

Preparing for a Safe Surgery

*Ambulatory Surgery at
UPMC Presbyterian and UPMC Montefiore*



Day of Surgery Checklist

Use the list below to get ready to come to the hospital the day of surgery. After you prepare each item, place a checkmark in the box.

Bring the following:

- insurance card
- a list of all the medicines you currently take
- x-ray films, if instructed by your surgeon
- your braces, walking aids, etc., if you have them
- the DVD

- Leave all valuables at home.

- Arrange for an adult to drive you home, if you are to go home the day of surgery.

- Provide an emergency contact:

Name: _____

First phone number: _____

Second phone number: _____

Note: Parking is free on the day you are discharged.

Welcome to Ambulatory Surgery

Today, many operations no longer require overnight hospital stays. Thanks to surgical advances, many patients now return home the same day as their surgery. At UPMC Presbyterian and UPMC Montefiore, we call this “ambulatory surgery.” Each month, we perform hundreds of successful ambulatory surgeries.

Before your doctor recommended ambulatory surgery, he or she assessed your condition and told you about treatment options. With ambulatory surgery, you will play an active role in your preparation and recover in the comfort of your home.

This booklet walks you through the surgery process — from the point at which we schedule your surgery to your recovery at home. Inside this booklet, you will find important information about what to do and what to expect.

If you have any questions, please call your doctor or the Ambulatory Surgery nurse at 412-692-2222.

Visit <http://presbyterian.upmc.com/Patients.htm>. Here you will find links to a great deal of helpful information for patients and visitors, including:

- Ambulatory Surgery at UPMC, a brief video to prepare you for the day of surgery. You may have received this video on a DVD.
- Patient handbook
- Financial Assistance information
- Local accommodations

- Parking and shuttle service information
- *Relief for Pain After Surgery*, which describes some pain relief methods
- Driving directions to the hospital from your home

Before the Day of Surgery

Your visit to the PEC

The PEC is our Preoperative Evaluation Center. The words “preoperative” and “pre-op” mean “before surgery.” The PEC is a center that helps to prepare you for your upcoming surgery. At the PEC, you can get most of the tests that you need before surgery. These tests include an EKG (electrocardiogram), chest x-ray, and lab work. Your surgeon’s office will arrange for any additional testing you may need. Your visit will include a brief physical exam. The nurse practitioner will also complete your anesthesia evaluation.

Your PEC visit is an important step to ensure your safety. It is designed to help prevent delays or complications during your surgery. At the PEC, you and your family can discuss concerns and get answers to questions. Even if all of your testing is done at your doctor’s office or local hospital, you should still plan a visit to the PEC. We need to evaluate you for anesthesia for your surgery.

Plan to visit the PEC within 30 days before your surgery.

Two PEC locations

You can make an appointment at either of these locations by calling 1-866-804-5276.

UPMC Montefiore — fifth floor, Room NE-551. Use the hospital's 7 Main entrance on Buffalo Street (see the map on Page 17).
Phone: 412-692-4663. Fax: 412-692-4666.

UPMC South Hills — 1300 Oxford Drive, Bethel Park. Free parking.

What to bring to the PEC

Bring lists of the following information with you to your PEC visit:

- a list of all of your medicines and the dosages:
 - prescribed drugs
 - over-the-counter drugs
 - supplements (vitamins, minerals, and herbals)
- a list of all of your allergies
- a list of your prior medical tests and any recent tests done for your upcoming surgery, including:
 - EKGs
 - heart stress tests
 - heart catheterizations
 - lung (pulmonary) function tests
 - echo tests (echocardiograms)
- a list of all of your doctors' names and their phone numbers

Emmi

For many surgeries, there is helpful, free, computer-based patient education available via a service called Emmi. Emmi programs are videos that offer easy-to-understand details about the surgery. Ask your surgeon if there is an Emmi that you should view. If there is, he or she will give you information about how to view the Emmi. Emmi is available from any computer with Internet access, so you can view it at home. Or you may view it in places like libraries that have computers for the public to use. You can view it with your family, as often as you like, and it even offers you the opportunity to ask questions.

Pre-arrival program and registration

For your convenience, we have a pre-arrival program that will help your visit to UPMC go smoothly. Before your date of service, a registration interviewer may call you to ask some personal and financial questions. During the pre-registration interview, you will need to give your insurance information as well as facts about yourself, such as your address and date of birth. All information will be kept confidential. Providing the correct insurance information will help your bills get processed quickly and accurately. Also, this information will allow us to give you an estimated cost for services that your insurance does not cover.

