history and take your temperature, blood pressure and pulse. Be sure to tell the nurse the exact time you last had anything to eat or drink.

We will place an IV (into the vein) line in your hand or arm so we can give you needed fluids and medicines.

If you are a female under the age of 60, we may perform a pregnancy test.

Your surgeon, anesthesiologist, or primary care doctor, as well as residents, nurse anesthetists, physician assistants and medical students may visit. If you have already met with the surgeon and anesthesiologist, you may not see them before your surgery. If you do have questions for them, please ask your nurse.

A member of the surgical/anesthesia team will also come in and:
- Confirm the type of surgery you are having.
- Mark the surgery site (if needed).
- Review the plan for anesthesia.
- Ask about any past problems you may have had with anesthesia.
- Tell you and your family how long the surgery is expected to last.

**Anesthesia**

Anesthesia is a short-term absence of feeling. The anesthesiologist and the surgeon will talk with you to plan the type of anesthetic that is best for you. This is based on the surgery and your medical history. There are 5 types of anesthesia that may be used.

**Local Anesthesia** is a numbing medicine injected around the site of the incision. It causes a lack of feeling at the incision area only. The rest of the body is not affected. You will be awake during surgery. The surgeon gives this type of anesthetic only when operating on a small part of the body.

**Monitored Anesthetic Care** uses both a local anesthetic at the incision site and IV medicine to relax you (sedation). It produces a sleepy state. You can be aroused, but otherwise sleep. Due to the IV medicine, you may not recall your time in the operating room (OR). Once surgery is over, you will be fully awake.

**A Nerve Block** is a type of local (or regional) anesthesia used for arm or leg surgery. Numbing medicine is injected close to a nerve. The nerve block numbs the entire limb. Sedation or a light general anesthesia also may be given. This allows you to sleep and to be unaware of what is going on around you during surgery. Depending on the surgery, your limb may be numb for 24 to 48 hours. This numbness is also helpful in managing pain after surgery.
In **Epidural or Spinal Anesthesia**, numbing medicine is injected into the mid or lower back. All of the nerves going into the incision area and nearby areas are numbed. This loss of feeling is limited to 1 region (localized). With a spinal, you may have a lack of feeling from the waist to the toes. Feeling returns in a few hours. Sometimes, patients have trouble urinating after an epidural or spinal. This is normal and usually lasts only a short time.

**General Anesthesia** may begin with IV medicine and often also includes breathing anesthetic gases mixed with oxygen. You are not aware of the surgery or your surroundings. A breathing tube may be placed into your windpipe to help you breathe during surgery. (This is why some patients have a slight sore throat for a day after surgery.)

**Before surgery, be sure to tell the anesthesiologist about any crowns, bridges or loose teeth so that extra care can be taken.**

**While You Wait**

You will be in the pre-op room for about 2 hours. (The nurse will tell you of any delays.) You may have 2 adult visitors at a time with you. Other visitors can wait in the family waiting room. To maintain your privacy, we may ask visitors to leave the room when we ask you personal questions about your health.

For safety and privacy reasons, children under the age of 16 may not visit in the surgical patient care areas. Those under age 16 should not be left alone in the waiting room; a responsible adult other than the patient must supervise them.

Visitors may not go with you when you are moved to the operating room (OR). Glasses, contact lenses, hearing aids, dentures and hairpieces are removed before you go to the OR.

We make every effort to start your surgery at the scheduled time, but there might be the chance that your surgery may start sooner or is delayed. We will keep you and your family informed of changes.

Once you are in the OR and anesthesia has been given, your surgery begins. The OR staff will call with updates for your family, or significant other, about every 2 hours.

**After Surgery**

**Recovery**

After surgery you will be moved to the recovery area. Recovery time varies with each patient. Your surgeon may speak to your family and/or significant other in the waiting room. About every 2 hours, they will also receive updates about your condition from the recovery room nurse.

Parents of patients 18 and under may be with their children in the recovery area once the patient is “settled.”
Please understand, due to many safety and privacy-related issues, visitors of adult patients may not be in the recovery area. The waiting room receptionist will let your visitors know when you have been moved from recovery to either:

- The outpatient surgery center.
- Inpatient hospital room (if planned/needed).

**Discharge**

If a hospital stay is not needed, your nurse will assess your readiness to go home. Before going home, you may be given a prescription for pain (if needed), as well as specific guidelines about:

- Incision care.
- Diet.
- Activity.
- Medication (including any new prescriptions and if you should continue any medications you were taking prior to your surgery).
- When to call the doctor.
- Who to call with questions.
- Follow-up appointments.

If you have any questions or concerns about your follow-up care, please ask the nurse.

**Remember that you must have a responsible adult to assist you in getting home safely.**

**Health Information Resources**

For more information, visit one of Northwestern Memorial Hospital’s Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women’s Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.

For additional information about Northwestern Memorial Hospital, please visit our Web site at www.nmh.org.