



A GUIDE TO

# Your Surgery



**UPMC**  
LIFE CHANGING MEDICINE

# 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 pre-admission nurse.
- Some medicines, vitamins, and herbal supplements should be stopped before surgery. Please check with your surgeon and prescribing doctor at least 1 week 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.
- If you are having any type of sedation or anesthesia, you cannot drive a car and must have a responsible adult (at least 18 years old) take you home. If you are taking public transportation (such as the bus or UBER®), you must have a responsible adult accompany you as well. Please make sure you have a responsible adult staying at home with you after surgery for at least 24 hours.

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## 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. These tests may include blood work and an EKG (Electrocardiogram), a common test done to monitor your heart and used to detect heart problems. You may also be asked to schedule other tests (such as medical or cardiac clearance). 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** and **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.

## Approximately 1 Week Before Your Surgery

If you have not received instructions from your

surgeon on what medicines must be stopped before the 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 pre-admission testing (PAT) nurse about 1 week before your surgery to get your medical history and a list of medicines you are currently taking. PAT is a hospital-based department. Please have the following information available for this important call:

- All of your medicines, including over-the-counter medicines, vitamins, and herbal preparations
- The name of your pharmacy
- A list of your allergies, including medicines, food, or latex, and your reactions to them
- Your medical history and past surgical experiences
- Any special needs (translators, accommodations, etc.)

## Day Before Your Surgery

On the business day before your surgery, a PAT nurse will call you to tell you your surgery time, what time to come to the hospital, and all final instructions. The Preadmission Department makes calls into the evening hours. **We will call you with your information.**

- The PAT nurse will tell you when to stop eating/drinking before surgery. Do not eat or drink after midnight unless otherwise told by the PAT nurse. This includes gum, mints, and lozenges.
- If your surgeon gave you special soap, please shower as directed by the surgeon's office. If you did not get special soap, please shower with antiseptic soap (such as Dial® or Safeguard®).
- Do not shave near the body area where the surgery will be performed. Shaving can cause skin irritation, which can lead to an infection.
- If your surgeon gave instructions on drinking a clear carbohydrate drink before surgery, the PAT nurse will remind you when and how to drink the beverage.

Please contact the Pre-admission Department with any questions.

**UPMC Carlisle**  
**UPMC Surgery Center - Carlisle**  
**UPMC Community Osteopathic**  
**UPMC Harrisburg**  
**UPMC West Shore**  
**717-230-3461**

Monday through Friday:  
8 a.m. to 6 p.m.

**Leave a message and  
someone will return your call.**

## Day of Surgery

- Shower as usual the morning of surgery with antibacterial soap (such as Dial® or Safeguard®).
- Do not use makeup, lotion, powder, deodorant, or alcohol-based hair products (such as gel, hairspray).
- Remove all jewelry, including rings and all types of body piercings/dermals.
- Do not chew gum or eat hard candy the morning of surgery.
- You may brush your teeth the morning of surgery—please swish and spit; do not drink.
- Please leave all valuables at home.
- Leave all medicines at home.
- Wear clean, loose, and comfortable clothing and sturdy walking shoes.
- Leave suitcases, canes, and walkers in the car—they can be brought in once you have a room.
- Breastfeeding mothers should bring their own breast pumps to the hospital.
- What to bring to the hospital:
  - Insurance cards
  - Photo ID
  - CPAP machine, if applicable
- Do not wear contact lenses. Bring your glasses and a case.
- When you arrive at the hospital, a staff member will escort you to pre-op and prepare you for surgery.
- You will talk with an anesthesiologist and meet your surgeon.
- After you are ready, your support person(s) will 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.



## After Surgery

- After your surgery is over, you will be taken to the Post-anesthesia Care Unit (PACU). How long you stay in the PACU depends on the type of surgery and anesthesia you received.
- Your nurse will check on you frequently and ask about your pain.
- 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.

# Language Interpretation Services

You have access to interpretation services 24/7 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.