Other preparations

You need to know and do the following:

Reading material

You may have materials that your doctor or nurse practitioner gave you to read before surgery. These materials may be about your operation or your anesthesia. Before surgery, be sure to read the

information. Follow any instructions your doctor or nurse gave you. Please call the office if you have any questions.

Call from the nurse

Before the day of your operation, a nurse from Ambulatory Surgery will call. The nurse will confirm your appointment and go over your instructions with you. The nurse will tell you what medicines to take on the morning of surgery with a sip of water. You will be told when to arrive and where to report at the hospital. The nurse can give you an idea of how long your surgery will take and approximately what time it will start. No two operations are exactly the same, and patients recover at their own rate.

Food, drink, and smoking

For the day before surgery, many doctors advise eating a light meal instead of a heavy supper. After midnight the night before surgery, do not eat or drink anything, unless the nurse tells you otherwise. During surgery, you should have nothing in your stomach, not even water. For 24 hours before surgery, do not drink alcohol or smoke.

The Day of Surgery

Before you leave home

The guidelines below will keep things simple for you on the day of surgery. Before you come to the hospital, be sure to:

- Follow your Day of Surgery Checklist. It is on the inside of this booklet's front cover.

- Wear comfortable, loose-fitting clothes that will be easy to slip back on after your operation.
- Do not wear make-up or nail polish. If you do, you will have to remove it.
- Leave your valuables, such as jewelry, watches, and credit cards, at home.
- Arrange for an adult to come with you to the hospital on the day of surgery.
- Arrange for an adult to drive you home. You will be drowsy from the medicine you receive. This is why you are not permitted to drive or even to ride a bus home.

Arriving at the hospital

Go to the hospital location the nurse told you. When you arrive, you will need to register. At UPMC Montefiore, you may use our speedy Express Check-In on the kiosk with the computer touch screen. The easy directions show you how to register. If you prefer, you may go to the registration desk to check in. At UPMC Presbyterian, you must check in at the registration desk.

You will receive a pager when you check in. The pager will light up when the Ambulatory Surgery staff is ready to see you. A nurse will show you to a room to get ready. You will be asked to put on a hospital gown and slippers. Your temperature and blood pressure will be checked. The nurse will ask some questions about your general health.

Then your family or friend may rejoin you until it's time for surgery. During your surgery, they will have the pager and can either sit in our waiting area or go to other places in the hospital.

In pre-op

We will take you on a stretcher from Ambulatory Surgery to a Pre-op Holding Room. This is where you wait to go into the Operating Room. We try to keep your wait as short as possible, but there could be a delay. A surgery before yours may take longer than expected. As you wait, keep in mind that when you are in surgery, the medical team will give you their full attention, too.

Anesthesia

In the Pre-op Holding Room, you will meet the doctor who controls the medicines that keep you comfortable during surgery. The doctor is called an anesthesiologist (an-ess-thee-zee-OL-uh-jist). These medicines often are given through a narrow tube placed in a vein in your arm. It is called an “IV,” for intravenous.

The doctor has many types of medicines that can be used. For some operations (like cataract surgery), MAC is used. MAC stands for “monitored anesthesia care.” If you receive MAC, you will be awake during surgery but sedated and very relaxed. It will be the same if you receive a regional anesthetic, which numbs the nerves in a certain part of the body. For example, spinals and epidurals are used to block pain from the waist down. General anesthesia, on the other hand, will make you feel like you have gone to sleep. You will not be aware of the operation at all.

Family and friends

During your operation, your family member or friend should sign in at the desk in the waiting area. To help your loved ones pass the time, there are magazines, TV, restrooms, phones, and vending machines in or near the waiting area. They also may go to other areas of the

hospital, such as the cafeterias or gift shops. (See Page 13 for visitor information.) The pager will light up when your family or friend should return to the waiting area. A staff member will update your family or friend on how your surgery is going. As soon as possible after the operation, the doctor will talk with your family or friend about your surgery. The doctor will explain what to expect in the next few days.

In recovery

After your operation, you will be taken to a Recovery Room, called the PACU. While you slowly wake up, the nursing staff will watch you closely. Then you will be taken back to Ambulatory Surgery. Your family or friend can join you when you are ready.

