

Seattle Urological Associates

Tel (206) 292-6488

YOU HAVE BEEN SCHEDULED FOR THE FOLLOWING:

ADMISSION TO SWEDISH HOSPITAL

TIME TO CHECK-IN ...

DAY _____

DATE _____

TIME _____ [am] [pm]

(**SCHEDULED SURGERY START TIME IS** TIME _____ [am] [pm])

Note that this time is approximate. You need to be at hospital admitting at the CHECK-IN time above

SCHEDULED AT Swedish Hospital Admitting

747 Broadway Avenue Seattle WA 98104 Tel (206) 386-2561

Admitting is located on the 1st floor on the left after entering the main entrance. Exit I-5 at James and had east to Broadway (1/2 mile) and turn left 1 1/2 blocks to main entrance. Parking is found at at the main entrance, Broadway/Marion, Minor/James, Minor/Marion or Summit/Madison garages. Valet parking is available at main entrance to hospital.

DESCRIPTION OF MORNING HOSPITAL ADMISSION

You have been scheduled for an early morning admission to the hospital. This has been designed to reduce hospital time. You do have responsibilities to make sure that the procedures go smoothly. First you must remember that if you are to have an anesthetic the day of admission you must have **no** food or liquids after midnight. The anesthesiologist will cancel any procedures that are scheduled if this is not followed. Secondly you must arrive at admissions at the time listed above to give us time for the needed blood studies and paper work. Bring all your medications with you but take no medications unless you ask us first--please. If there are questions--ask!!

PREPARATION FOR MORNING HOSPITAL ADMISSION

In most cases, you may have no food or drink of any kind after midnight the night before the procedure. This is very important. Nothing should pass your lips...nothing! The next sheet will give more detailed instructions about diet and medicines IF you are taking diabetes, heart, blood pressure or other important medications.

FOLLOW UP INSTRUCTIONS

[] Call for a follow-up appointment on the day you arrive home.

[] Follow-up Appointment Day _____ Date _____ Time _____

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PREOPERATIVE INSTRUCTIONS

PREPARATION FOR RETURN HOME

Do you have someone to help you at home when you return? These arrangements should be made before the surgery. If you are unsure what your restrictions might be, please ask us. Will you need help with shopping, housework, cooking, errands, driving, or returning to the doctor's office?

CHANGE IN HEALTH STATUS

Notify your surgeon if you experience any significant change in your health status, or develop a cold or influenza, or a bladder infection, diarrhea, or other infection, before your surgery.

PREOPERATIVE MEDICATION INSTRUCTIONS

Unless specifically instructed otherwise by your surgeon or anesthesiologist, please observe the following guidelines for taking your medicines before surgery:

One Week Prior to Surgery

STOP all aspirin and all medicines containing aspirin (e.g., Anacin, Excedrin, PeptoBismol). Read the labels of any cold or pain medicine bottles to see if aspirin (or salicylate) is contained in the medication. **Stop Plavix (Clopidogrel)** **Stop Vitamin E.**

Five days prior to Surgery

Stop Coumadin (Warfarin) with your doctor's permission. WE NEED TO DISCUSS THIS DRUG ISSUE WITH YOU. YOU WILL ALSO NEED A RE-START DATE DISCUSSED.

Three Days Prior to Surgery

STOP all nonsteroidal anti-inflammatory medications (e.g., etodolac [Lodine], fenoprofen [Nalfon], ibuprofen [Advil, Motrin, Nuprin], ketorolac [Toradol], maproxen [Aleve], meclufenamate [Meclomen], mefenamic acid [Ponstel], naproxen [Anaprox, Naprosyn]).

On the Morning of your Surgery:

DO NOT TAKE digitalis medicines (e.g., Crystodigin, Digoxin, Lanoxin).

DO NOT TAKE oral antidiabetes medicines (e.g., chlorpropamide [Diabinese], glyburide [DiaBeta, Glynase, Micronase], glypizide [Glucotrol], tolazamide [Tolinase], tolbutamide [Orinase]).

