

ADULT SURGERY GUIDE



Wheaton Franciscan Healthcare

PRE-SURGERY INSTRUCTIONS

Covenant Medical Center Sartori Memorial Hospital

Surgery:

Date: _____ Time: _____ Arrive at: _____

**Procedure times are estimated.*

Your Surgeon: _____ Telephone: _____

History & Physical:

Doctor: _____ Date: _____ Time: _____

Pre-Admission Testing:

Date: _____ Time: _____

If your Pre-Admission Testing (PAT) appointment has not been made by your surgeon or if you need to reschedule, please call 319.272.7256 at Covenant Medical Center or 319.268.3132 at Sartori Memorial Hospital between 8:30 a.m. and 4:30 p.m., Monday through Friday to schedule a pre-admission testing appointment.

PREP _____

Return to Lab for Type and Screen/Crossmatch Blood Test:

Date: _____ Time: _____

**DAY OF SURGERY INSTRUCTIONS FROM YOUR SURGEON/
ANESTHESIOLOGIST**

No makeup, rings, jewelry or fingernail polish. No smoking, chewing gum or tobacco. No milk or solid food after _____

Also, no snacks, gum, Life Savers Candy®, mints, or juice. Clear liquids (water, tea, black coffee, soda, Pedialyte) until _____

then nothing by mouth after that (NO BROTH OR JELLO). Failure to follow diet instructions can result in cancellation of procedure.

If you are taking regular medication, follow the instructions below that have been written specifically for you.

BRING: _____

At Wheaton Franciscan Healthcare, we're committed to providing you with a safe, comfortable and convenient surgical experience. From cataract removal to arthroscopic surgeries, we offer comprehensive surgical services to individuals throughout Northeast Iowa. Our caring staff of professionals, advanced surgical procedures and state-of-the-art equipment help to ensure you receive the highest level of care.



Located within Covenant Medical Center and Sartori Memorial Hospital, the Ambulatory Surgery Centers have a total of 13 operating rooms along with spacious preoperative and recovery areas. All areas are immediately accessible to on-site support staff and emergency services, should they be needed.

Wheaton Franciscan Healthcare strives to make each surgery as simple as possible for patients and their families. Some of the needed pre-admission information is obtained over the phone prior to surgery, and pre-

admission tests will be done if needed or ordered by the surgeon. Patients may stay with their families while in the preoperative and postoperative areas.

Laboratory, radiology and pharmacy services are located nearby for added convenience.

Outpatient surgery provides many benefits to the patient including reduced medical expenses, hospital stay and recovery time. At Wheaton Franciscan Healthcare, we give you the added benefits of comfort, convenience and safety. Maybe that's why more doctors and patients choose us for outpatient surgery.

For more information about preparing for your surgery at Covenant Medical Center or Sartori Memorial Hospital, visit

www.WheatonIowa.org/surgery.

Pre-Admission Testing (PAT)

Pre-Admission Testing helps make sure you have information about your surgery, and your doctor has your test results before surgery. Without these early test results your surgery may be canceled or delayed. To contact PAT at Covenant Medical Center, call 319.272.7099 between the hours of 7:00 a.m. to 5:00 p.m. To contact PAT at Sartori Memorial Hospital, call 319.268.3132 between the hours of 8:00 a.m. to 4:00 p.m.

Pre-Admission Testing Includes:

- Pre-op teaching and interview with a registered nurse.
- Possible blood and urine lab tests, chest x-ray or EKG depending on patient age, type of surgery and patient need. If you need testing you will be advised of this.

Pre-Admission Testing Appointment:

- This is mostly done by phone. You will be informed by your surgeon if you need to come in for their appointment.
- Please have a list of all your medications, including herbal preparations with dosages, other over-the-counter medications and a list of allergies.
- Bring crutches, if crutch training is needed.

Pre-Admission Check-In

- At Covenant Medical Center use the Clinic Entrance (see map on page 10). Check in at the reception circle desk.
- At Sartori Memorial Hospital use the Patient Entrance and parking lot at the north side of the building (see map on page 11). Check in at the reception desk.
- Pre-Admission Testing may take 30 to 60 minutes to complete, depending on the type of surgery and necessary testing.

Pre-Registration

Admission personnel may call you at home, prior to your surgery date, to obtain necessary personal data (address, insurance, etc.). Please make sure your insurance provider has been notified, if necessary.

Important Information

Microscopic nicks, cuts and abrasions increase the chance of surgical site infections. For this reason, you should not shave the surgical area for one week before your operation. It is also important for you to notify your doctor if you have any rashes, sores or pimples near the surgical area. This could cause an infection and possibly result in your surgery being canceled.