Your nurse will give you something to drink. Your breathing, heart rate, temperature, and blood pressure will be checked often. When you are ready, the staff will help you go to the bathroom and sit up in a chair. The nurse will tell you how to care for yourself at home. This is called your “discharge instructions.” These also will be printed on a sheet to take home with you.

After Your Surgery

Based on the operation, your doctor may ask you to rest for a day or two. Drink plenty of fluids. Avoid heavy meals to help prevent an upset stomach. For 24 hours after surgery, do not drink alcohol or smoke. For safety reasons, do not drive or operate machinery for at least 24 hours. Your doctor may prescribe medicine to help your body heal or to relieve pain after surgery. Prescriptions can be filled at the hospital pharmacy, for your convenience.

Pain relief after surgery

After surgery, nearly everyone has some pain. Controlling your pain is a team effort. All of the doctors who take care of you will work together to control your pain at different phases of your recovery.

The pain that you may have right after surgery is called acute pain. It will decrease as your body heals. If you have pain for a longer time, it is called chronic pain.

Our doctors are highly trained in prescribing the medicine needed to manage pain. The pain control method and the doses are based on your sex, weight, age, diagnosis, and type of surgery. To help the doctors decide your dose, you will be asked to rate your pain on a scale from 0 (no pain) to 10 (worst possible pain).

A realistic expectation is that your pain will be greatly reduced. You may not be completely pain-free, but the doctors and nurses will work to adjust your medicines for the most relief possible.

For more details about pain control methods, read *Relief for Pain After Surgery*, available at <http://presbyterian.upmc.com/pdf/ReliefPainAfterSurgery.pdf>

Discharge

Your doctor and nurse will decide when you are ready to leave the hospital. This is called “discharge.” Until then, you may not leave the hospital, no matter what kind of surgery you had. When you are discharged, you must have an adult drive you home. A few patients may need an overnight stay for extra care.

At home

When you return home, it's important to take it easy. If possible, have someone stay with you the first night to help you as you recover. Follow your discharge instructions carefully. Call the phone number listed if you have any questions or concerns, or if you have any of the following symptoms:

- heavy bleeding
- intense pain
- severe nausea or vomiting
- trouble catching your breath

Follow-up

The day after surgery, a nurse from Ambulatory Surgery may call to see how you are doing. This is a good time to ask questions and discuss any concerns you may have. You may already have an appointment for a follow-up visit to your doctor. If not, the nurse will tell you to make one for sometime in the next few weeks.

For more information

Our patients' satisfaction is among our highest priorities. We value excellence in patient care and strive to ensure a compassionate, patient-centered environment. Please ask our doctors, nurses, or other Ambulatory Surgery staff about the information in this booklet or any questions you may have. Information is available on UPMC's website at www.upmc.com.

Information for Visitors

Special needs

The hospitals can provide help for hearing assistance, language interpretation and needs of international patients, wheelchair assistance, and other special needs. Please ask your nurse if you would like to use these services.

Food services

In the Oakland area, there are many restaurants within walking distance. At the hospitals, a variety of locations offer eat-in or take-out service:

UPMC Montefiore cafeteria — Fourth floor. Hot and cold breakfast and lunch items. Weekdays, 6:30 a.m. to 2 p.m.

UPMC Presbyterian cafeteria — 11th floor. Wide variety of fast food and breakfast, lunch, and dinner entrees. Daily, 6:30 a.m. to 2:30 a.m.

LHAS Café on Seventh — UPMC Montefiore, 7 Main. Lunch and dinner. Weekdays, 10:30 a.m. to 8 p.m.

Coffee kiosk — UPMC Presbyterian, ground floor (level below the lobby). Small variety of breakfast items, salads, snacks, drinks, and vending machines. Weekdays, 7 a.m. to 1 p.m.

Falk eatery — Falk Medical Building, 3601 Fifth Ave., first floor lobby. Snacks and light, fast food. Weekdays, 7 a.m. to 1:15 p.m.

Kosher meals — Patients and visitors can order fresh, hot and deli kosher meals, prepared by staff mashgiachs. Call the kosher kitchen at UPMC Montefiore at 412-648-6192. The cafeterias offer kosher sandwiches and cold plates.

continued

Gift shops

LHAS Windows on Seventh — UPMC Montefiore, 7 Main. Large shop with an array of gifts, flowers, cards, magazines, and personal items. Weekdays, 8 a.m. to 6 p.m., and weekends, 10 a.m. to 2 p.m.

