



A GUIDE TO

# Your Same Day Surgery



# Language Interpretation Services

You have access to interpretation services 24 hours a day, 7 days a week at no cost to you. This chart includes languages commonly spoken in our community. Additional languages are available. For more information or to request language interpretation services, please ask a care team member.

**English: Do you speak [language]?**  
**We will provide an interpreter at no personal cost to you.**

Spanish	<b>Spanish</b> <b>Español</b>	¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.	Somali	<b>Somali</b> <b>Af Soomaali</b>	Ma ku hadashaa Af Soomaali? Waxaan kuu helaynaa tarjumaan bilaaw lacag ah.
Nepali	<b>Nepali</b> <b>नेपाली</b>	तपाईं नेपाली बोल्नुहुन्छ? हामी तपाईंको लागि निःशुल्क रूपमा दोभाषे उपलब्ध गराउने छौं।	Burmese	<b>Burmese</b> <b>မြန်မာ</b>	သင် မြန်မာစကား ပြောပါသလား။ တူန့်ဝ်တုံ စကားပြန် တစ်ဦးကို သင့်အတွက် တူန့်ကျစ်ဝ်တုံ ဖွဲ့စပ်ပေးပါလိမ့်မည်။
Arabic	<b>Arabic</b> <b>اللغة العربية</b>	هل تتحدث اللغة العربية؟ سوف نوفر لك مترجمًا فورًا بدون أي تكلفة عليك.	Kirundi	<b>Kirundi</b> <b>Ikirundi</b>	Uvuga ikirundi? Tuzokurona umuntu agusigurira ata mahera utanze.
Mandarin	<b>Mandarin</b> <b>中文</b>	您讲国语吗？我们将免费为您提供翻译。	Bengali	<b>Bengali</b> <b>বাংলা</b>	আপনি কি বাংলায় কথা বলেন? আমরা আপনাকে একজন দোভাষী (ইন্টারপ্রিটার) দেব যার জন্য আপনার ব্যক্তিগতভাবে অর্থব্যয় করতে হবে না।
Swahili	<b>Swahili</b> <b>Kiswahili</b>	Je, unazungumza Kiswahili? Tutakupatia mkalimani bila gharama yoyote kwako.	Korean	<b>Korean</b> <b>한국어</b>	한국어를 사용하십니까? 무료로 통역 서비스를 제공해 드리겠습니다.
Russian	<b>Russian</b> <b>Русский</b>	Вы говорите по-русски? Мы абсолютно бесплатно предоставим вам переводчика.	Kinyarwanda	<b>Kinyarwanda</b> <b>Ikinyarwanda</b>	Mbese uvuga ikinyarwanda? Tuzaguha umusemuzi utiyishyurira wowe ubwawe.
Vietnamese	<b>Vietnamese</b> <b>Tiếng Việt</b>	Quý vị nói được tiếng Việt không? Chúng tôi sẽ cung cấp một thông dịch viên miễn phí cho quý vị.	French	<b>French</b> <b>Français</b>	Parlez-vous français? Nous vous fournirons gratuitement un interprète.
Uzbek	<b>Uzbek</b> <b>O'zbek tili</b>	Siz O'zbek tili da gaplashasizmi? Biz bepul tarzda sizga tarjimon beramiz.	Italian	<b>Italian</b> <b>Italiano</b>	Parla italiano? Le forniremo gratuitamente un interprete.

**UPMC** LIFE CHANGING MEDICINE

American Sign Language (ASL)



**CYRACOM**  
Language Solutions

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# Preparing for Your Surgery

We know that preparing for any surgery for yourself or for your child can be stressful. Knowing what to expect before, during, and after surgery can help ease any fears. We are here to guide you through every step of the process.

## Plan Ahead

- Check with your insurance carrier to find out what your insurance will cover for the procedure.
- Arrange for transportation home after the procedure. You should avoid using public transportation when going home from the hospital.
- Make childcare plans for any other children at home for the day of surgery.
- Prepare for the return home by buying a supply of clear liquids such as ginger ale, popsicles, apple juice, etc., to have on hand.



## 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.**

- **Medicines** - Some medicines, vitamins, and herbal supplements should be stopped before surgery. Please check with your surgeon or primary care provider (PCP) before surgery. Please only take the medicines as instructed by your doctor and preadmission nurse.
  - Discuss the plan for taking any diabetes medicines, including insulin or pills that lower blood sugar, before surgery. Be sure to talk about the plans for any insulin pumps and continuous glucose monitors.

- Do not take any aspirin for at least 10 days before surgery or ibuprofen for at least 7 days before surgery. This includes Motrin®, Pediaprofen®, Advil®, Bayer Children's® aspirin, Aspergum®, Pepto-Bismol® and Alka Seltzer® Cold Plus.
- Discuss taking any blood thinning or weight loss medicines prior to surgery with the doctor.
- Do not have any vaccines 7 days before surgery.
- **Changes in Your Health** - Let your surgeon's office know if you have a fever, flu-like symptoms, been exposed to any contagious disease within 3 weeks before the procedure, or if there is any change in the level of pain, numbness, or sensitivity.

