



A Guide to Your Surgery

Your Care. Our Commitment.

A Guide to Your Surgery at UPMC East

Welcome to UPMC East and thank you for choosing our hospital to provide your health care services. Our care revolves around our values:

Dignity & Respect

We treat all individuals with dignity and respect.

Quality & Safety

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

Caring & Listening

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

Important 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 preadmission nurse.

- Some medicines, vitamins, and herbal supplements should 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.
- Remember to bring your x-ray/CT/MRI films the day of your surgery if you are told to do so.
- If you are having any type of sedation or anesthesia, you cannot drive a car and must have a responsible adult take you home. If you are taking public transportation (such as the bus), you must have a responsible adult accompany you. You must have someone stay with you for 24 hours after your surgery.

Testing Before Surgery

You need to have all testing completed immediately following the scheduling of your surgery. If your surgeon requests that you have any testing, such as blood work, an EKG, or a chest x-ray, please schedule an appointment at the UPMC East Preoperative and Outpatient Testing Center by calling Central Scheduling at **412-357-3400**.

UPMC East Preoperative and Outpatient Testing Center

Monday, Wednesday, Thursday, and Friday: 7 a.m. to 5 p.m.

Tuesday: 7 a.m. to 7 p.m.

Saturday: 7 a.m. to noon (pre-op testing and blood work only)

Phone: 412-357-3176

Fax: 412-357-3426

If you are having your testing done at a facility other than UPMC East, please have that facility forward all test results to the Preadmission Department at UPMC East. For more details on your preoperative evaluation, see page 3.

Preoperative History and Physical/Preoperative Medical Evaluation

- Schedule your appointment with your PCP.
- Complete your preoperative testing. Your doctor may need to review the results of your preoperative tests. If possible, you should have your testing done before your PCP visit.
- Preoperative history and physicals need to be completed within 30 days before the scheduled date of surgery.
- If you are unable to see your PCP before your surgery, please let your surgeon know. The UPMC East Preoperative and Outpatient Testing Center may be able to provide this service, but you will need a prescription from your doctor.

You will receive a phone call from a UPMC East preadmission nurse 1 to 2 days before your surgery.

- Please have a list of all your medicines, including over-the-counter medicines, vitamins, and herbal preparations, available for reference.
- Please have a list of allergies, including medicines, food, or latex, available for reference.
- Please have a list of your medical history and past surgery experiences.
- Please have the name and phone number of your PCP available.
- Please have the name and phone number of your pharmacy available.
- Please note that your scheduled surgery is subject to time change.
- We will send an education video (EMMI) to your email that is specific to your surgery. Please watch this video.
- Please tell us about any special needs during this phone call (translators, accommodations, etc.).

Day Before Your Surgery

- Do not eat after midnight. You may drink water or Gatorade® up to 3 hours before your surgery start time.
- Do not smoke or chew tobacco 24 hours before surgery.
- Remove nail polish. You may be asked to remove artificial nails.
- Do not use hair spray or hair gel 24 hours before surgery.
- Do not drink alcoholic beverages 24 hours before surgery.
- Do not use recreational drugs.
- Be sure to follow any home preparation prescriptions, such as bowel preparations. Please follow the guidelines for cleansing with chlorhexidine (CHG) soap or an antimicrobial soap (Dial®). You will receive more instructions before your surgery.

The preadmission nurse will contact you after 2 p.m. the day before your surgery to let you know what time you should arrive for your surgery.

Please contact the Preadmission Department at UPMC East with any questions:

Monday through Friday: 8 a.m. to 5 p.m.

Phone: 412-357-3967

Fax: 412-357-3450

Day of Your Surgery

- Bring an updated list of medicines with you.
- Bring your health insurance card and photo ID.
- Leave all valuables at home.
- Wear comfortable clothing that is loose fitting and easy to remove.
- Do not use any lotions, perfumes, deodorant, makeup, powder, hair products, or aftershave.

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- Do not wear jewelry, including rings. Remove all body piercings. If you have a skin piercing, please tell your surgeon to see if removal is necessary before your surgery date.
- 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.
- Bring any inhalers from home; all other prescriptions will be provided by the hospital pharmacy.
- Free parking is available in the parking garage behind the hospital.
- Please follow the signs into the hospital. The Surgical Services Patient and Family Lounge is on the 2nd floor.
- Visitation is limited to 1 to 2 adult family members or friends on the day of surgery.

Directions to UPMC East

2775 Mossdale Blvd., Monroeville, PA 15146

Via the Parkway (Route 376) From Pittsburgh/Oakland

- Take the Parkway East toward Monroeville.
- Take the second Monroeville Exit (Exit 84A) — do not take the Monroeville business exit.
- Stay in the right lane. Go straight through the first traffic light and onto Route 48 South (this is Mossdale Blvd.).
- Stay in the right lane. You will pass UPMC East on the right, and proceed to the next traffic light.
- At the traffic light, make a right turn onto UPMC East Dr.
- As you enter UPMC East Dr., proceed to the left to go to the parking garage. Parking is free in the garage.

Via the Pennsylvania Turnpike

- Take Exit 57 (Pittsburgh) — stay to the far left approaching the toll booths.
- Once through the toll booths, take the far left lane toward Monroeville.
- At the end of the ramp, merge onto Route 22. Get in the center left-turn lane to be in the correct lane on Mossie Blvd. (This is a four-lane intersection. You want to be in the third of the four lanes if you're coming from the right and the second of the four lanes if you're coming from the left.)
- Make the left turn from Route 22 onto Route 48 (Mossie Blvd.).
- Stay in the right lane. You will pass UPMC East on the right, and proceed to the next traffic light.
- At the traffic light, make a right turn onto UPMC East Dr.
- As you enter UPMC East Dr., proceed to the left to go to the parking garage. Parking is free in the garage.

Hotels are available in the local area if needed. Please visit **UPMC.com/East** and click on "Patients & Visitors" and then "Accommodations."

There are 24-hour pharmacies available in nearby areas, should you need one on your way home.



UPMC East

2775 Mossdale Blvd.
Monroeville, PA 15146

412-357-3000

UPMC.com/East

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.