Presby Gifts — UPMC Presbyterian, main lobby. Snack foods, limited toiletries, magazines, and greeting cards. Weekdays, 9:30 a.m. to 6 p.m., and Saturdays, 11 a.m. to 4 p.m.

Chapels

Interfaith Meditation Room — UPMC Montefiore, off the 7 Main lobby. Daily, 24 hours.

Interfaith Chapel — UPMC Presbyterian, first floor, room E173. Daily, 24 hours.

Bank machines

UPMC Montefiore — 7 Main lobby

UPMC Presbyterian — Outside the 11th floor cafeteria, in the main lobby, and on the ground level in the Falk walkway .

Cell phones

The use of cell phones is restricted in patient care areas. Please read and obey the signs in each patient care area.

Patient Education Center

At UPMC Presbyterian, a library of health care-related pamphlets, books, and videos for patients and families is located on the first floor, behind the information desk.

Overnight lodging

The Oakland area offers a variety of overnight accommodations. Ask the hotel about shuttle service to the hospitals and any special rates for families of UPMC patients. Most of these locations are within a mile of the hospital.

Family House — 412-647-7777 (nonprofit and UPMC's preferred housing provider)

Courtyard by Marriott Shadyside — 412-683-3113

Hampton Inn University Center — 412-681-1000

Holiday Inn Select Hotel — 412-682-6200

Marriott Residence Inn Pittsburgh — 412-621-2200

Quality Inn University Center Hotel — 412-683-6100

Wyndham Garden Hotel — 412-683-2040

Parking and Directions

Parking is free for patients on their day of discharge. For driving directions from your home to either of these garages, visit <http://presbyterian.upmc.com/Locations.htm>

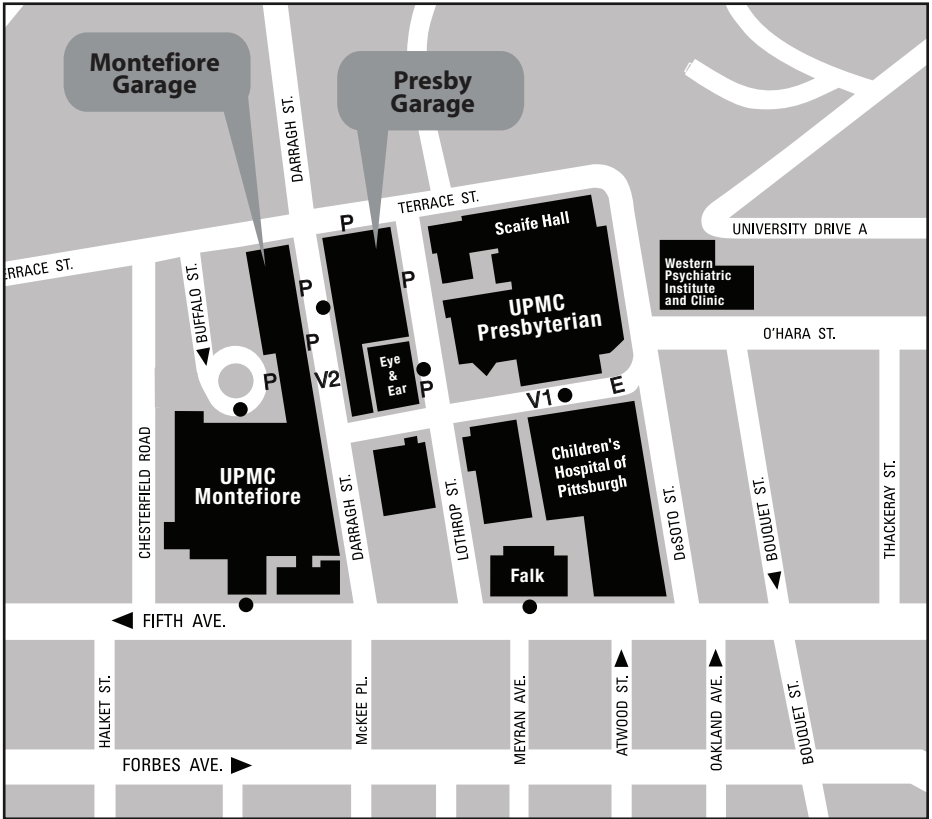
Montefiore Garage

Montefiore Garage entrances are located along Darragh Street and near UPMC Montefiore's main entrance on Buffalo Street, which is off Terrace Street. On the day of surgery, use the Level 6 entrance on Darragh Street. From Fifth Avenue, turn right onto Darragh and drive up the hill. The Level 6 entrance is on the left. You and your family may use the valet parking service on Level 6 the day of your surgery. The valet will park your car for you. Be sure to bring your parking ticket with you into the hospital to be validated. There is no fee for valet service, and valets are not permitted to accept tips. For valet service hours, call 412-647-3194.