DO TAKE one-half of your usual morning INSULIN dose. DO NOT TAKE your morning INSULIN dose if you are driving a great distance the morning of surgery or if your surgery is scheduled for the afternoon.

Remove nicotine patches (Nicoderm)

DO TAKE, with a small sip of water, ALL of your other usual morning doses of regularly prescribed medicines, including heart and blood pressure medicine. Use your asthma inhalers and bring them with you to the hospital.

PREOPERATIVE DIET INSTRUCTIONS

Unless specifically instructed otherwise by your surgeon or anesthesiologist, patients of all ages must observe the following diet restrictions before surgery:

Eight hours before the Scheduled Start of your Surgery:

DO NOT TAKE **anything** by mouth except for your usual medicines; follow the Preoperative medication instructions above.

Exceptions:

DO NOT TAKE anything by mouth for **eight** hours, except for your usual medicines, if you are pregnant, morbidly obese, or are diagnosed with diabetes, renal failure, or stomach acid reflux with heartburn.

ON THE DAY OF SURGERY

Take your medicines as instructed above with a sip of water.

You may brush your teeth; rinse your mouth, but do not swallow the water.

Leave all jewelry (including wedding and all other rings) and valuables (including money and credit cards) at home.

If you wear contact lenses, glasses or hearing aids, please bring a case or container, and solution for contacts, to protect them while you are in surgery.

Wear a minimum amount of makeup, and no mascara. Please remove the nail polish, and/or artificial or acrylic nails from both index fingers.

Please bring a copy of your current medical problem list from your primary care physician (family medicine/internist).

Minors (anyone less than 18 years old) must be accompanied by a parent or legal guardian to sign the operative consent form.

Prior to surgery, the anesthesiologist will discuss with you the anesthetic most appropriate for your medical condition and procedure.

After discharge, you must be escorted/driven home by a responsible adult. You may take a taxi cabs or shuttle if accompanied by a responsible adult who can stay with you after the driver departs.

Discharge Medications

When you are discharged from Swedish, your doctor may order discharge/take-home medications for you. Here is some information you may find useful:

- You can have these discharge medications filled at Swedish or another pharmacy of your choice. If you would like to get your medications filled at another pharmacy, you need to talk to your physician or nurse before your discharge. Then they can give you written prescriptions.
- If you choose to get your prescriptions at Swedish and have a prescription plan through your health insurance that can be electronically billed, we will attempt to bill your discharge prescriptions to this plan. This may require you to pay a portion or all of the prescription charge (as determined by your insurer) for each medication when the medications are picked up.
- If you do not have a prescription plan, or have a plan Swedish cannot bill, and you get your prescriptions at Swedish, you will be required to pay the prescription charge when the medications are picked up. We accept cash, checks, VISA, MasterCard, Discover and American Express. Because you have been asked not to bring valuables with you during your hospital stay, you may need to have a friend or family member bring a credit card or checkbook to pay for any discharge/take-home prescriptions.
- *Medicare-only patients:* If you have Medicare with no additional prescription insurance coverage, please note that Medicare does not cover discharge/outpatient medications at this time. If you fill your prescriptions at Swedish, you will be expected to pay the regular prescription fees.
- *Labor and Industries claim patients:* If you currently are covered under a Washington state or self-insured labor and industries claim, you will be responsible for paying any discharge medication prescription fees and must seek reimbursement from the appropriate L&I agency. Swedish/First Hill Pharmacy does not bill L&I agencies for prescription medications.
- Your discharge medications can be picked up at the retail Pharmacy on the first floor, main lobby of the hospital.

If you have any questions, call the retail Pharmacy at (206) 386-3784. Thank you for choosing Swedish.



Preparing for Your Surgery: A Patient's Guide

Welcome to Swedish Medical Center. We look forward to giving you the very best of care. Our goal is to ensure that your admission process will be as smooth and easy as possible.

Please complete this checklist prior to your surgery date. Check the detailed instructions inside the packet for those subjects that pertain to your specific health needs.

