



A GUIDE TO

# Your Surgery



**UPMC**  
LIFE CHANGING MEDICINE

# Language Interpretation Services



## Interpretation Services Available

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.

Spanish	Indique su idioma. Llamaremos a un intérprete. El servicio es gratuito.
Nepali	आफ्नो भाषालाई इगित िनुनहोस। एक दनभाषषया बोलाइनेछ। दनभाषषया तपाईंलाई कन नै पनन लाितामा प्रदानरिएको छ।
Arabic	لغتك. وسيتم الاتصال بمترجم فوري. نقدم خدمه الترجمة الفورية مجاناً لك
Russian	Укажите язык на котором Вы говорите и для Вас вызовут переводчика. Услуги переводчика предоставляются бесплатно.
Haitian Creole	Endike lang ou a. Y ap rele yon entèprèt. W ap jwenn entèprèt la gratis.
Swahili	Onyesha lugha yako. Mkalimani atapigiwa simu. Mkalimani hutolewa bila gharama kwako.
Vietnamese	Hãy chỉ vào ngôn ngữ của quý vị, một thông dịch viên sẽ được gọi đến, quý vị sẽ không phải trả tiền cho thông dịch viên.
Mandarin	请指定您的语言, 我们会提供免费的口译服务
Pashto (Afghanistan)	خپلې ژبې ته اشاره وکړئ. یو ترجمان به وغوښتل شي. ترجمان تاسو ته وړیا چمتو کيږي
Uzbek	O'z tilingizni ko'rsating. Tarjimon chaqiriladi. Tarjimon sizga bepul taqdim etiladi.
French	Désignez votre langue du doigt. Un interprète sera contacté et mis à votre disposition gratuitement.
Portuguese (Brazil)	Aponte para o seu idioma. Um intérprete sera chamado e providenciado gratuitamente para você.
Dari (Afghanistan)	زبان خود را معین کنید. یک مترجم شفاهی فراخوانده خواهد شد. ارانه مترجم شفاهی بدون هزینه برایتان خواهد بود.
Turkish	Dilinizi gösterin. Bir tercüman çağrılacak. Tercüman size ücretsiz olarak sağlanacaktır.
Kinyarwanda	Erekana ururimi rwawe. Umusemuzi azahamagarwa. Umusemuzi atangwa nta kiguzi kuri wowe.
American Sign Language (ASL)	Point to your language. An interpreter will be called. The interpreter is provided at no cost to you.



# Table of Contents

Language Interpretation  
Services .....Inside Front Cover

Preparing For Your Surgery .....3

Important Information.....3

The UPMC Disabilities Resource Center..... 4

Service Animals..... 4

Testing Before Surgery.....5

Before Your Surgery.....6

Day of Your Surgery .....8

When You Arrive .....9

Anesthesia ..... 12

The Surgery ..... 13

After Surgery..... 13

Thank You ..... 14

Hospital/Surgery Center Arrival Checklist ..... 15

Notes ..... 16

# Preparing For Your Surgery

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

## Surgery Education Video

Please scan the QR code using the camera on your smartphone or visit

**UPMC.com/SurgeryEducation** to watch an important video on what to expect before, during, and after your surgery and how you can prepare for it. You will learn about the different types of anesthesia you may receive and the steps to care for yourself before and after surgery to help speed your recovery.



## 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.
- **Changes in Your Health** - 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.
- **What to Bring** - Remember to bring your x-ray/CT/MRI films and blood band the day of your surgery if you are told to do so.

- **Anesthesia** - 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 or UBER®), you **must** have a responsible adult accompany you. You **must** have a responsible person 18 years or older stay with you for 24 hours after your surgery.

## 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.**

## Rovers: A Tool to Support Your Care

You may see us using mobile phones while caring for you. These devices are called Rovers. They are a secure, mobile extension of our electronic health record system.

Rovers help us provide safer and more accurate care right at your bedside. Even when we are using them, we are still listening and focused on you. If you have any questions, please ask.

**We believe in, support, and promote dignity, inclusion, and belonging. Kindness and respect are expected from—and for—all who enter our doors.**

## Testing Before Surgery

Your surgeon may ask that you have testing done before your surgery. This is to make sure that you are safe for surgery. Some of these tests may include blood tests, EKGs, x-rays, or CT scans. You may also be asked to schedule other tests if your surgeon thinks they are needed. Your surgeon may also recommend that you be evaluated at the Surgery Optimization Clinic. It is important that you complete all testing and appointments before surgery.

Please visit [UPMC.com/SCPALabs](https://www.upmc.com/SCPALabs) and [UPMC.com/Imaging](https://www.upmc.com/Imaging) to find places that you can go to complete your required testing. You may go to any UPMC outpatient lab for your testing before surgery.

### **Testing and Blood Work:**

After scheduling your surgery, you will need to have all testing and blood work completed within 45 days before your surgery, unless determined otherwise by your surgeon.

- You must check in 15 minutes before close for blood work and 30 minutes for EKGs and x-rays. You should also bring a paper copy of the ordered testing.
- We do not accept appointments for preoperative testing. This is a **walk-in** service.
- If you are having your test done at another facility, please make sure all results are sent to your PCP and your surgeon.