## The UPMC Disabilities Resource Center

The UPMC Disabilities Resource Center (DRC) makes sure that health care is accessible to people with disabilities, including those who are deaf, hard of hearing, blind or have low vision, or those with mobility, speech, intellectual, cognitive, or behavioral disabilities. We offer accessibility, communication, and hearing assistance resources. Please let a staff member know of your needs.

## Service Animals

Service animals as defined by the Americans with Disabilities Act, are welcome in all public areas within UPMC facilities and in your room. Animals must be housebroken and under the control of their owner. If the owner is unable to care for the animal during their stay or visit, another person must be designated to do so. UPMC staff are not required to care for service animals.

**For more information, visit [UPMC.com/DRC](https://www.upmc.com/drc) or call 412-605-1483.**

## Testing Before Surgery

Your surgeon may ask for testing before surgery. This is to make sure it is safe to have surgery. Some of these tests may include blood tests, EKGs, x-rays, or CT scans. Other tests may be scheduled if your surgeon thinks they are needed.

### Preoperative History and Physical (H&P):

This must be done within 30 days of surgery. This may be done by a PCP or surgeon.

- Bring a list of medicines, including over-the-counter medicines, vitamins, and herbal supplements.
- Be prepared to fill out paperwork about any medical history so the provider has the most updated information.

## Before Surgery

### Preoperative Phone Call

You will receive a phone call from a Same Day Surgery nurse 2 to 3 days before your surgery. This call will take about 30 to 45 minutes. Please make sure your voicemail is not full in case we need to

leave you a message. Please have all the following information available:

- A list of medicines, including over-the-counter medicines, vitamins, and herbal supplements
- The name and phone number of your pharmacy
- A list of allergies, including medicines, food, or latex and what the reaction is
- Medical history and past surgical experiences
- Any special needs we need to plan for such as translators, accommodations, etc.
- Be sure to ask about the current visiting hours and restrictions

### Important Things to Know

- We make every effort to start the surgery at the scheduled time, but unexpected events may require a change in the surgery start time.
- The nurse will tell you when to stop eating and drinking before surgery. It is important to not eat or drink anything after that time. This includes chewing gum, breath mints or lozenges (cough drops).





- After midnight, up to 3 hours before your scheduled surgery time, these 5 liquids are allowed **only if the doctor and preadmission nurse says it is okay:**
  - > Water
  - > Black coffee or **tea (you may add sugar, but no milk, dairy products, honey, or creamers)**
  - > Clear apple juice
  - > Gatorade® (**any color except red**). Diabetics should drink G2® low-sugar Gatorade.
- **Do not** drink any carbonated beverages.
- If you are diabetic and you feel your blood sugar is low, check your blood sugar (if you have a glucometer). If needed, you may have 4 oz. of clear apple juice.
- For 24 hours before surgery **do not:**
  - > Smoke, chew tobacco, or vape.
  - > Drink alcoholic beverages.
  - > Use recreational drugs or medical marijuana.
- Be sure to follow any home preparation prescriptions, such as bowel preparations.

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- The night before surgery bathe or shower, wash hair, and sleep in clean pajamas and clean bed linens.
  - > Please follow the guidelines for cleansing with chlorhexidine (CHG) soap or an antimicrobial soap (Dial®). You will receive more instructions before surgery.

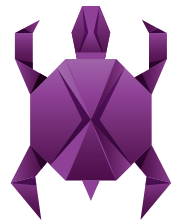
**The hospital will contact you between 1 and 5 p.m. the business day before surgery to let you know your surgery time and what time you will need to arrive.**

If you have questions about your surgery or if you have not been contacted by 5 p.m. the day before surgery, please call Same Day Surgery

at **412-692-5242**. The Same Day Surgery department is open Monday through Friday until 9 p.m. If you are calling after this time, please contact the Admissions Department at **412-692-5310**.

### **Same Day Surgery General Information Phone Line**

For general information about the day of surgery, such as hospital address, parking information, and other instructions, call the Same Day Surgery automated Information Line at **412-692-7476**.





## Day of Surgery

- Leave all valuables, including money and credit cards, at home.
- Please allow extra travel time for traffic and parking.
- Wear comfortable clothing or pajamas that are **clean**, loose-fitting, and easy to remove. **Do not** use any lotions, perfumes, deodorant, makeup, powder, nail polish, hair products, or aftershave.
- **Do not** wear jewelry, including rings. Remove all body piercings.
- **Do not** wear contact lenses. Bring your glasses and a case.
- Only **2 support persons** may be with you on the day of your surgery. Siblings and other children under 18 years of age are not permitted.

