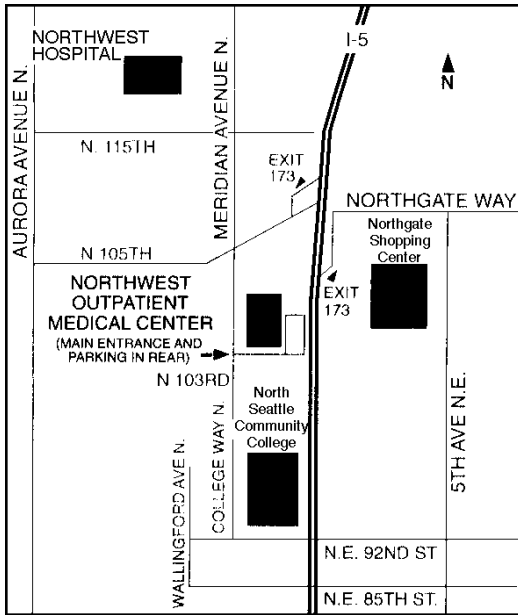


Directions



Northbound: Take exit 173 from I-5 northbound. Turn left onto First Avenue NE. At Northgate Way NE, turn left and cross under I-5. Turn left onto Meridian Avenue N., and drive two and a half blocks. The Outpatient Medical Center will be on your left. Please park on the east side of the building, facing I-5.

Southbound: Take exit 173 from I-5 southbound, and stay in the right lane. Turn right onto Northgate Way, then left at Meridian Avenue N. Drive two and a half blocks. The Outpatient Medical Center will be on your left. Please park on the east side of the building facing I-5.



NORTHWEST HOSPITAL
 Ambulatory Surgery Center
 10330 Meridian Avenue N., Suite 150
 Seattle, WA 98133
 (206) 368-6600

NORTHWEST AMBULATORY SURGERY CENTER



Day Surgery Information

Enclosed is information about your day surgery visit to the Northwest Ambulatory Surgery Center.

Special Instructions

These instructions are vital for your safety. If you fail to follow these guidelines, your surgery may have to be postponed.

Surgery: _____

Date of Surgery: _____

Arrive at Surgery Center: _____

Unless specifically told otherwise:

- ❖ Do not eat or drink *anything*, not even water, after midnight the night before surgery. You may brush your teeth, but do not swallow any water.
- ❖ Do not chew gum, eat mints, or suck on hard candy.
- ❖ Take only these medications:

Your physician may order pre-surgical tests for you. If your tests are to be done outside the Northwest Hospital system, please have the results faxed to us a minimum of two days prior to your surgery. Our fax number is **(206) 368-6630**.

Pre-Surgical Tests:

- ___ Electrocardiogram
- ___ Chest X-Ray
- ___ Lab: _____
- ___ None required

Before Surgery

- ❖ Inform your physician of any illnesses you have and any medications you take, including aspirin and non-prescription drugs.
- ❖ Ask your physician to explain any aspects of the surgery you do not understand and to explain how you may feel afterward. If there are special instructions, have your physician write them down for you.
- ❖ Contact your physician if you experience any abnormal changes in your physical condition a day or two prior to your surgery. These could include a sore throat, fever, or change in the condition for which you are having the surgery.
- ❖ You must sign a consent form before any medicine or procedures can be started. The legal age is 18. For minors, the form must be signed by a parent or legal guardian.
- ❖ The Surgery Center nurse will call you to go over any questions you may have, review your health history (medications, allergies, etc.), and to review any pre-surgical tests you may need. If two days before your surgery you have not heard from the Surgery Center nurse, please call us at **(206) 368-6607** between 10 AM and 5 PM, Monday through Friday.
- ❖ The Northwest Hospital business office will also call you to ask for birthdate, insurance, and other financial information.

Day Of Surgery

- ❖ It is very important that you follow the instructions your physician and the Surgery Center nurse have given you about eating, drinking liquids, taking your medications and smoking. ***Even small amounts of liquids or solids can cause serious complications during anesthesia.*** If you do not follow these instructions, your surgery may have to be postponed.
- ❖ Wear comfortable clothes that can be folded. Many patients find sweat suits useful for this purpose.
- ❖ Shower or bathe the night before or the morning of your surgery. This helps prevent infection and will make your recovery more comfortable in the event you are not able to bathe for a few days.
- ❖ You may brush your teeth, but do not swallow water.
- ❖ Before going into the operating room, you will meet your surgeon and anesthesiologist, and you may ask any questions you might have. There is a waiting room for your family and friends while you are in surgery.

What to Bring

- ❖ If you need glasses for reading, please bring them with you.
- ❖ Insurance cards/information.
- ❖ After surgery, you may need to pick up a prescription and pay for parking. Bring your checkbook, credit card, or money.

Please leave all other valuables at home.

Following Surgery

- ❖ Following surgery, nurses will care for you in the post-anesthesia care unit. Your recovery time depends on the type of surgery you have and how your body reacts, but usually will range from one to three hours. If you are not feeling well enough to go home, your physician may admit you to the hospital overnight.
- ❖ To facilitate your transition home, please make arrangements for your ride to be available within the one to three hour recovery time span. You must have a responsible adult drive you home or accompany you in a taxi.
- ❖ Before you go home, our nurses will give you instructions on proper care. Your return to your "normal" self will be hastened by resting at home, restricting your activity as the nurses and your physician have recommended, and taking your medication as instructed.

At Home

- ❖ Arrange your postsurgical activities to allow yourself time to recover. This time will vary with the type of surgery you have and your own body's response. Check with your physician for specifics.
- ❖ A Northwest Ambulatory Surgery Center nurse will call you after you are home to check on your progress.
- ❖ Arrange for someone to stay with you, at your home, for the rest of the day. Also arrange for someone else to assume the care of those people who are dependent upon you.
- ❖ If you have questions, please call your physician, or you may call us at **(206) 368-6607** from 7 AM to 6 PM, Monday through Friday.