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

You must have this within 30 days of surgery. This may be done by your PCP or surgeon.

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

**Medical Clearance:** If your surgeon orders this you must see your PCP or other medical specialist for this service. If you are unable to see your PCP before surgery, call your surgeon's office. If you take any diabetic, weight loss, or blood thinning medicines, talk to your prescribing doctor or surgeon about how much to take and/or when to stop taking them before surgery.

## Before Your Surgery

### About 1 Week Before Your Surgery

If you have not received instructions from your surgeon on what medicines must be stopped before your surgery, please call them right away. Some medicines need to be stopped at least 1 week before surgery. The surgeon and the prescribing provider will need to give you these instructions. You

will receive a phone call from a preadmission testing (PAT) nurse about 1 week before your surgery. They will ask for your medical history and a list of medicines you are currently taking. Please have the following information available:

- A list of all of your medicines, including over-the-counter medicines, vitamins, and herbal supplements
- The name and phone number of your pharmacy
- A list of your allergies, including medicines, food, or latex and what reaction you have
- Your medical history and past surgical experiences
- Any special needs (translators, accommodations, etc.)

## Business Day Before Your Surgery - Preoperative Phone Call

On the business day before surgery, you will receive a phone call from a preadmission nurse. Please note that the Preadmission Department makes calls into the evening hours and will call you with your information. This call will take about 10 to 15 minutes. Please have all of the following information available:

- A list of all of your medicines, including over-the-counter medicines, vitamins, and herbal supplements
- The name and phone number of your pharmacy
- A list of your allergies, including medicines, food, or latex and what reaction you have
- Your medical history and past surgical experiences
- Any special needs (translators, accommodations, etc.)

**Please ask your clinical care team about any unit-specific guidelines, including current visiting hours and restrictions, which may vary.**

## Important Things to Know

- Please note that your scheduled surgery is subject to time change.
- **Do not eat any solid food after midnight.** This includes chewing gum, breath mints, or lozenges (cough drops).
- The preadmission testing nurse will instruct you on exactly when to stop eating and drinking.
- **Do not** smoke, chew tobacco, or vape 24 hours before surgery.
- **Do not** drink alcoholic beverages 24 hours before surgery.
- **Do not** use recreational drugs or medical marijuana 24 hours before surgery.
- Be sure to follow any home preparation prescriptions, such as bowel preparations.
- Please follow the guidelines for cleansing with chlorhexidine (CHG) or an antimicrobial soap (such as Dial®). You will receive more instructions before your surgery.
- **Do not** shave near the body area where the surgery will be performed. Shaving can cause skin irritation, which can lead to an infection.

The hospital will contact you the day before your surgery to let you know your surgery time and what time you will need to arrive. You may need to arrive 1 to 3 hours before your surgery time depending on your surgery and anesthesia needs.

## Day of Your Surgery

- Leave all valuables, including money and credit cards, at home.
- Anyone entering the hospital will need to bring a valid Driver's License or other valid form of ID.
- Wear comfortable clothing that is **clean**, loose-fitting, and easy to remove.
- You may brush your teeth the morning of surgery (swish and spit, **do not** drink).
- **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.

Please contact the Preadmission Department with any questions.

**UPMC Carlisle**  
**UPMC Community Osteopathic**  
**UPMC Harrisburg**  
**UPMC West Shore**

**Monday through Friday:**

8 a.m. to 6 p.m.

Phone: **717-230-3461**

You may leave a message and someone will return your call.

- **Do not** wear contact lenses. Bring your glasses and a case.
- Leave suitcases in the car. They can be brought in once you have a room. If your surgeon provided any equipment to be used after surgery (back brace, shoulder sling, etc.) please bring it to the hospital.
- Breastfeeding mothers should bring their breast pumps to the hospital.
- 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 are staying overnight.

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- All prescription medicines will be provided by the hospital pharmacy. Please leave all your medicines at home.
- Up to **2 support persons** aged 13 years or older may be with you on the day of your surgery.
- We will let you know if valet parking is available during your preoperative phone call.
- Free parking is also available.
- You will talk with an anesthesiologist and meet your surgeon.
- After you are ready, your support person(s) may be able to see you before your surgery.
- Your support person(s) may wait for you in the waiting room. They will get instructions on how to follow your progress and receive updates.
- Security will provide escort services from the hospital to your car upon request. Please discuss this with your nurse.

## When You Arrive

### UPMC Carlisle

**361 Alexander Spring Road,  
Carlisle, PA 17015**

Main hospital number:

**717-249-1212**

**Parking:** Free parking is available on the UPMC Carlisle campus in front of the Main Entrance.

1. Enter the hospital through the main entrance labeled Outpatient Services Entrance. Enter the hospital through Entrance B labeled Outpatient Services Entrance, and go through the second set of double doors.
2. Please report to the registration desk that is located immediately to the left upon entering the building.
3. Your support person(s) will be given a legend with an assigned ID number. This ID number will be displayed on the tracking board in the waiting room and will track your progress through your surgery.
4. After completing your registration, you may have a seat in the waiting area.



