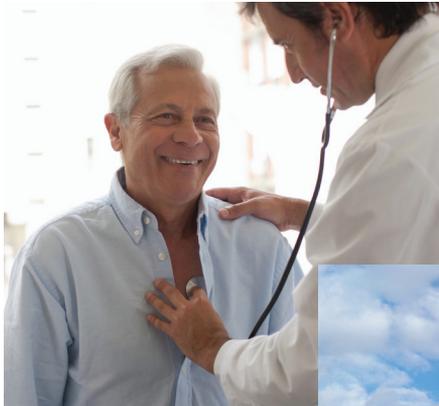


# UPMC Bedford Memorial



## A Guide to Your Surgery

Your Care. Our Commitment.



# **A Guide to Your Surgery at UPMC Bedford**

Welcome to UPMC Bedford and thank you for choosing our hospital for your health care needs. Your care revolves around our values:

## **Quality & Safety**

We create a safe environment where quality is our guiding principle.

## **Dignity & Respect**

We treat all individuals with dignity and respect.

## **Caring & Listening**

We listen to and care for our fellow employees, our physicians, our patients, our members, and our community.

## **Responsibility & Integrity**

We perform our work with the highest levels of responsibility and integrity.

## **Excellence & Innovation**

We think creatively and build excellence into everything that we do.

We strive to provide you with the world-class health care that you deserve.

## Important Patient Information

For your health and safety, please follow the instructions below. If you do not follow the instructions, your surgery may need to be postponed or canceled.

- Please only take the medicines as instructed by your doctor and pre-admission nurse.
- Some medicines, vitamins, and herbal supplements must be stopped before surgery. Please check with your surgeon or primary care doctor (PCP) before surgery.
- Let your surgeon's office know if you have any symptoms of a cold, fever, or infection, or if you have any changes in the level of your pain, numbness, or sensitivity.
- If instructed, remember to bring your x-ray/CT/MRI films or CDs the day of your surgery.
- If you are having any type of sedation or anesthesia, you cannot drive a car and must have a responsible adult go home with you.

## Testing Before Surgery

If your surgeon has requested you have testing (EKG/chest x-ray/blood work) done before your surgery, you can schedule your appointment at your surgeon's office.

Your surgeon may recommend a pre-anesthesia evaluation before your surgery. During this evaluation, an anesthesia plan will be put together based on the type of surgery you are having and your current health status. If you do not need testing or an evaluation, you will get a phone call to review your health history and what medicines you use.

If you need to reschedule your appointment, please call **814-623-3568** on Monday through Friday between 8 a.m. and 4 p.m.

## **What to Expect at Your Pre-anesthesia Evaluation Appointment**

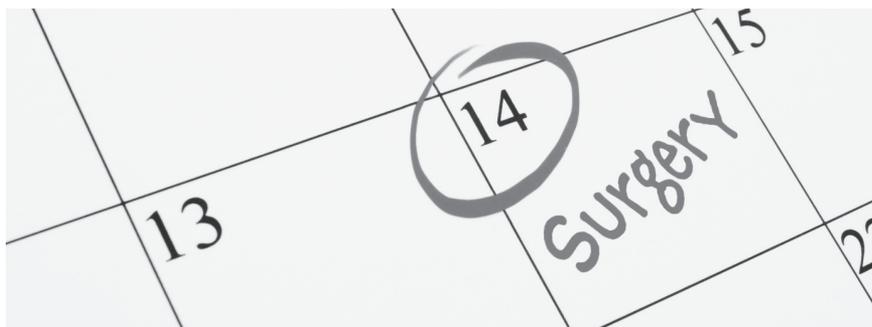
- Please make sure to arrive at least 15 minutes before your appointment time to fill out any necessary paperwork.
- The office is located on the 1<sup>st</sup> floor next to the admission office.
- Make sure to sign-in at the front desk and let the receptionist know you are there to be seen for your pre-anesthesia evaluation.
- Please remember to bring:
  - > A list of all your current medicines (prescription, over-the-counter, and herbal supplements).
  - > The names and phone numbers of your PCP and any other specialist you may see.
- After registration you will meet with a member of the care team who will talk with you about your health history, your surgery and the anesthesia to be used, and answer any questions you may have.
- Once your appointment is finished your surgeon's office will be notified that you have completed the pre-anesthesia evaluation.



