

Pre-Operative Instructions

Patient: _____

Doctor: _____

Doctor's Office Phone: _____

Day of Surgery: _____

Report to the Registration/Surgery Check-In desk

at _____ A.M. P.M.

For More Information

Should you have any questions, please call:

Admitting/Registration 240-826-6238

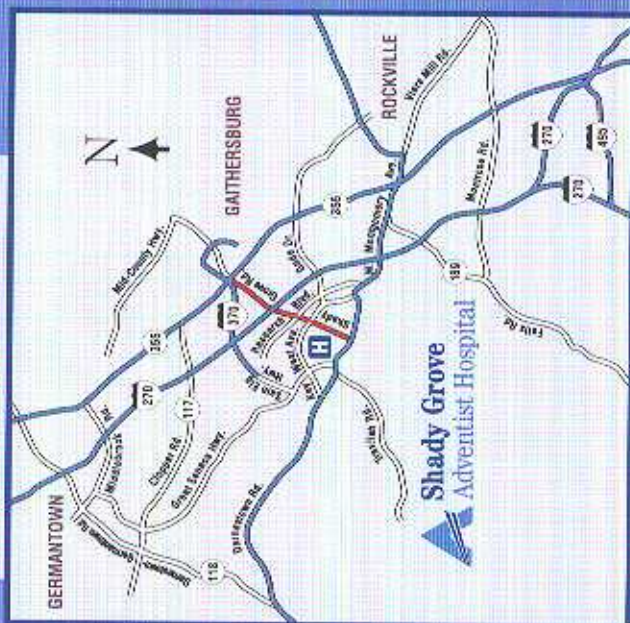
240-826-6676

Pre-Operative Planning Nurse 240-826-6572

Directions
 Shady Grove Adventist Hospital is conveniently located just off I-270 and Shady Grove Road. Call for Directions 240-826-6141 or check our website: www.ShadyGroveAdventistHospital.com.
 Enter through either the main hospital entrance or the surgery entrance to the right of the main entrance on the first floor. Check in at the Registration/Surgery Check-In desk located in the center of the lobby concourse.

Mission

We demonstrate God's care by improving the health of people and communities through a ministry of physical, mental and spiritual healing.



Contact Us

For more information on the services available at Shady Grove Adventist Hospital, please call us:

Phone: 240-826-6000

TTY #: 240-826-6405

www.ShadyGroveAdventistHospital.com

Shady Grove Adventist Hospital
 9901 Medical Center Drive
 Rockville, MD 20850

Shady Grove is a tobacco-free campus.

Surgical Services

 **Shady Grove**
 Adventist Hospital



Registration

Registering with Patient Access/Admitting prior to the day of surgery takes only a few minutes and can save you time when you arrive on the day of the procedure. Pre-registering can be completed over the phone or online. The link to pre-register for procedures can be found under Quick Links on the Shady Grove Adventist Hospital home page (www.ShadyGroveAdventistHospital.com) and should be done at least five days prior to your surgery) or if you have not been contacted three to five days before your procedure, you may call 240-826-6238 Monday through Friday from 8 a.m. until 4 p.m.

Preparation for Your Surgery:

OUR ANESTHESIA DEPARTMENT REQUIRES A HISTORY & PHYSICAL (H&P) WITHIN 30 DAYS PRIOR TO YOUR DATE OF SURGERY.

It is best to schedule your pre-operative physical exam no more than seven days prior to surgery. Fax results of tests and physical exam as soon as possible to 240-826-5332.

You may obtain this at either your Primary Care Physician's office or at the **Shady Grove Adventist Hospital Pre-Surgical Testing Center**. Our center offices are open Monday through Friday from 8 a.m. until 4 p.m. Please call 240-826-7016 to schedule an appointment.

A typical appointment may include:

- History and physical completed by a nurse practitioner or physician's assistant
- Bloodwork and/or urinalysis
- EKG on patients 40 years or older, or if medically indicated
- Chest X-ray if medically indicated

Nursing Assessment

A pre-operative planning nurse will call to discuss (usually two to three days before) if you are not seen in our Pre-Surgical Testing Center:

- Health history
- Physical exam
- Questions and concerns
- Necessary instructions

You may call us at 240-826-6572. Please leave a message indicating the best time to reach you.

Test results are needed at the hospital two to three days before surgery for review.

The Evening Before Your Surgery

DIET RESTRICTIONS unless otherwise

instructed by your physician:

1. NO SOLID FOOD AND NO MILK PRODUCTS after midnight
2. ACCEPTABLE CLEAR LIQUIDS may only be taken until three hours prior to surgery; then NOTHING BY MOUTH.

ACCEPTABLE clear liquids include:

- Water
- Black coffee and tea (please, no creamers or non-dairy creamers)
- Sodas (cola, ginger ale, etc.)
- Gatorade
- Clear apple juice
- Plain Jell-O

Diabetic patients will receive special instructions. Pediatric patients less than one year old will receive special instructions.

The Day of the Surgery

1. Remember your dietary restrictions.
2. Take medications as directed.
3. Arrive two hours prior to surgery unless otherwise instructed.
4. Bring test results if you have copies.
5. Bring insurance card, photo identification and co-payment if necessary.
6. Leave valuables at home.
7. No makeup, jewelry or contact lenses.
8. Wear loose, comfortable clothes.
9. Do not bring young children to the hospital.
10. Bring a list of medications/time/dosages with you the day of surgery.
11. Bring your x-rays per your doctor's instructions.

For Pediatric Surgery

1. Depending on the age of the child, pack a special toy/blanket, bottle/cup, formula/special foods, and slippers.
2. If your child develops any of the following symptoms prior to surgery, please notify the surgeon: cold, sore throat, cough, diarrhea, vomiting, fever, rash.
3. Only two adults, no siblings, please.
4. If not child's natural or legal parents, you must provide proof of legal guardianship. Call 240-826-6572 to discuss your situation.
5. You may arrange for a Pediatric tour for ages 3 to 10 by calling 240-826-7030.

Arrangements for Going Home

YOU MUST HAVE A RESPONSIBLE ADULT (at least 18 years old) DRIVE YOU HOME. If you take a taxi, arrange for someone to accompany you. Adult supervision is recommended at home for the remainder of the day. It is best to have this person stay with you while you're at the hospital.