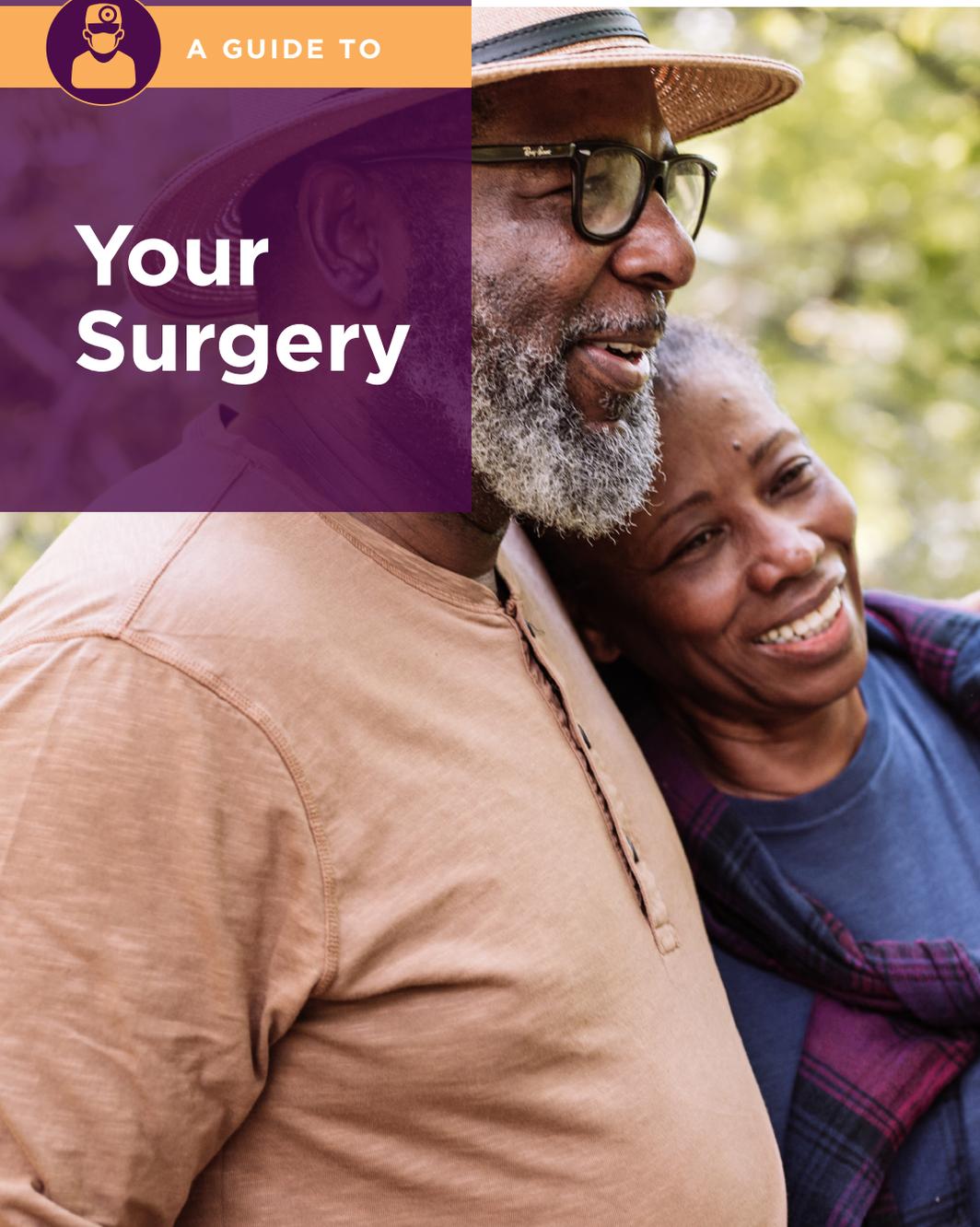




A GUIDE TO

Your Surgery



UPMC | **ST. MARGARET**

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.

As you prepare for your procedure, you may have questions. Do not be afraid to discuss any concerns or questions you may have before your surgery with your doctor or care team members. We promise to provide you with excellent care.

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 a fever or any symptoms of a cold 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 or UBER®), you **must** have a responsible adult with you. You **must** have a responsible person 18 years or older stay with you for 24 hours after your surgery.

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Testing Before Surgery

Your surgeon may ask that you have testing done before your surgery to be sure you are safe for surgery. Some of these tests may include blood and urine tests, electrocardiogram (EKG), and a chest x-ray. You may also be asked to schedule other tests if your surgeon thinks they are needed. Below is more information about a lab at UPMC St. Margaret Hospital where you can choose to have your testing done.

UPMC St. Margaret Outpatient Testing Lab

Located on the 2nd floor Entrance A by the Van Horn Pavilion

Hours of Operation Monday through Friday:

6 a.m. to 6 p.m.

Saturday:

7 a.m. to 3 p.m.

Both walk-ins and appointments are accepted. You can make an appointment by calling **1-866-334-5227** Monday through Friday between 9 a.m. and 3 p.m.

Testing Appointment Instructions

- Arrive at least 30 minutes before closing time for EKG and x-ray testing.
- Arrive at least 15 minutes before closing time for blood and urine testing.
- Complete your required testing before surgery no more than 45 days before your surgery date. EKG and chest x-ray tests may be completed within 6 months of your surgery date.