The Night Before Surgery

- Notify your doctor if you develop any of the following symptoms prior to the day of surgery: fever, cough, flu, cold, rash or an open sore.
- Take a bath or shower either the night before or morning of surgery.
- Do skin prep as directed by Pre Admission Testing or your surgeon.
- Refrain from smoking.
- Do not drink alcoholic beverages within 24 hours before your surgery.

The Day of Surgery

- No smoking the morning of surgery.
- Take morning medication only if instructed to do so. If you use inhalers or eye drops, bring them to the hospital. If you have any questions about your medications, call your doctor.
- Dress in comfortable clothing – button down shirt and loose pants. Children may wear two piece sleepwear. If your child uses a bottle or diapers, please bring these for after surgery. Bring a change of underwear.
- No makeup, nail polish or jewelry. We ask that you remove all finger and toe nail polish. Our anesthesiologists use the appearance and color of your natural fingernails as an indication of your condition.
- Tongue and nasal piercings must be removed for any procedure with anesthesia. Other piercings may need to be removed depending on surgical site.
- Do not bring valuables including money, rings, earrings or other jewelry. *Wheaton Franciscan Healthcare is not responsible for any lost or stolen items.*
- Bring insurance card and photo ID.
- Wear your hair loose. No braids, ornaments, hair pins, barrettes, etc.
- Bring a case for glasses and contacts.
- The hospital will provide a gown and slippers for you.

- If you are having surgery on joint or bones, wear clothing loose enough to put on over the bandages and splints.
- Bring a pillow or two to elevate your affected limb on the trip home.
- Plan to have an ice bag or two available at home to use on the affected limb for a day or two following surgery.
- Bring your crutches or walker with you the day of surgery for sizing and training.

Arrive at your designated time (1.5 to 2 hours prior to your scheduled surgery) and you will be directed to the Ambulatory Surgery Unit. At Covenant Medical Center, go to the Outpatient & Women's Center Entrance. Parking is available in Lot "G" or in the Parking Ramp (no charge). Go to second floor and check in at the desk.

We encourage one family member to be with you before surgery and during your recovery period. Other family members may wait in the surgical waiting area. They will need to check in with the surgical hostess. Bringing small children to the hospital during surgeries is discouraged.

If you have questions the day of surgery, call:

- Covenant Ambulatory Surgery Department 319.272.7400
- Sartori Ambulatory Surgery Department 319.268.3146

If Your Hospitalization is Longer than 24 Hours, Please Note the Following:

- You may bring your own robe, slippers and personal hygiene items.
- No personal electrical appliances can be used unless safety checked.
- Your family will be responsible for your belongings while you are in surgery.

Advice for Patients Concerned About Correct Site Surgery

- Be an active member of your health care team by taking part in every decision about your health care.
- If you are having surgery or an invasive procedure, make sure you and the health care professional treating you agree on exactly what will be done during the surgery.

- Verify the information on your patient identity bracelet. Alert the health care team member if the information is incorrect, and insist the bracelet be replaced immediately. There will be numerous members of your health care team checking your patient identity bracelet throughout your stay.
- Make sure the operative permit you sign includes the correct information about your surgical site (i.e., right or left) and procedure. Thoroughly read all medical forms, and make sure you understand them before you sign.
- Your surgical site will be marked with a permanent marker.
- To ensure correct surgical site and procedure, there will be numerous health care professionals asking you to verify this information.
- Ask questions and voice any concerns, which you may have in regards to your procedure. Ask members of the health care team what steps will be taken to ensure your safety and correct site surgery.
- Take a responsible family member or friend to accompany you to your doctor's visit and on the day of your surgery or procedure to serve as your advocate and speak for you if you are unable.
- Bring a notebook or paper, and write down any questions you have or information you need.

Start Discharge Planning Now

Think about your home environment and what challenges you may have after surgery, such as:

- Where will you sleep, eat and use a bathroom?
- Do you need to arrange for someone to help take care of you, or can you stay with someone while you recover?
- Will you need to obtain or install any special equipment at home?
- Do you need to arrange for transportation to appointments after surgery?
- If possible: clean your house, do your laundry, put clean linen on the bed, do yard work, make meals and freeze them. Safety-proof your home by removing anything that could cause injury, such as throw rugs, electrical cords, and obstructions in the hallways. Stop your mail or arrange someone to collect it for you. Arrange for someone to care for your pets, if necessary.

Being prepared will help make your return home less stressful!