- As soon as you are scheduled for surgery, please complete and mail the registration form or fax it to (206) 386-2625. You may also be contacted by a registrar.
- To contact a registrar, please call (206) 386-2561.
- For insurance and/or financial questions, call (206) 386-6996.
- Everyone needs to review the inside instructions regarding food and liquid restrictions. Times are based on the "arrival time" - NOT surgery time.
- Call the Pre-Admission Center at (206) 386-2997 to make an appointment with the nurse.
- If you have had any pre-surgery laboratory and/or EKG tests done, either bring the results with you to the hospital or see inside for fax information.
- If you have a pacemaker or internal defibrillator (AICD), **IT IS VERY IMPORTANT THAT YOU NOTIFY YOUR HEART DOCTOR** and follow the instructions inside the packet.
- If you take any medications(s) both prescription and/or over-the-counter, it is very important that you review the detailed medication instructions.
- If you are diabetic, please follow the detailed instructions regarding any medication that you take for the diabetes.
- On the day of surgery, DO NOT use flammable products (hair-spray, perfume, gels, aftershave, oils, lotions) on your hair or body. Only soap, shampoo and conditioners are allowed.

Pre-Admission Appointment	
Date: _____	Time: _____
Surgery	
Date: _____	
Check-in Time: _____	

- Complete the Health History Form and bring it with you to your pre-admission visit or on the day of surgery.



Pre-operative Diet Instructions

Unless instructed otherwise by your surgeon or anesthesiologist, you must follow these diet instructions before surgery:

Exceptions: If you are pregnant, obese, or have been diagnosed with diabetes, renal failure, or stomach acid reflux with heartburn, **DO NOT** take any food or drink for eight hours before your surgery. **DO** take your usual medicines unless otherwise instructed.

Up to eight hours or more before your scheduled time of arrival:	No restrictions
Between eight and 12 hours before your scheduled time of arrival:	You can read through, pulp, carbonated (NO coffee)
<i>NO FOOD OR DRINK FOR EIGHT HOURS PRIOR TO SURGERY</i>	
	NO alcohol
During the three hours before your scheduled time of arrival:	Nothing by mouth except for your medicine, as noted above

Important Instructions

- If you stored your own blood or your doctor has ordered blood to be ready for your surgery, you will need an appointment to do a blood test in the Pre-Admission Center within 10 days of your surgery.
- In order to prevent duplication of tests, please have your personal doctor fax results of any pre-surgery testing, such as labs and/or EKG, to the Pre-Admission Center at (206) 386-2992 or (206) 386-2918 at least 48 hours prior to your surgery date.
- IF YOU HAVE A PACEMAKER OR INTERNAL DEFIBRILLATOR**, it is **VERY IMPORTANT** that you notify your heart doctor that you are going to have surgery and that you contact the Pre-Admission Center as soon as surgery is scheduled. Notify the nurse that you have one of these heart devices.
 - They will ask for the name and telephone number of your heart doctor so that they can contact his or her office for specific details.
 - Be sure to bring your identification card with you on the day of surgery.

Pre-operative Medication Instructions

Unless instructed otherwise by your surgeon or anesthesiologist, please follow these guidelines for taking medicine before surgery.

One week before surgery:

STOP taking all aspirin, Plavix and all medicines that contain aspirin, such as Anacin or Excedrin.

Two days prior to surgery:

STOP taking all non-steroidal, anti-inflammatory medications. These include Arthrotec, Celebrex, Voltaren, Cataflam, Lodine, Nalfon, Ansaid, Ibuprofen (Motrin, Advil, Nuprin, Rufen), Indocin, Orudis, Actron, Toradol, Oruvail, Meclomen, Relafen, Naprosyn (Aleve), Anaprox, Naprelan, Daypro, Feldene, Vioxx, Disalcid, Clinoril, Tolectin and Bextra.

On the morning of your surgery:

DO NOT take digitalis medicines such as Crystodigin, Digoxin or Lanoxin.

DO take, with a small sip of water, ALL of your other usual morning prescribed medicines. Use your asthma inhalers and bring them with you to the hospital.