Preoperative History and Physical (H&P)/Medical Clearance

- You must have this completed no more than 30 days before your surgery date.
- This appointment should be scheduled with your PCP.
- If you are unable to get an appointment with your PCP, this can be done at the UPMC St. Margaret Preoperative Teaching and Testing Center, located on the 2nd floor, Entrance A, Van Horn



Pavilion. Your required testing before surgery can also be done at this visit. Make an appointment by calling **412-784-2216** or **412-784-2221**.

- If you are having your testing done at another facility, please make sure to provide all results to the ordering doctor.

Day Before Your Surgery

Preoperative Phone Call:

You will receive a phone call from a preadmission nurse 1 to 2 days before your surgery. Please have all of the following information available:

- A list of your medicines, including over-the-counter medicines, vitamins, and herbal preparations available for reference.
- The name and phone number of your pharmacy.
- A list of your allergies, including medicines, food, and/or latex and what reaction you have.

- Your medical history and past surgical experiences.
- Please tell us about any special needs during this phone call (translators, accommodations, etc.).
- Be sure to ask about the current visiting hours and restrictions.

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.

- After midnight, up to 3 hours before your scheduled arrival time, you are allowed the following liquids **only if your doctor and preadmission nurse says it is OK.**

- > Water
- > Black coffee or tea (**you may add sugar, but no milk, dairy products, or creamers**)
- > Clear apple juice
- > Gatorade® (**any color but red**), if you are diabetic, please get the 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 it is low, you may have 4 oz. of clear apple juice.
- **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 bathing with chlorhexidine (CHG) soap or an antimicrobial soap (Dial®). You will receive more instructions before your surgery.
- Remove any nail polish or artificial nails.

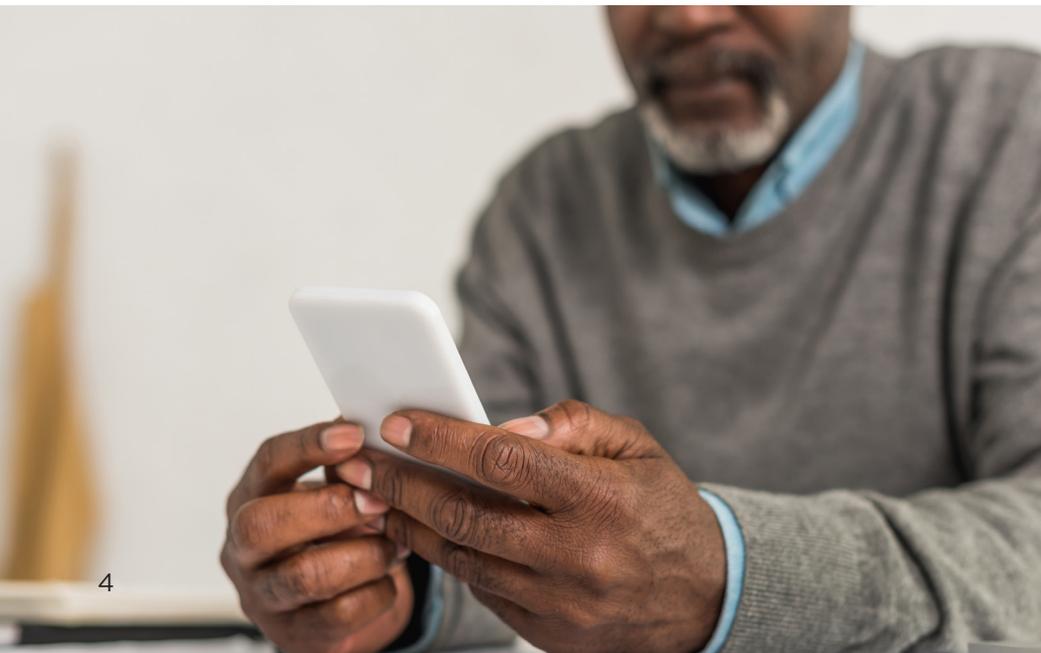
A staff member will contact you between 9 a.m. and noon the day before your surgery to let you know your arrival time and the time of your surgery.

Please contact the Preadmission Department with any questions:

**Monday through Friday:
8 a.m. to 4:30 p.m.**

**Phone: 412-784-4828
Leave a message and someone will return your call.**

Fax: 412-784-4829



Day of Your Surgery

- Leave all valuables at home.
- Wear comfortable clothing that is **clean**, loose-fitting, and easy to remove.
- **Do not** use any lotions, perfumes, deodorant, makeup, powder, hair products, or aftershave.
- **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.
- **Do not** take any medicines unless instructed by your doctor or preadmission nurse.
- 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 valet parking may be available in front of the main hospital entrance between 8 a.m. and 4 p.m.
- Parking is free on the day of surgery.

When You Arrive

- Enter through Entrance A. Go to the Van Horn Pavilion to check in.
- When your name is called, a staff member will take you to a private area where you can change into a gown.
- A member of the care team 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 getting anesthesia, a care team member will get your IV started.
- Your support person may visit you while you are waiting to be taken to the operating room (OR) once you are fully prepped by the care team.



The Surgery

- You will be taken to the OR and cared for by specially-trained staff.
- No family members or support persons are allowed in the OR. During your surgery, an OR nurse will give them an update, and after your surgery, your surgeon will let them know how you are doing. If your support person(s) 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). If you are staying overnight, your length of stay in the PACU depends on the type of surgery and anesthesia you had 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 Ambulatory Surgery Unit (ASU).

You will be able to see your support person(s) once you are in your hospital room.

Overnight Stay

If the care you need after surgery requires you to stay overnight, you will be moved from the PACU to a hospital room and given a bed when your care team says you are ready.



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



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