Discharge

- Your discharge time will be determined by your condition. At that time, a nurse will give you written discharge instructions.
- You may not be able to visit with your doctor the day of surgery. If you need any information or written work releases from your doctor, your family will need to obtain these for you when they visit with your doctor after surgery.
- You will need someone to drive you home. Please have transportation arranged.
- Arrange to have a responsible adult stay overnight with you at your home if you have a general or spinal anesthetic, and you are scheduled to go home the day of surgery.
- If you have any problems at home, contact your doctor. If you cannot contact your doctor, call Patient Engagement, Wheaton Franciscan Healthcare's 24-hour health care information line at 319.272.2600 or 800.593.1414.

Wheaton MyChart

For patients of Covenant Clinic offices, *MyChart* is an online tool that gives you direct access to your personal health information. Your lab results, provider appointment information, medications, health history including immunizations, and more are all available in a secure online environment. *MyChart* also makes it more convenient to communicate with your provider's office. Renew prescriptions, send messages, and request or cancel appointments — all online.

To request your access code to sign-up, or to access your account if you are already registered, please visit **www.WheatonIowa.org/mychart**.



Covenant Medical Center

3421 West Ninth Street
Waterloo, IA 50702
319.272.7400



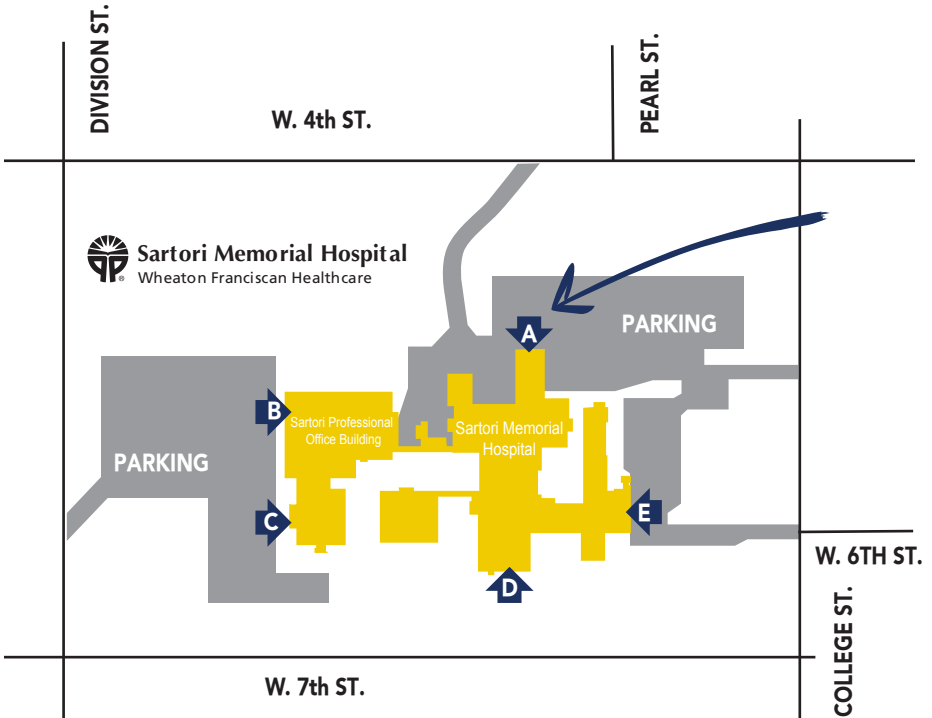
Entrance Key

- Visitor Entrance
- Dialysis Entrance
- Rehabilitation Entrance
- Emergency Entrance
- Clinic Entrance
- Outpatient Center, Women's Center



Sartori Memorial Hospital

515 College Street
Cedar Falls, IA 50613
319.268.3146



Entrance Key

- A** Emergency/Patient/
Visitor Entrance
- B** Professional Office Building
- C** Covenant Clinic
Division Street Entrance
- D** Cafeteria/West Dining
Room Entrance
- E** Administration Entrance

Mission:

Wheaton Franciscan Healthcare is committed to living out the healing ministry of the Judeo-Christian tradition by providing exceptional and compassionate health care services that promote the dignity and well-being of the people we serve.



Covenant Medical Center

Wheaton Franciscan Healthcare

3421 West Ninth Street
Waterloo, IA 50702
319.272.8000



Sartori Memorial Hospital

Wheaton Franciscan Healthcare

515 College Street
Cedar Falls, IA 50613
319.268.3000



Wheaton Franciscan Healthcare

Wheatonlowa.org