<b>Albanian</b> Shqip	Filisi shqip? Ne do t'ju sigurojm një përkthyes pa asnjë kosto personale për ju.	Apakah Anda berbicara bahasa Indonesia? Kami akan menyediakan penerjemah tanpa biaya apa pun untuk Anda.	<b>Indonesian</b> Bahasa Indonesia
<b>Arabic</b> اللغة العربية	هل تتحدث اللغة العربية؟ سوف نوفر لك مترجمًا فورًا بدون أي تكلفة عليك.	Parla italiano? Le forniremo gratuitamente un interprete.	<b>Italian</b> Italiano
<b>Bosnian</b> Bosanski	Da li govorite bosanski? Obezbedićemo Vam prevodioca besplatno.	한국어를 사용하십니까? 무료로 통역 서비스를 제공해 드리겠습니다.	<b>Korean</b> 한국어
<b>Cambodian</b> ភាសាខ្មែរ	តើអ្នកនិយាយភាសាខ្មែរដែរទេ? យើងខ្ញុំនឹងផ្តល់ជូនអ្នកបកប្រែភាសាដោយឥតគិតថ្លៃផ្តល់ជូនដល់អ្នក។	您讲国语吗? 我们将免费为您提供翻译。	<b>Mandarin</b> 中文
<b>Cantonese</b> 粵語	您講粵語嗎? 我們將免費為您提供翻譯。	तपाईं नेपाली बोल्नुहुन्छ? हामी तपाईंको लागि निःशुल्क रूपमा दोभाषे उपलब्ध गराउने छौं।	<b>Nepali</b> नेपाली
<b>Croatian</b> Hrvatski	Govorite li hrvatski jezik? Osigurat ćemo Vam prevoditelja besplatno.	Wenn du Deutsch schwetzschst, darefscht du ebber griege, as aa Deitsch schwetzt un dich helfe kann mit die english Schprooch.	<b>Pennsylvania Dutch</b> Deitsch
<b>Farsi</b> فارسی	فارسی صحبت می کنید؟ یک مترجم شفاهی رایگان در اختیار شما قرار خواهیم داد. فارسی	Czy mówisz po polsku? Zapewnimy bezpłatną pomoc tłumacza.	<b>Polish</b> Polski
<b>French</b> Français	Parlez-vous français? Nous vous fournissons gratuitement un interprète.	Fala português? Vamos facultar-lhe um intérprete, sem custos para si.	<b>Portuguese</b> Português
<b>French Creole</b> Kreyòl Ayisyen	Èske ou pale Kreyòl Ayisyen? N ap ba ou yon entèprèt gratis.	Вы говорите по-русски? Мы абсолютно бесплатно предоставим вам переводчика.	<b>Russian</b> Русский
<b>German</b> Deutsch	Sprechen Sie Deutsch? Wir stellen Ihnen unentgeltlich einen Dolmetscher zur Verfügung.	Ma ku hadashaa Af Soomaali? Waxaan kuu helaynaa tarjumaan bilaa lacag ah.	<b>Somali</b> Af Soomaali
<b>Gujarati</b> ગુજરાતી	તમે ગુજરાતી બોલો છો? અમે ઇન્ટરપ્રીટર ફ્રીમાં પૂરો પાડીશું, જેનો ખર્ચ તમારે ઉપાડવાનો રહેશે નહીં.	¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.	<b>Spanish</b> Español
<b>Haitian Creole</b> Kreyòl Ayisyen	Èske ou pale Kreyòl Ayisyen? N ap ba ou yon entèprèt gratis.	Je, unazungumza Kiswahili? Tutakupatia mkalimani bila gharama yoyote kwako.	<b>Swahili</b> Kiswahili
<b>Hindi</b> हिन्दी	क्या आप हिन्दी बोलते हैं? हम आपके लिए बिना किसी निजी लागत के एक दुभाषिया को उपलब्ध कराएँगे।	کیا آپ اردو بولتے ہیں؟ ہم بغیر آپ کے ذاتی لاگت کے آپ کے لئے ترجمان فراہم کریں گے۔	<b>Urdu</b> اردو
<b>Hungarian</b> Magyar	Beszél magyarul? Teljesen költségmentesen biztosítunk egy tolmácsot az Ön számára.	Quý vị nói được tiếng Việt không? Chúng tôi sẽ cung cấp một thông dịch viên miễn phí cho quý vị.	<b>Vietnamese</b> Tiếng Việt



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## 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, low vision, or 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 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**.



## 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 information, please visit: **[UPMC.com/services/south-central-pa/surgery/patients](https://www.upmc.com/services/south-central-pa/surgery/patients)**.

If your life has been impacted by a UPMC caregiver, please recognize them for their skill and compassion by sharing your health care story and words of thanks today at: **[UPMCPinnacleFoundation.org](https://www.upmcpinnaclefoundation.org)**.



## Directions

**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.

### **When You Arrive for Your Surgery:**

- Enter the hospital through the main entrance labeled Outpatient Services Entrance.
- Please report to the registration desk that is located immediately to the left upon entering the building.
- Your support person(s) will be given 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.
- After completing your registration, you may have a seat in the Waiting Room area.

**UPMC Surgery Center - Carlisle**  
**31 Sprint Drive,**  
**Carlisle, PA 17015**

Main number: **717-960-3700**

**Parking:** Free parking is available at UPMC Surgery Center - Carlisle in front of the main entrance.

### **When You Arrive for Your Surgery:**

- Enter through the Surgery Center doors under the green overhang.
- Please report to the front desk in the Main Waiting Room area to register.

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**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).

**When You Arrive for Your Surgery:**

- Enter the hospital building through Entrance A (Main Entrance). The entrance is marked with a purple “A.”
- Please report to the surgical waiting room by taking the hallway to the left, past the coffee shop.
- Turn right at the elevator. It is the first door on the left.
- 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.
- The receptionist will call you to the desk using your ticket number.

**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. Valet parking is also available in front of the hospital’s main entrance.

**When You Arrive for Your Surgery:**

- Enter the hospital through entrance A (Main Entrance). The entrance is marked with a purple “A.”
- Please report to the 3<sup>rd</sup> floor Surgical Waiting Room at your scheduled time by using the Public Elevator D, which is dark blue in color.

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- When you get off the elevator and 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.
- The receptionist will call you to the desk by using your ticket 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.”

**When You Arrive for Your Surgery:**

- 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 1<sup>st</sup> floor.
- After completing your registration, you will be directed to the Surgical Services waiting room on the 2<sup>nd</sup> floor.
- Please sign in at the reception desk in the Waiting Room.

# Hospital/Surgery Center Arrival Checklist

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

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

Nothing to eat or drink after: \_\_\_\_\_ a.m. or \_\_\_\_\_ p.m.

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

\_\_\_\_\_

\_\_\_\_\_

Medicines: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Bring a list of medicines that you take to 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:

\_\_\_\_\_

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# Notes

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### **UPMC Carlisle**

361 Alexander Spring Road  
Carlisle, PA 17015

### **UPMC Surgery Center - Carlisle**

31 Sprint Drive  
Carlisle, PA 17015

### **UPMC Community Osteopathic**

4300 Londonderry Road  
Harrisburg, PA 17109

### **UPMC Harrisburg**

111 South Front St.  
Harrisburg, PA 17101

### **UPMC West Shore**

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.