

Prentice Surgical Services

Welcome to Northwestern Memorial Hospital’s Prentice Surgical Services. If you are having surgery in the Prentice Operating Room, you will be admitted through the Pre-operative Unit in Prentice.

Please review the following information. It explains:

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

If you have any questions, please call Prentice Surgical Services at 312-472-7874.

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Before Surgery: Getting Ready

Please follow these guidelines. This will help us provide you with safe, timely and effective care.

Testing

Based on your health, age or surgery, certain tests and exams are needed. Please schedule these tests and exams at least 2 weeks before your surgery. This helps avoid delays.

The following tests may be needed:

- EKG (males 40 and older, females 50 and older)
- Complete Blood Count (depending on surgery)
- Blood Chemistry (patients 65 and older)
- Urine Pregnancy Test (females younger than 49)
- History and physical exam

Other tests may be ordered. It is helpful to review this list of 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.** If you are having a Type and Screen or a Type and Crossmatch tests done (for possible blood transfusions), please bring a photo ID.

You can have testing at any time up to **21 days before your surgery. But it must be completed at least 5 business days before surgery.** It is important that Prentice Surgical Services has the test results 48 hours before your surgery.

Pre-operative Assessment Services

Prentice's Pre-operative Assessment Services can conduct your necessary pre-operative exams. It is on the 6th floor of the Prentice Women's Hospital, 250 E. Superior St. The phone number is 312-472-0610. Exams are offered Monday, Wednesday and Thursday, 7:30 a.m. to 2 p.m. The assessment lasts about 30 minutes. Call 312-926-7000 for an appointment. (You and your insurance company may be billed for the services and tests done in Pre-operative Assessment.)

Before your visit to Pre-operative Assessment Services, you may eat, drink and take your medications, unless you are:

- Told otherwise by your doctor
- Having a fasting blood sugar test

Also, please bring a copy of your living will. When you arrive, you will be asked to complete a 1-page anesthesia questionnaire and a 2-page patient profile form.

A nurse guides you in the exam process. If planned by your surgeon, you may meet with an anesthesiologist at this visit.

Pre-Registration

Telephone pre-registration helps ease check-in on the day of surgery. Have the following ready when you call to register at **312-926-2950**.

- Contact information (your name, address, telephone number)
- Social Security number
- Medical insurance information

Please register **at least 2 business days** before your surgery.

Call from your Prentice Nurse

On the day before your surgery (or on Friday for Monday surgery), the Prentice nurse may call you. The nurse will discuss:

- Surgery time
- Arrival place and time
- Diet and medications before your surgery
- Your discharge home or hospital stay

Please ask the nurse any questions you have during this call. (The nurse may refer you to your surgeon for questions about your specific surgery.) Should you have a question later on, call the Prentice Surgical Services at **312-472-7874**.

Diet and Medications

Be sure to follow your doctor's pre-surgery guidelines. This may include diet, medications or bowel preparation. Talk with your surgeon if you are taking any blood thinning medication such as warfarin (Coumadin[®]), Lovenox[®], or heparin, which can increase your risk of bleeding. Non-steroidal anti-inflammatory drugs (NSAIDs) such as Advil[®] or Motrin[®] are also stopped prior to surgery. Please contact your doctor to confirm **when** to stop taking these medicines. (This could be as little as 2 days or as long as 14 days before surgery.) If you are diabetic, please ask your doctor about taking your insulin on the day of surgery.

If no instructions were given, please do the following:

Two Weeks Before Your Surgery

Stop taking any herbal supplements and medications containing aspirin. If you are not sure which medications should be stopped, ask your doctor or pharmacist. If needed for minor pain, you may take acetaminophen (Tylenol[®]).

Day Before Your Surgery

Eat a light or bland meal for dinner the night before your surgery.

- **If your surgery time is at or before 12 noon, do not eat or drink anything after midnight on the night before your surgery. Hard candy and gum are not allowed.**
- **If your surgery is after 12 noon, you may have clear liquids only (water, coffee or tea without cream or sugar and apple juice) until 8 a.m. on the morning of your surgery. Hard candy and gum are not allowed.**

It is a good idea to shower and wash your hair the night before your surgery. You should also remove nail polish, all gel/acrylic nails as well as any make-up before surgery. During surgery your circulation is checked by looking at your skin and nail beds. Plan to wear loose-fitting clothing that will fit comfortably over bandages and splints.

What to Bring

- Photo ID
- Medical insurance information
- Medicare card (for Medicare patients)
- List of allergies and current medications
- Recent test or physical exam reports
- Containers for contact lenses, glasses or dentures
- Toiletries and other personal items, if you will be staying overnight

Please leave all valuables (jewelry, credit cards, money) at home. This also includes body-piercing jewelry and tongue studs, which cannot be worn during surgery.

For use in the Waiting Room, family may choose to bring a:

- Lap top computer
- Cell phone

It is important to arrange to have an adult take you home after surgery (if you are going home the same day as your surgery). For safety and privacy reasons, children under the age of 16 may not visit in the pre-operative patient care areas. (Those under age 16 should not be left alone in the Waiting Room; they must be supervised by a responsible adult other than the patient.)

