

Riverside Methodist
Hospital

Patient *Surgery* Guide



 **OhioHealth**
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Your healthcare team is committed to providing the highest quality of care during your stay. This is a guide to help you understand what to expect during the day of your surgery and when you go home. This plan may be changed to meet your individual needs.

- If you have any questions during your stay, please ask your doctor or nurse.
- Please let us know if there is anything else we can do for you.

Important Phone Numbers

Main Hospital	(614) 566-5000
Patient Relations	(614) 566-5708
Pastoral Care	(614) 566-5307
Social Services	(614) 566-5397
HotelCare	(614) 267-7461 1-877-677-5292



Several Days Before Surgery:

- You will have a history and physical exam, and if ordered, lab work, a chest x-ray, and electrocardiogram ("EKG"). This may be done at Riverside Pre-Admission Testing or by your primary care physician.
- You will receive a phone call from a Riverside nurse who will ask you questions about medicine you may be taking, heart problems, prior surgeries, etc.
- If you are in doubt of what medicine to take on the day of your surgery, please call your doctor.
- If you develop any abnormal symptoms (cold, sore throat, fever, etc.), call your surgeon, as it may be necessary to postpone your surgery.
- Arrange for a responsible adult to drive you to and from the hospital and to stay with you for the first 24 hours after surgery. (Outpatients). You will not be permitted to drive after your surgery.
- Your Pre-Admission Testing (PAT) appointment is scheduled for _____. Bring a list of medicine you are taking and copies of any test results done within the last two years.
- If you want a visit from your clergy on the day of surgery, please contact them and let them know your surgery date. There is limited time on the day of surgery, and it is helpful to conduct religious rituals before coming to the hospital when possible.



The Day Before Surgery:

- DO NOT eat or drink anything (called “NPO”) after midnight the night before surgery. This means no water, food, liquid, gum, mints or hard candy.
- You may brush your teeth, but try to avoid swallowing any water or toothpaste.
- Do not smoke, chew tobacco or drink alcohol for 24 hours before surgery.
- Bathe or shower the night before or early on the day of surgery.
- DAY OF SURGERY: Take your morning pills with sips of water only, unless otherwise directed by your doctor.



What to Bring to the Hospital:

- Your health insurance information (e.g. Medicare, private coverage) including a phone number for private policies and a photo I.D.
- A copy of your advanced directive (Living Will and Durable Power of Attorney for HealthCare), if you have them.
- A list of the medicine you are taking. List the name of the medicine, the dose and how many times a day you take the medicine. You may bring your medicine in the original bottles (including over-the-counter medicines and herbals) with you to the hospital.
- If you bring items such as a cane or walker, have the staff label it with your name.
- Wear loose, comfortable clothes and non-skid shoes.
- Eyeglasses, contact lenses, hearing aids or dentures can be worn to the hospital. Bring the storage cases as your family will keep them during surgery. Partial denture plates should be kept at home.
- DO NOT bring any valuables (e.g. jewelry, credit cards, billfold/wallet, large sums of money) to the hospital. We will tape your rings to your finger if you cannot remove them.



Arriving to the Hospital

- Come to the hospital 90 minutes (1.5 hours) before your scheduled surgery time.
- We encourage you to VALET PARK at the main entrance of the hospital. If you are going home the same day of your surgery, parking for the day is free. You will be given a parking pass after your procedure.
- If you need a wheelchair, please tell the valet parking staff.
- Follow the signs to the Surgery Family Waiting Room on the first floor.
- Our Communication Liaison will greet you and your family in the waiting area and help you with registration.
- You will be asked for your photo ID and insurance card.
- The Communication Liaison will show your family where to wait during surgery and how to follow you through the surgery process with our tracking system.
- If you have any questions, ask any staff member or the staff at the Information Desks.

Before and During Surgery



- You and ONE** adult (no children) support person will be personally escorted to the surgery pre-op area by our Communication Liaison. Other support persons or family members may wait in the Surgery Family Waiting Area.
**In respect of patient confidentiality
- An anesthesiologist will come and talk to you about your anesthesia.
- A nurse will check your vital signs, check you in, get you ready for surgery and start an intravenous (IV) catheter.
- The nurse may verify medical information and will confirm the place on the body on which you are having surgery.
- The nurse will also answer any questions you may have.
- After the nurse and anesthesiologist have completed pre-surgery procedures, your clergyperson (if present) will be escorted to the pre-op area. We ask that his or her visit be brief in order to respect confidentiality and to allow completion of last minute medical care.
- Tell the staff if you have any concerns or discomforts.
- When it is your time for surgery, you will be taken to the operating room. There will be a nurse with you during the entire surgery.
- Your family member/support person can go to the Surgery Family Waiting Area on the 1st floor.
- In most cases, you will not feel or remember anything during surgery.

Recovery

- When surgery is done, you will be taken to the recovery room (also called the Post Anesthesia Care Unit - PACU).
- After surgery, the nurses will watch you closely and monitor your condition.
- As you wake up, we will try to make you as comfortable as possible.
- When you are stable, you will be discharged to your assigned room or discharged with your adult support person to continue your recovery at home.
- At the time of your discharge, you will get written instructions about your diet, activity, pain medicine, follow-up and when to seek medical attention. Make sure you have a responsible adult to stay with you following surgery.
- If you go home the same day: For the first 24 hours after anesthesia, do NOT drive, operate any equipment, sign important papers or make any major decisions.
- It is normal to feel dizzy, drowsy or nauseated for several hours after your surgery.
- Outpatients only: The hospital staff will call you within the first 24 hours after surgery and check on you.



Convenient Resources

Please ask the staff at the Information Desks for directions to any of the following:

- Cafeteria
- Java House (specialty coffees, smoothies, desserts)
- Gift Shop (newspapers, magazines, postage, cards, gifts, etc)
- Library (medical information, magazines, internet access)
- Chapel
- ATM Machines
- U.S. Mail Boxes
- Fed-Ex Mail Box
- Information Desk
- Pay Phones



