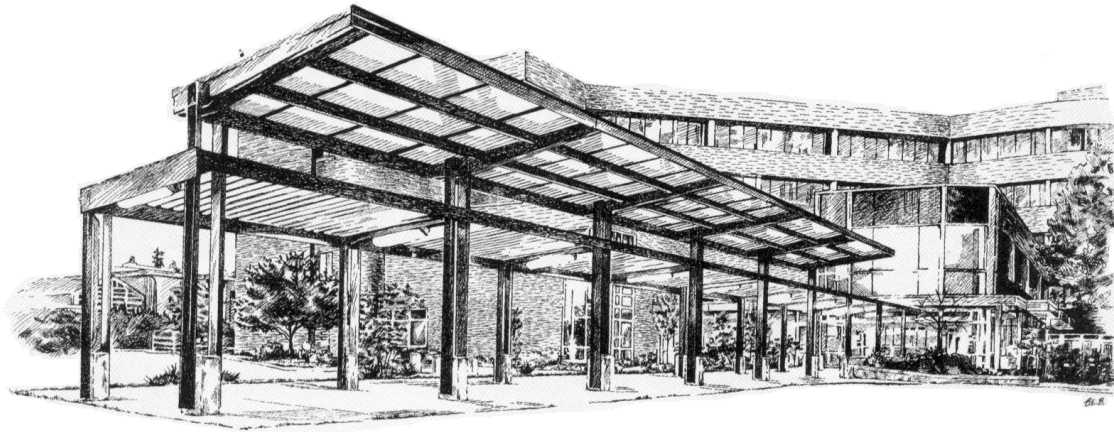


Your Surgical Experience



***Information for Patients
and their Families***



**NORTHWEST HOSPITAL
& MEDICAL CENTER**

1550 North 115th Street
Seattle, Washington
206-364-0500
www.nwhospital.org

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NORTHWEST HOSPITAL & MEDICAL CENTER
Seattle, Washington

February, 2003

Other Dept/Admitting/Your Surgical Experience - 2/03 @ EdS.djt

INTRODUCTION

You and your physician have agreed that your surgery will be performed at Northwest Hospital & Medical Center. This booklet will help you understand the surgical experience at Northwest Hospital — from surgical preparation to planning for your return home. In addition to the information in this booklet, you will receive specific instructions from your physician and Northwest Hospital staff. Therefore, you may want to keep this booklet close to your phone to have available when you receive calls before surgery.

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BEFORE YOU GO TO THE HOSPITAL

You will be contacted by an admitting representative and by a nurse from the Northwest Hospital & Medical Center Admitting Department approximately seven days prior to your surgery.

(1) The admitting representative will:

- ask for your birth date, insurance numbers, and other finance-related questions;
- schedule a date for your diagnostic tests (e.g., lab, chest x-ray, EKG or any other tests), unless being done elsewhere, and provide directions. Your diagnostic tests will be completed on a separate visit prior to your surgery.

(2) A nurse will:

- obtain a health history and ask health-related questions regarding your medications, allergies, and previous illnesses and surgeries;
- give instructions, provide information about the admission process, and answer any other questions you may have.

If you have not been contacted by the hospital seven days prior to your surgery date, please call the admitting nurse at 368-1383. The nurse is in the Admitting Department from 9:00 AM to 8:00 PM, Monday through Friday.

ADVANCE DIRECTIVES

The law requires that we ask if you have an Advance Directive. Advance Directives allow you to document your preference about how you would like your health care handled, usually at the end of life. Each adult admitted to the hospital will be offered information about patient rights under Washington State Law to make decisions concerning health care, including the right to accept or refuse medical or surgical treatment and the right to formulate Advance Directives. “Living Wills” and “Durable Powers of Attorney” for health care are examples of Advance Directives. You may want to bring an Advance Directive with you. Hospital employees cannot act as witnesses for Advance Directives, so it needs to be ready before you come to the hospital. If you need information prior to your admission, please call 368-1304.

GENERAL PREPARATION

You may want to donate your own blood. You can give blood up to one week before surgery, and your physician must initiate the process. Blood can be stored for 35 days. Ask your physician how you may do this.

Be sure to provide your physician with information regarding all other physicians whom you are seeing and all medications that you take, including aspirin, Ibuprofen, Aleve, herbal medicines, and other nonprescription medications.

Nonsteroidal anti-inflammatories, herbal medicines, and aspirin tend to decrease blood-clotting abilities. Follow your physician's instructions for stopping these prior to surgery.