Reminder

- Do not eat, drink or swallow anything after midnight (unless instructed otherwise)
- Take medications, as directed, with only small sips of water

Be sure to tell the nurse the exact time you had anything to eat or drink.

Day of Your Surgery

Unless instructed otherwise by your surgeon, you may take your regular medications on the morning of surgery. If you are diabetic, follow your doctor's guidelines about your insulin. Otherwise, **do not swallow anything**, including the water you use to brush your teeth.

Arrival

Please arrive 1½ hours before the time of your surgery (unless told otherwise). Come to the Prentice Women's Hospital, 250 E. Superior St. and proceed to the 6th floor reception desk.

Valet parking is available through the hospital driveway. Discounted rates for both valet parking and self parking in the garage at 222 E. Huron St., are available for patients, family and visitors. Please bring your ticket with you for discount parking validation.

Preparation

Once in the pre-operative (pre-op) room, you are given a hospital gown and asked to remove all your clothing. Physicians' Referral Department The nurse will review your medical history and take your temperature, blood pressure and pulse. An IV (into the vein) line is placed in your hand or arm. It will be used for giving needed fluids and medications.

Doctor Visits

While you are in the pre-op area, your surgeon, anesthesiologist or primary care doctor, as well as residents and medical students may visit. If you have already met with the surgeon and anesthesiologist, you may not see them prior to your surgery. If you do have questions for them, please ask your nurse.

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** uses a numbing medicine injected around the incision site. It results in a lack of feeling in that area only. The rest of the body is not affected. You will be awake. The surgeon often gives this type of anesthetic, since only a small part of the body is affected.
- 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 absence of sensation (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. This is normal and usually lasts only a short time.)
- **Regional Anesthesia** means blocking the nerve supply to the designated part of the body, such as an arm so that the patient is not able to feel pain in that part of the body. You will remain awake or this may be combined with sedative medications to make you more relaxed or sleepy during the procedure.
- **General anesthesia** may begin with an 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 on the day after surgery.) Before surgery, be sure to tell the anesthesiologist about your crowns, bridges or loose teeth so that extra care can be taken.
- **Monitored Anesthetic Care (MAC)** uses both a local anesthetic at the incision site and IV medicine to relax you (sedation). MAC 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 mild relaxing medicine may be given to you before going to the OR. Anesthesia itself is given in the OR.

While You Wait

You will be in the pre-op room for about 2 hours. (The nurse will keep you informed of any delays). You may have 2 adult visitors at a time with you. Other visitors can wait in the family waiting room. Glasses, contact lenses, hearing aids, dentures and hairpieces are removed before you go to the OR. Visitors may not go with you when you are moved to the OR.

Once you are in the OR and anesthesia has been given, your surgery will begin. Your surgeon will tell you and your family prior to the surgery about how long your surgery will last.

After Surgery

Recovery

Your surgeon will speak to your family or significant other in the waiting room after your surgery. Your family cannot join you in the recovery room, but may see you either when you:

- Return to Prentice outpatient recovery
- Are in your hospital room

If you are going home on the day of your surgery, you may go from the OR to the Post Anesthesia Care Unit (PACU). In the PACU, the nurses closely monitor your status until you are ready to return to Prentice outpatient recovery. Some patients go directly back to Prentice outpatient recovery. Most patients spend about 1 hour in the PACU, then another hour in Prentice outpatient recovery before going home.

If an overnight hospital stay is needed, you will go to the PACU after surgery. Then you are moved to your hospital room. For most patients, the time in the PACU is about 1 hour. (This may be longer based on your recovery time and hospital room openings.) Your nurse will keep you and your family informed about when you will be moved.

Discharge

After surgery, 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
- 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.

General Information

Location

Northwestern Memorial Hospital's New Prentice Women's Hospital is located north of the Chicago Loop. It is 2 blocks east of Michigan Avenue, between Huron and Superior streets. The address is 250 E. Superior St., Chicago IL 60611.

Billing

Northwestern Memorial Hospital will bill your insurance provider directly, then bill you for any remaining amount. You may receive separate bills from:

- Your surgeon
- Your anesthesiologist
- Pre-operative assessment services

Resources for Family and Friends

Family and friends may wait in the Prentice Surgical Services Waiting Area located on the 6th floor. Staff will keep them updated on the patient's status. Family and friends may wish to visit the hospital's:

- Cafeteria or coffee shops
- Health Learning Centers (1st floor of Prentice and on 3rd floor of Galter Pavilion.)
- Chapel
- Gift shops, bookstore, florist or bank.

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

Northwestern Memorial is an equal opportunity employer that welcomes, respects and serves with dignity all people and does not discriminate, including in hiring, or employment, or admission, or access to, or treatment in its programs or activities on the basis of race, color, gender, national origin, religion, disability, handicap, age, Vietnam or other veteran status, sexual orientation or any other status protected by relevant law. To arrange for TDD/TTY, auxiliary aids and foreign language interpretation services, call the Patient Representative department at 312-926-3112, TDD number 312-944-2358. Issues related to the Rehabilitation Act of 1973 should be directed to the director of Employee Relations or designee at 312-926-7297.

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For more information about Northwestern Memorial Hospital, please visit www.nmh.org.

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