

Pre-Operative Instructions

(will be completed at your pre-surgical visit)

Surgery Date: _____

Surgery Time: _____

Please arrive at: _____

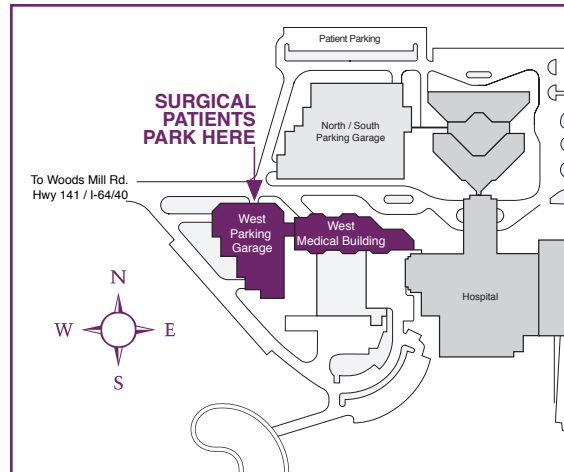
___ Do not eat or drink anything after midnight.

___ Clear liquids only may be taken until ____ and then nothing after this.

Clear liquids include: water, coffee or tea **without** cream/milk, clear sodas, clear gelatin, apple juice, cranberry juice, bouillon or sports drinks such as Gatorade. Please note: this **excludes** all juices containing pulp such as orange, tomato and pineapple.

___ Please take only the following medications with a sip of water the morning of your surgery.

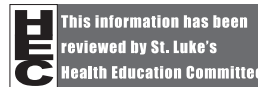
Additional Instructions:



**232 S. Woods Mill Road
Chesterfield, MO 63017
314-205-6010
www.stlukes-stl.com**

Parking and Admission

Parking is available for surgical patients in the West Garage. The garage is equipped with elevators for convenient access. Take the elevator to Level C (Red Level). When you exit the elevator you will be on the second level of the West Medical Office Building. The Same Day Surgery Department is located on this floor.



Our specialty is you.

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Same-Day Surgery

YOUR STEP-BY-STEP GUIDE



Our specialty is you.

Thank you for choosing St. Luke's and entrusting us with your care. We will do all we can to make your surgical experience as comfortable as possible. Our goal is to support our patients with dignity, quality and professionalism. This brochure is intended to help you understand what to expect as you approach your upcoming surgery. If you have any questions prior to your surgery contact us at 314-205-6010.

Pre-Operative Testing

Depending on your age, type of procedure and your general health, pre-operative evaluation and testing may be required. This may include an EKG, blood work, or possibly an X-ray. If it is determined that these tests are needed, a surgical nurse will contact you to schedule your pre-operative appointment. A registered nurse will obtain your health history by phone prior to your pre-operative appointment.

When:

- Appointments are scheduled Monday through Friday, 8 a.m. to 5 p.m.

Where:

- Same Day Surgery Department, second floor, West Medical Office Building.

What to Expect:

- Your name and insurance information will be registered into the computer. Please bring your picture ID and health insurance card(s).
- Bring a list of medications that you currently are taking, including dosages.
- Surgery instructions will be reviewed and questions answered.
- Assistance in planning for care after surgery will be given.
- The pre-operative instructions and testing are completed in approximately 30 minutes.

We hope you will find this pre-operative visit both helpful and informative. If pre-operative testing is not necessary, you will receive a telephone call prior to the day of surgery.

Preparation for Surgery

The evening meal the day before your scheduled surgery should be light and do not drink or eat

anything after midnight, unless otherwise instructed to do so. Patients are also instructed to shower the night before and the morning of surgery. Be sure to sleep on clean bedding prior to surgery.

If you develop symptoms of an upper respiratory infection (sore throat, nasal congestion, cough, fever) within 24 hours before your operation, contact your surgeon's office.

Your Surgical Procedure

On the day of surgery, wear comfortable clothing and shoes and avoid wearing jewelry and make-up. Please leave all valuables at home – including jewelry, purses, wallets, cell phones, pagers and laptops.

Check in at the Same Day Surgery desk on the second floor of the West Medical Office Building. Many insurance plans require a co-pay, deductible, or co-insurance payment prior to surgery. You will be notified of the amount in advance if this applies. Payment is expected at the time of service, if payment has not been previously arranged.

After checking in, you will be escorted to a private room where a staff member will confirm your insurance information and you will change into surgical attire. A registered nurse will complete your nursing assessment by asking you a series of questions. At this time you will sign your surgical consent form(s).

Approximately 30 minutes before your surgical procedure, you will be escorted from Same Day Surgery to the holding area and your visitors will be directed to the Same Day Surgery waiting area, where they will stay until your surgery is over and your surgeon speaks with them. In the holding area, anesthesia personnel will ask you questions about your present health, past medical illnesses, any medications you are taking, any allergies you may have and your reaction to any prior anesthetics and surgeries. An intravenous infusion will be started at this time.

A nurse will accompany you into the Operating Room. Anesthesia personnel will explain what is being done as your anesthesia is being administered and will closely monitor you throughout

the procedure. If you have any questions about procedures being performed, please ask any of the staff members caring for you.

After Your Surgery

When your surgery is completed, anesthesia personnel and an Operating Room nurse will accompany you to the Post-Anesthesia Care Unit (PACU). Here, specially trained nurses will care for you and closely watch you as you awaken. Let them know if you have any pain or discomfort. Pain and pain management are an important part of your care. Relieving and controlling pain can help you get well faster and return more quickly to your daily routine.

If your surgery requires an overnight stay, you will be taken to your hospital room after leaving the PACU. If your recovery involves two or more nights stay in the hospital, you can expect to be discharged by 11 a.m. on the day you are going home. Please take this discharge time into account when pre-arranging your transportation home and post-operative home care.

If you are to be discharged the day of your surgery, you will be taken to the Outpatient Recovery Department where registered nurses will care for you as you recover. When you have adequately recovered from the anesthetic, a staff member will help you dress and assist you into your car. A relative or friend must accompany you home. It is suggested that you avoid strenuous mental and physical activities, not drive a car and have someone with you for at least 24 hours.

Specific written instructions regarding pain medications, fluid/food intake and activity will be given to you at the time of discharge. If questions or problems arise after you leave the hospital, please contact your surgeon. You may also call the Outpatient Recovery Department at 314-205-6994. Outpatient Recovery is open from 6 a.m. to 9:30 p.m., Monday through Friday and 6 a.m. to 2:30 p.m. Saturday. If you have questions when the department is closed, call the Emergency Department at 314-205-6990.