To prepare your lungs for anesthesia and to decrease your post-operative surgical risks, we encourage you to stop smoking at least two weeks prior to surgery. Northwest Hospital & Medical Center, as a health-promoting institution, is a non-smoking facility. Smoking is only permitted in designated outdoor areas on the hospital campus.

When you speak with the admitting nurse prior to surgery, you will be instructed in some home preparation for surgery. This may include:

- Shower the night before or the morning of your surgery. This helps prevent infection and it will be more comfortable for you if you are not able to bathe for a few days.
- You may brush your teeth the day of surgery, but do not swallow any water.
- It is very important that you follow the instructions your physician and the nurse have given you about eating, drinking liquids, and taking your medications. If you do not follow these restrictions, your surgery may have to be postponed.
- Wear minimal or no make-up and no mascara before surgery.

Your physician may give you additional instructions regarding diet, enemas, or skin preparation.

Bring to the Hospital

- Insurance cards and forms
- Personal toiletries, small electrical appliances (e.g. shaver, hair dryer)
- Dentures, glasses with case, contact lenses with case, hearing aid
- Your own robe and sturdy slippers, if desired
- Advance Directive, if you have one
- Wear comfortable, loose-fitting clothing to the hospital

Do Not Bring to the Hospital

- Valuables
- Watches
- Jewelry other than rings
- Money (unless told to bring a co-pay)

Note: At discharge, you may need to pick up your prescriptions. Make sure you have the means to purchase these on your way home.

THE DAY OF SURGERY

Preparation

All surgical patients report to the Day Surgery entrance of the hospital at least two hours prior to scheduled surgery. This will allow enough time for the admission process. The nurse will examine you and discuss your health and plan of care. Your last minute questions can be answered at this time.

Your family will be directed to a waiting room where the physician can come to talk with them after surgery.

Other preparations may include:

- Signing the operative permit.
- Practicing deep breathing exercises or using a respiratory exerciser.

Meeting Your Anesthesiologist

After you are admitted, you will have the opportunity to talk with your anesthesiologist. (This may take place in your room or in the Operating Room prior to surgery.) Tell him or her if you have had problems with any type of anesthetic in the past. Your anesthesiologist will explain the recommended type of anesthesia.

Family and Friends

You will be taken to the operating room 30 minutes prior to your scheduled surgery time. Your family or companions can remain with you until you leave for surgery. They are welcome to wait in the Surgical Waiting Room near the Operating Room. The physician will look for your family in this area after the surgery is complete.

People in the surgical waiting room can be reached at 206-364-0500 (extension 1301) or 368-1910.

AFTER SURGERY

You will remain in the Recovery Room for about an hour before returning to your new room which will be in a different area of the hospital. Your family may see you in your room. Nurses will be closely monitoring your recovery. You may be aware of monitors or tubes such as intravenous (I.V.), oxygen, or drainage tubes as you wake up. You may also feel somewhat groggy.

Pain

Your nurses and doctors want to make your surgery as pain free as they can. The key to getting the best pain relief is communication with your health care team. The amount or type of pain you feel may not be the same as others feel — even those who have had the same operation.

Both drug and non-drug treatments can be successful in helping to prevent and control pain. You and your doctors and nurses will decide which ones are right for you. Many people combine two or more methods to get greater relief.

Don't worry about getting "hooked" on pain medications. Studies show that this is very rare and that you will stop taking pain meds when you no longer have pain.

Activity

Activity stimulates circulation, re-awakens all of your body systems, and promotes normal body function. Nurses will assist you with turning in bed, getting out of bed, and walking as soon as you are allowed to do so. As soon as possible, you will be asked to do these activities by yourself. In general, the more you can do for yourself safely, the sooner you can go home.

Deep Breathing

Lung expansion is very important following surgery. You will be asked to breathe deeply often after surgery, or perhaps use a respiratory exerciser for a few days to counteract potential complications from anesthesia and from the surgery.

Diet

Your physician will decide when you are to resume eating and drinking. Your diet will be advanced from liquids to solids as your bowel activity improves. If you have any allergies or food intolerances, please inform the nurse who calls you prior to surgery or your nurse on admission.

We encourage your family to ask questions and participate in your care. This will help them feel more comfortable assisting you once you are home.