**UPMC Community Osteopathic  
4300 Londonderry Road,  
Harrisburg, PA 17109**

Main hospital number:

**717-652-3000**

**Parking:** As you near the hospital, look for the parking area and entrance labeled with a purple “A.” You may park in the patient parking areas labeled with a purple “A” (it is the area closest to the main entrance of the hospital).

**1.** Enter the hospital building through Entrance A (Main Entrance). The entrance is marked with a purple “A.”

**2.** Please report to the Surgical Waiting Room by taking the hallway to the left past the coffee shop.

**3.** Turn right at the elevator. It is the first door on the left.

**4.** There is a ticket dispenser immediately inside the door to the Surgical Waiting Room. Please take 2 tickets and have a seat in the waiting room.

**5.** The receptionist will call you to the desk by using this number.

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**UPMC Harrisburg**  
**111 South Front St.,**  
**Harrisburg, PA 17101**

Main hospital number:  
**717-782-3131**

**Parking:** When you get to the hospital, look for signs that direct you to the parking area labeled with a purple “A.” Free parking is available in either the North or South Parking Garages. Please take a parking ticket if prompted and bring it with you to be validated at the surgical waiting area. Valet parking is also available in front of the hospital’s main entrance.

1. Enter the hospital through Entrance A (Main Entrance). The entrance is marked with a purple “A.”
2. Please report to the 3rd floor Surgical Waiting Room at your scheduled time by using the Public Elevator D, which is dark blue in color.
3. When you get off the elevator, turn right. You will see the ticket dispenser in the elevator lobby on the right. Please take 2 tickets before entering the waiting room and have a seat.

4. The receptionist will call you to the desk by using this number.

**UPMC West Shore**  
**1995 Technology Parkway,**  
**Mechanicsburg, PA 17050**

Main hospital number:  
**717-791-2600**

**Parking:** When you come to the hospital campus, look for the parking areas labeled with a purple “4.”

1. Enter the hospital through Entrance #4 (Main Entrance). The entrance is marked with a purple “4.” Please report to the patient registration area on the 1st floor.
2. After completing your registration, you will be directed to the Surgical Services Waiting Room on the 2nd floor.
3. Please sign in at the reception desk in the waiting room.

# Anesthesia

An anesthesia specialist will talk with you about anesthesia, which is used to relax you and block pain. They may also start an IV in your 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 your body. You may also get medicine to help you 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 you relax and makes you sleepy, but often you are not fully asleep. It is usually given by IV. This type of medicine allows you to recover quickly from your procedure and return to regular activities sooner.
- **General anesthesia** affects your brain and body. You may get it through an IV in your vein or by breathing it in. You will be asleep and will not feel pain during the surgery or remember it afterward.

The type of anesthesia used depends on your health history and the type of surgery. Major side effects are rare, especially if you are in good health. Minor side 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, your age, health, and how you react to it. Everyone is different.

## The Surgery

- You will be taken to the Operating Room (OR) and cared for by specially-trained staff.
- Support persons are not allowed in the OR. After your surgery, your surgeon will let them know how you are doing.
- Support persons should stay on campus at all times during your procedure. If your support person(s) leaves 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). Your length of stay in the PACU depends on the type of surgery you had and anesthesia you received.

Please let your nurse know how you are feeling, and what kind of pain you are in.

If you are going home, you will be taken to the

Outpatient Discharge Area. Your support person(s) will be notified at this time and will be able to rejoin you. You will need a responsible adult to drive you home.

Do not drink alcohol, drive, or operate machinery for 24 hours after anesthesia or sedation.

## Overnight Stay

If the care you need after surgery requires you to stay overnight, you will be moved from the PACU to Phase II or a hospital room. Your support person(s) will be able to see you when you leave the PACU.

If your support person(s) needs a place to stay near the hospital, there are hotels close by. You can ask a member of your care team for more information and help with finding accommodations.

## 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 the following webpages:

UPMC Carlisle:

**[UPMC.com/CarlisleVisitors](https://www.upmc.com/CarlisleVisitors)**

UPMC Community Osteopathic:

**[UPMC.com/CommunityOsteopathicVisitors](https://www.upmc.com/CommunityOsteopathicVisitors)**

UPMC Harrisburg:

**[UPMC.com/HarrisburgVisitors](https://www.upmc.com/HarrisburgVisitors)**

UPMC West Shore:

**[UPMC.com/WestShoreVisitors](https://www.upmc.com/WestShoreVisitors)**



# Hospital/Surgery Center Arrival Checklist

Report to: \_\_\_\_\_

Arrival time: \_\_\_\_\_ a.m. or \_\_\_\_\_ p.m.

Other instructions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Medicine(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Bring a list of medicines that you take to the hospital. Please take the following medicines the morning of your surgery with a small sip of water:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Do not** take the following medicines the morning of your surgery:

\_\_\_\_\_

\_\_\_\_\_









### **UPMC Carlisle**

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1995 Technology Parkway  
Mechanicsburg, PA 17050

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, gender expression, 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.