

Preparing for Your Surgery or Outpatient Procedure

A Checklist and Other Important Information

Surgery Date/Time: _____

Your Checklist Prior to Surgery

- Schedule a physical exam to be done by your doctor no more than 30 days before your scheduled surgery or procedure day.
- Make sure any lab work or tests your doctor may have ordered are done prior to the day of surgery.
- Two weeks before your surgery or procedure day, please call 320-231-4545 or 1-800-854-5093 to pre-register. If staff do not answer, please leave your name and phone number.

Your Checklist the Day Before Surgery

- If you are scheduled for an outpatient surgery/procedure, arrange for a responsible adult to provide transportation home and **stay with you for 24 hours**. You cannot drive a car, take a taxi, or ride a bus home.
- Follow all of the instructions from your doctor, including any pre-procedure preparation instructions.
- Do not drink alcohol** for at least 12 hours before you come to the hospital to have your surgery or procedure

<i>Ingested Material</i>	<i>Minimum Fasting Period</i>
Clear liquids	2 hours - 6 A.M.
Breast milk	4 hours - 4 A.M.
Formula	6 hours - 2 A.M.
Milk	6 hours - 2 A.M.
Light meal	6 hours - 2 A.M.
Fried or fatty or meal meal	8 hours - midnight

Your Checklist on the Day of Surgery

- Please leave all valuables at home. Remove all jewelry, including any body piercings (ears, nose, mouth, etc.).
- Do not bring any prescription medications** (unless otherwise instructed by your doctor or surgeon).
- Bathe or shower and brush your teeth (taking care not to swallow any water) the morning of surgery.
- Do not shave** the area on your body where the surgery will take place.
- Do not wear** make-up, nail polish or hair spray.

Please Remember to Bring

- Drivers license or other current legal photo ID
- Insurance cards
- Living Will/Health Care Directive
- A list of your current medications: prescription and non-prescription, vitamins, herbal therapies, and over-the-counter medications
- Registration and Identification for pacemaker or implanted defibrillator
- Surgical pamphlets or documents you received at your doctor's office
- Hearing aids with extra batteries
- Glasses, contacts and storage cases

If you plan to stay overnight:

- C-PAP machine if you have sleep apnea
- Razor, hair brush, toothpaste, deodorant
- Robe and slippers if you plan to stay overnight



Special Instructions

Estimating Your Costs Prior to Surgery

At Rice Memorial Hospital we want you to have the best possible experience. Part of that is understanding your health benefits and the estimated out-of-pocket expenses you are responsible for. Because health care benefits vary, we encourage you to contact your health plan to confirm that your service will be covered. For an estimate of the cost of your service, you may contact one of our Patient Access Registrars at 320-231-4234 or 1-800-854-5093.

Prior to Your Surgery/Procedure Day

Please follow orders given to you by your doctor or surgeon.

Rice Memorial Hospital provides a special class for patients having joint replacement surgery. This class will help you prepare for your joint replacement and recovery. If you have not received information about this class, please call 320-231-4239.

If you have an artificial heart valve, talk with your doctor about the need for antibiotics at the time of your surgery or procedure

Ask your doctor or surgeon:

- When you should stop taking medications that are used to thin your blood (such as Aspirin, Coumadin®, or Plavix®)
- If you should stop taking iron supplements, herbal medicines, or medication to treat inflammation (including Naproxen®, Aleve®, Motrin®, or Ibuprofen)
- If you should take insulin or other diabetes medications before your surgery or procedure

You must have a responsible adult to drive you home after you are discharged from your surgery/procedure.

You cannot drive a car, take a taxi, or ride a bus home. **If you do not have a responsible adult to drive you home, your surgery or procedure may be canceled.** For your safety, we recommend that you have someone stay with you for 24 hours after your surgery or procedure.

An Admission Nurse from Rice Memorial Hospital will contact you by phone to help you prepare for your hospital stay.

The Day Before Your Surgery or Procedure

Call your surgeon or doctor if you become ill (fever, cough, vomiting, or diarrhea) during the 24-48 hours before your surgery or procedure day.

Drink plenty of fluids throughout the day before your surgery/procedure. **If you eat or drink after midnight, your surgery may be delayed or will be canceled.**

Rice Memorial Hospital is a tobacco-free building and campus.

Smoking or the use of tobacco products are not allowed in the hospital or on hospital property. Please contact your doctor if you will need a nicotine replacement during your hospital stay.

Please watch the patient safety videos found on the Rice Memorial Hospital web site at www.ricehospital.com. Click on the *Patients and Visitors* link, and choose "Safety".

24-48 hours before your surgery/procedure day, the Rice Memorial Hospital Operating Room staff will contact you by phone with your arrival time.

What to Bring to the Hospital

Bring something to read or do (books, knitting, crossword puzzles). **Surgery and procedure times are an estimate only, your actual procedure time may vary.** Please plan to spend the day with us. Free guest Internet access is available if you would like to bring a laptop computer or mobile Internet device (such as an iPad).

The Day of Your Surgery/Procedure

Female patients of childbearing age may be asked to have a pregnancy test completed prior to their surgery/procedure.

Please report to Rice Memorial Hospital's Registration Desk at the time given to you by the Operating Room staff. You will be given an identification (ID) bracelet with your name and birth date. Please make sure everything is correct.

Unexpected changes in the surgery schedule may occur and your surgery time may be changed on the day of surgery. Please plan to spend the day with us.