Presby Garage

The Presby Garage has two entrances on Lothrop Street, across from UPMC Presbyterian, and one entrance on Terrace Street at the top of the hill. On the day of surgery, it is easiest to use the valet parking service in UPMC Presbyterian's driveway. The valet will park your car for you. For valet service, from Fifth Avenue, turn right onto Lothrop Street, and drive up the hill. Make a right into the main driveway, and stay to the far right for valet parking. For drop-off only, stay in the left lane and follow to the main entrance. Be sure to bring your parking ticket with you into the hospital to be validated. There is no fee for valet service, and valets are not permitted to accept tips. For valet service hours, call 412-647-3194.

Campus Map



Legend

- Building entrances
- E** Emergency Department entrance
- P** UPMC garage entrances for patients and visitors
- V1** Valet parking at UPMC Presbyterian
- V2** Valet parking on level 6 for Ambulatory Surgery at UPMC Montefiore
- ▶ Street direction

continued

UPMC is an equal opportunity employer. Policy prohibits discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, disability, or veteran 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.

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Directions into Oakland

From the East: From the Pennsylvania Turnpike, take Exit 57 (Pittsburgh/Monroeville) to I-376 West. From I-376 West, take Exit 3B (Oakland/Bates St.). Follow Bates Street uphill to the second stoplight, and turn left onto Atwood Street. Drive on Atwood to the second stoplight, and turn left onto Fifth Avenue (one-way for all traffic except buses). For UPMC Presbyterian, turn onto Lothrop Street (the first street on the right). For UPMC Montefiore, turn onto Darragh Street (the second street on the right).

From the West: From the Pennsylvania Turnpike, take Exit 1A to Route 60 South. Follow Route 60 South past the Pittsburgh International Airport to I-279 North. Take I-279 North through the Fort Pitt Tunnel, and follow the signs to I-376 East. Take Exit 2A (Forbes Ave./Oakland). Drive on Forbes to the fifth stoplight, and turn left onto Atwood Street. Drive one block, then turn left onto Fifth Avenue (one-way for all traffic except buses). For UPMC Presbyterian, turn onto Lothrop Street (the first street on the right). For UPMC Montefiore, turn onto Darragh Street (the second street on the right).

From the South: Take I-79 North to Exit 59A, I-279 North. Take I-279 North through the Fort Pitt Tunnel, and follow the signs to I-376 East. Take Exit 2A (Forbes Ave./Oakland). Drive on Forbes to the fifth stoplight, and turn left onto Atwood Street. Drive one block, then turn left onto Fifth Avenue (one-way for all traffic except buses). For UPMC Presbyterian, turn onto Lothrop Street (the first street on the right). For UPMC Montefiore, turn onto Darragh Street (the second street on the right).

From the North: Take I-79 South to Exit 72, I-279 South. Do not exit onto I-579 (Veterans Bridge). Remain on I-279 and follow the signs to I-376. Exit onto I-376 and take it to Exit 2A (Forbes Ave./Oakland). Drive on Forbes to the fifth stoplight, and turn left onto Atwood Street. Drive one block, then turn left onto Fifth Avenue (one-way for all traffic except buses). For UPMC Presbyterian, turn onto Lothrop Street (the first street on the right). For UPMC Montefiore, turn onto Darragh Street (the second street on the right).

From the Northeast: Take Route 28 South to the Highland Park Bridge, and get into the left lane. On the exit ramp, stay in the right lane. Just before the first stoplight, veer right onto Washington Boulevard. Drive on Washington Boulevard past four stoplights (about 2 miles). At the fourth stoplight, Washington Boulevard crosses Penn Avenue and becomes Fifth Avenue. Follow Fifth Avenue into Oakland (about 2.5 miles). At Bigelow Boulevard and Fifth Avenue is the University of Pittsburgh's Cathedral of Learning at the left. Continue on Fifth (which becomes one-way for all traffic except buses) through seven stoplights to Lothrop Street. For UPMC Presbyterian, make a right turn onto Lothrop Street. For UPMC Montefiore, turn onto Darragh Street (the next street on the right).