## What to Bring to the Hospital

- Insurance cards and insurance company authorization if needed
- Your/your child's Social Security number

- Photo ID for all adults
- Paperwork
  - > Any papers provided by your doctor, including history and physical form and any necessary consent forms
  - > Legal guardianship papers and court orders
    - If the support person is not a biological parent (natural mother or father) of the child, you must bring copies of the court document of their legal right to give consent for the procedure and anesthesia.
    - If you have any questions, please contact our Social Work team at **412-692-5255**.
- Storage cases for eyeglasses, and/or orthodontic retainers
- Favorite security object from home, such as a stuffed animal or toy
- Preferred bottle, sippy cup, or sports bottle

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- 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.
- 3.** A member of the care team will check your height, weight, and vital signs and review the pre-op information and consents.
  - 4.** Members of the surgical and anesthesia teams will explain the details of the surgery and anesthesia, including the risks and benefits. The surgeon may also mark the surgery site. Please ask any questions you may have about the surgery.

## When You Arrive

- 1.** Please park in the Children's Hospital Penn Avenue Garage located on 44th Street and bring your parking ticket when you check in. You will receive a discounted parking rate for the first 24 hours.
- 2.** Enter the hospital through the Main Entrance and take the Grape Elevators to the 4th floor. You can also use the Grape Elevators that are located in the Penn Garage and take them to the 4th floor. Follow signs for Same Day Surgery.
- 5.** The family liaison nurse will provide updates to support person(s) and let them know what to expect after surgery and how to manage pain.
- 6.** Vending machines and coffee are available for support person(s). We suggest that support persons have a snack before going to the Recovery Room.
- 7.** Two adult support person(s) may visit in Recovery.

# Anesthesia

An anesthesia specialist will review the anesthesia plan, which is used to relax and block pain. They may also start an IV in a vein. There are several types of anesthesia used for surgery:

- **Local anesthesia** numbs a small part of the body for minor procedures. You may get a shot or cream applied to the area to block pain. You may stay awake during the procedure.

- **Regional and neuraxial (epidural or spinal) anesthesia** blocks pain to a larger part of the body. It may include medicine to help the patient to relax or sleep. Types of regional anesthesia include:

- > A **nerve block**, which is a shot to block pain around a specific nerve or group of nerves, often used for surgeries on the hands, arms, feet, legs, or face.
- > **Epidural or spinal anesthesia**, which is a shot near the spinal cord and the nerves that connect to

it. It blocks pain from an entire region of the body, such as the belly, hips, or legs.

- **Conscious sedation** helps to relax and makes you sleepy, but often not fully asleep. It is usually given by IV. This type of medicine allows a quick recovery and a return to regular activities sooner.
- **General anesthesia** affects the brain and body. It may be given through an IV in a vein or by breathing it in. It will cause a deep sleep where the patient will not feel pain or remember the surgery.

The type of anesthesia used depends on the health history of the patient and the type of surgery. Major side effects are rare, especially when in good health. Minor effects like sore throat, vomiting, or headache might occur.

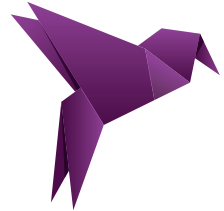
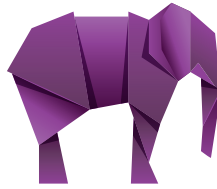
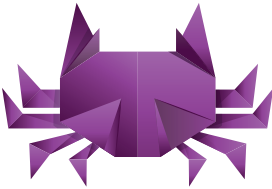
After the procedure, the anesthesia medicines will be stopped. How fast it wears off depends on the anesthesia used, the patient's age, health, and how each individual reacts to it. Everyone is different.

## The Surgery

- You will be taken to the Operating Room (OR) and cared for by specially-trained staff.
- No support persons are allowed in the OR. After surgery, the surgeon will let the support persons know how the surgery went.
- Support persons should stay on campus at all times during the procedure. If they must leave the waiting area, they should let the receptionist know and leave a phone number where they can be reached.

## After Surgery

- The length of time spent in the Post Anesthesia Care Unit (PACU) after surgery depends on the type of surgery and anesthesia received.
- Children who are going home will return to the Same Day Surgery post-op unit to get ready for discharge.
- Please let the nurse know about any pain. You will learn how to manage pain at home before you are discharged.



## Overnight Stay

Children who are scheduled to stay overnight will be assigned an inpatient room. Sometimes they may go to the Same Day Surgery post-op unit until an inpatient room is ready.

## Care at Home

- Offer clear liquids such as Ginger ale, popsicles, and apple juice, and increase the diet as instructed.
- Call your surgeon if you have any questions or if problems arise.
- You will receive a follow-up phone call to check on your progress the next business day.

## 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, please visit **CHP.edu**.









## **UPMC Children's Hospital of Pittsburgh**

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**CHP.edu**

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