## Day Before Your Surgery

- Unless your surgeon has given you other instructions, you may have solid food up until midnight. After midnight, you may have only clear liquids (water, plain tea, ginger ale, etc.) up to 3 hours before your surgery time. For example, if your surgery is at 8 a.m., you can have clear liquids until 5 a.m. Do not chew gum or eat mints. You can drink coffee but it must be black (no milk products).
- Do not drink alcoholic beverages 24 hours before surgery.
- Do not use hair spray or hair gel 24 hours before surgery.
- Be sure to follow any home preparation prescriptions, such as bowel preparations or an antimicrobial cleansing.
- If you have a cold, cough, fever, or experience any other change in your health, let your surgeon know right away.

We will call you 1 day before your scheduled surgery to let you know your expected arrival time, and go over any instructions for surgery. If your surgery is scheduled on a Monday, we will call you the Friday before. You will get this call after noon. If you do not get a call by 5 p.m., please call **814-623-6161** and ask for the nursing supervisor, who will give you your information. Please note that your scheduled surgery time is subject to change.



## **Day of Your Surgery**

- Please come in through the main entrance and go to the front desk in the lobby. If you are also scheduled for a radiology appointment before your surgery, you will be told your report time.
- Bring an updated list of medicines with you.
- Bring your health insurance card and photo ID.
- Leave all valuables at home (jewelry, credit cards, large amounts of cash, etc.).
- Wear comfortable, loose-fitting clothing and flat shoes that are easy to remove.
- Do not use any lotions, perfumes, deodorant, powder, hair products, or aftershave.
- Do not wear jewelry, including rings.
- Do not wear contact lenses. Bring your glasses and a case.
- If you use a constant positive airway pressure (CPAP) machine at home, you will need to bring it the day of your surgery.
- If you have a pacemaker, please bring a copy of your card.
- Bring any inhalers from home; all other prescriptions will be provided by the hospital pharmacy.

- Do not smoke or chew tobacco on the morning of your surgery.
- Bring in any walking device needed, such as a cane, walker, or crutches.
- Female patients of a certain age may have to give a urine sample before the operation.

## **When You Arrive**

- When your name is called, a staff member will take you to a private area where you can change into a gown.
- A care team member will then take your vital signs and complete any other orders your surgeon has asked for.
- You will see your surgeon and an anesthesiologist who will explain the details of the surgery and anesthesia, including the risks and benefits. Please ask any questions you may have about your surgery. If you are having anesthesia, a care team member will get your IV started.
- Your family members may visit you while you are waiting to be taken to the OR.

## **The Surgery**

- You will be taken to the operating room and cared for by specially trained staff.
- No family members or support people are allowed in the operating room. After your surgery, your surgeon will come to the waiting room and let them know how you are doing. If your family or support people wish to leave the waiting area, they should let the receptionist know and leave a phone number where they can be reached.

## **After Surgery**

You will be taken to the Post-anesthesia Care Unit (PACU, Phase 1). Your length of stay in the PACU depends on the type of surgery and anesthesia you had. Please let your nurse know how you are feeling, and what kind of pain you are in.

### **Overnight Stay**

- If the care you need after surgery requires you to stay overnight, you will be moved from the PACU to an inpatient room when your care team says you are ready.

### **Same Day Surgery**

- After leaving the PACU, you will go to another recovery unit called Phase 2 Recovery. Here you will continue to receive care until your care team says you are ready to go home. Your loved ones will be called back to go over your discharge instructions.

## **Thank You**

Thank you for choosing UPMC for your care. Our goal is for you to have a successful surgery, so please let us know if you have any questions. For more patient and visitor information visit **[UPMCBedford.com](http://UPMCBedford.com)**.







**UPMC Bedford**

10455 Lincoln Highway  
Everett, PA 15537

**814-623-6161**

**UPMCBedford.com**

**Please write in the date and time of the following:**

Pre-anesthesia Evaluation Appointment: \_\_\_\_\_

**You will receive a call from UPMC Bedford  
telling you the following:**

Date of Surgery: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.