THROUGHOUT YOUR STAY—YOUR HEALTHCARE TEAM

Physicians — The cooperative effort between physicians and other members of your health care team ensures you receive the best possible care. As your care progresses, your physician may consult other physicians.

Nurses — Registered nurses (RNs) and licensed practical nurses (LPNs) plan, deliver, and coordinate your bedside care. Nurses work with you and your physician to make sure your care needs are met.

Nursing Assistants — Nursing assistants have received training in basic nursing tasks such as personal care and blood pressure monitoring. They assist RNs and LPNs in caring for you.

Case Managers — Case managers are registered nurses or social workers who assist in planning and arranging for ongoing care during and following your hospital stay.

Social Workers — A social worker is available to meet a variety of needs, including help with discharge planning and community resource referrals. Social workers can also assist you with long-term care planning and offer support and counseling to patients dealing with a new diagnosis or health-related issues.

Clinical Nurse Specialists (CNSs) — CNSs are registered nurses with an advanced degree and clinical expertise in a nursing specialty. CNSs serve as a resource for other nurses and keep abreast of the latest research and nursing practices to make sure you receive quality care.

Spiritual Support — Patients and families may receive spiritual support from their religious affiliations, the Hospital Spiritual Counselor, and/or the volunteer chaplains. Please let your nurse know of your needs.

Others — You may meet various laboratory, radiology, and support personnel all dedicated to providing you quality care. All hospital personnel should be wearing a name tag, and we encourage you to ask who they are and what they do.

Volunteers — More than 300 active volunteers of all ages perform a variety of tasks in the hospital, adding to the caring concept found at Northwest Hospital & Medical Center. From operating the gift shop to leading tours of the facility, volunteers provide support to 50 departments and enhance patient and family visits to Northwest Hospital.

PREPARING TO GO HOME

The length of your hospital stay will depend upon your type of surgery. With recent changes in medicine and health insurance, many patients are going home sooner after surgery. The doctor and your healthcare team will plan your discharge with you.

You may need someone to assist you at home for a period of time. We encourage your family to ask questions and participate in your care. This will help them feel more comfortable assisting you once you are home.

If you feel you will need help at home other than from your family members, let your nurse know. Members from your health care team are available to answer questions about home care support and to help make arrangements for assistance from community services.

SPECIAL INSTRUCTIONS BEFORE SURGERY

Type of surgery: _____

Dates of surgery: _____

Arrive at Northwest Hospital by: _____

Drink no fluids after: _____

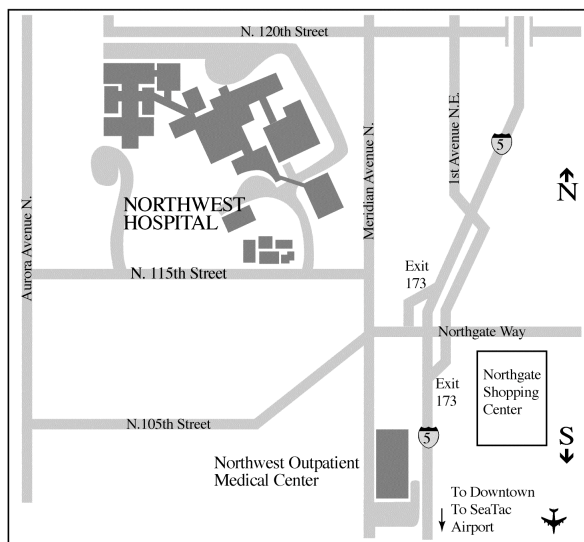
Eat no solid food after: _____

Preparation for surgery:

Take only these medications with a small amount of water:

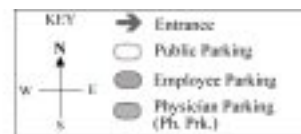
Directions to Day Surgery Unit at Northwest Hospital & Medical Center

From N. 115th Street enter the main entrance to the hospital campus. Directly ahead at the main 5-story hospital building turn right under the skybridge. Passing the Emergency entrance, follow the roadway around the hospital going past the D-Wing East Entrance until you reach the end of the drive at the North Entrance to the hospital with a totem pole near the entryway. You may park in the areas marked Surgery. Enter through the north hospital entrance and walk straight ahead to the Surgery reception area where staff members will greet and admit you.



- Lot D - Third Shift employees
- Lot S - Assigned Staff parking
- Second Shift parking available in all lots
- Car pool stalls available in Lots S, N, J and A

Northwest Hospital Campus Map



REVISED 5/30/01