Pediatric patients (age 17 and younger) must be accompanied by their parent or legal guardian. You may bring a special cup, bottle, blanket, pacifier, etc. for pediatric patients

You will be taken to a patient room in the Ambulatory Care Department. Your Admission Nurse will check your vital signs (heart rate, blood pressure, temperature), review your medical history, and start your intravenous fluids (IV). After your admission is complete and while you wait for your surgery or procedure, a relative or friend is welcome to wait with you in your room.

Your safety is very important to us. A team of surgical experts will care for you and assist your surgeon in the operating procedure room. A doctor of Anesthesiology will talk with you about your sedation plan and how they will care for you during your surgery/procedure. A Registered Nurse from the Operating Room will review your health history, allergies, and other important information that will help support a safe experience.

Your surgeon/procedure doctor may visit you while you are in the pre-operative room to answer any questions you or your family may have.

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For the comfort of your family or significant others:

Coffee is provided in the surgical waiting room located near the main lobby. The cafeteria and vending machines are located one level below the main lobby. Your family or significant others should be in the waiting room before the end of your surgery time so that the surgeon can speak to them. Your surgeon will let your family know how you are doing and answer questions.

Cafeteria hours are 7 am to 3 pm, and 4:30 pm to 6:30 pm.

A tracking board (based on a color code) is available for your family or significant others to follow your progression through the surgical/procedural experience.

Safety During Your Surgery or Procedure

Rice Memorial Hospital is committed to your safety. Many people work to make a safe surgical/procedural experience. The staff at Rice Memorial Hospital carefully follow several steps to ensure that your surgical or procedure experience is a safe one.

• Informed Consent

Your surgeon/ procedure doctor will explain the risk, benefits, and alternatives for your surgery or procedure. You and your surgeon or procedure doctor will sign the Informed Consent form before your surgery. **Your role:** Review the consent form carefully and make corrections, if needed, with your nurse.

• Double Checking

For your safety, staff will be asking you the same questions many times. They may ask your name, birth date, allergies, and what procedure you are having done, the site of the procedure, and if the procedure is on the right or left side (if this applies). **Your role:** Ask questions if there is a difference from what you were told by your surgeon or doctor, or if there is something that you do not understand.

• Marking the Surgical Site

At Rice Memorial Hospital, for certain procedures, the surgeon or doctor performing the procedure signs their initials on the surgical or procedural site before going into the Operating Room or procedure room. **Your role:** Make sure the correct site is signed by your doctor.

• Time Out

Your safety is very important to us. Just before your surgery or procedure begins, the entire team stops for a final review (“Time Out”). At this time, the team states your name, birthday, procedure, and the location of your surgical or procedure site. You may or may not be awake when this happens. **Your role:** If you are awake, you are encouraged to participate in the final “Time Out”.

After Your Surgery or Procedure

Depending on the type of anesthesia given, and level of sedation, you may need to go to the Post Anesthesia Care Unit (Recovery Room).

After your surgery or procedure, you will be closely monitored by a Registered Nurse. To assist your recovery, please tell your nurse if you feel discomfort. You will be asked to rate your discomfort using a 0-10 number scale.

When you are back in your post-procedure room, your family may visit you. If you are planning to go home the day of your procedure, crackers and juice may be given to you before you leave the hospital.

It is not unusual for you to feel tired for 12 to 24 hours after your surgery or procedure.

Ready for Home

You are ready to go home when you meet the following Discharge Goals:

- Your blood pressure, heart rate, breathing, and temperature (vital signs) are normal for you
- You can drink water or other fluids without nausea or vomiting
- You can pass your urine (if you had surgery with the Urologist or Gynecologist)
- You can tolerate activity
- You have been given instructions on any new or changed medications and about taking care of yourself at home
- You have been told about any follow-up appointments that are needed
- You have an adult to drive you home
- If you had an outpatient procedure or surgery (you went home within 23 hours of your procedure), a Registered Nurse will call you the day after your procedure day

If you continue your hospital stay overnight or for an extended period of time:

- Early activity is important. Walking helps you to heal faster and you will be assisted to be up and moving as soon as possible after your surgery or procedure.
- Your nurses will teach you to take deep breaths and cough to keep your lungs clear
- You will be taught leg exercises to prevent blood clots
- Social Workers and Registered Nurses from the Care Management Department will be available to discuss any needs you or your family may have when you are discharged

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When you return home you will still be recovering:

- Continue to do deep breathing and leg exercises
- Walk short distances frequently
- Rest often

Thank You

Thank you for choosing Rice Memorial Hospital as the place to have your surgery or procedure. Taking good care of you is very important to us. You may receive a survey in the mail to help us know how your experience was with us.

If you have any comments or concerns about your recent stay at Rice Memorial Hospital, please call our Administration Office at 320-231-4228.

Directions

From the North

Take US Highway 71 to Willmar. Turn right onto Becker Avenue. Travel two blocks; the Hospital will be on your left.

From the South

Take US Highway 71 to Willmar. Turn left onto Becker Avenue. Travel two blocks; the Hospital will be on your left.

From the West

Take US Highway 12 to Willmar. Turn right at 3rd Street. Travel three blocks; the Hospital will be immediately in front of you.

From the East

Take US Highway 12 to Willmar. Turn left at 3rd Street. Travel three blocks; the Hospital will be immediately in front of you.

Parking

Patient and visitor parking is available in the city parking lot on the south side of Rice Memorial Hospital (Trott Avenue and 4th Street). Use the Trott Avenue entrance near the crosswalk to enter the building.