Special Instructions for Diabetics

DO NOT take oral anti-diabetes medicines such as chlorpropamide (Diabinese), glyburide (DiaBeta, Glynase, Micronase), glipizide (Glucotrol), metformin (Glucophage) or rezulin.

If you use insulin, check your sugar level in the morning. If you have a morning surgery and your sugar level is higher than 120, DO take half of your usual morning insulin dose. If your sugar level is 120 or lower, DO NOT take any insulin, but bring it with you to the hospital. If you are driving a long way the morning of surgery, DO NOT take your morning insulin dose, even if your glucose level is higher than 120.

If your surgery is scheduled in the afternoon and your sugar level is higher than 150, contact the Surgery Center for instructions at (206) 386-3043.

The Day Before Surgery

DO:

- Call your surgeon's office to confirm your arrival time, which is usually 1½ to 2 hours before the surgery time.
- Review dietary restrictions.

The Day of Surgery

DO:

- Follow the eating, drinking and medication instructions you have been given. **Failure to follow these instructions will result in the delay or cancellation of your surgery.**
- Leave all valuables at home, including jewelry and credit cards. We request that you bring no more than \$5 with you unless you plan to have discharge medications filled at the hospital. In that case, bring only enough money to cover the insurance co-payment.
- Bring reading material in case your surgery is delayed due to an emergency or a previous case running longer than expected.
- Wear loose, comfortable clothing.
- Take your medications with a sip of water as outlined in the Pre-Operative Instructions or as directed by your physician.
- If you use inhalers, bring them with you.
- Bring a completed health history, including a medication list with dosages.
- Arrive at the hospital at the time given by your surgeon's office.
- Check in at the first-floor main lobby (see map on back page).

Do Not:

- Use any hair or body products other than soap and water, shampoo and conditioner.
- Wear makeup or nail polish.
- Forget to allow time for parking. The most convenient place is the Broadway Parking Garage (see map on back page).

Anesthesia Care

What is anesthesia?

Anesthesiology is the practice of medicine in which special drugs are used to cause your entire body – or part of your body – to be insensitive to pain. Anesthesia will enable you to tolerate a surgical or invasive medical procedure comfortably. Today's anesthesia practices allow a greater degree of safety and comfort than ever before, enabling a smooth start to your healing and recuperation.

Who provides anesthesia?

Anesthesia care at Swedish Medical Center/First Hill is provided by specialty-trained and board-certified physician anesthesiologists. They are trained to provide all types of anesthesia and in the delivery of intensive-care medicine. They are highly trained to anticipate and treat side effects of anesthesia and co-existing medical conditions. Some of our anesthesiologists have special interests and training in cardiac, pediatric, obstetric or neuro-surgical anesthesia, and in the treatment of chronic pain.

What are the types of anesthesia?

Anesthetics are medicines that temporarily interrupt the transmission of painful nerve impulses to the spinal cord and brain. *General* anesthetics work by producing a state of unconsciousness and inhibit the brain's perception of sensations. *Local* anesthetics block painful impulses at the nerves that carry pain to the spinal cord and brain. *Sedatives* are medicines given by mouth or intravenously that induce a quiet and calm state and may be accompanied by short-term absence of memory. *Narcotics* are medicines given by vein and by mouth that decrease pain.

Depending on the nature of your operation and medical condition, your anesthesiologist – in consultation with you – will choose one, or a combination, of these anesthetic techniques to optimize your care.

Complications of anesthesia

As with any type of medical care, there are risks associated with surgery and anesthesia. Fortunately, our current technologies enable us to greatly minimize the complications. The potential complications vary with the different anesthesia techniques; therefore, your anesthesiologist will

discuss the risks, benefits and alternatives to the different anesthetic options with you as they pertain to you and your operation.

Preparation for anesthesia: pre-admission

To help avoid complications from your surgery and anesthesia, it is vital that you inform our Pre-Admission Center nurse of all medicines you take (including recreational drugs) and all your medical problems. Please read and follow all instructions in this packet pertaining to diet restrictions before surgery and prescription medicines on the morning of your surgery.

If you smoke, you are at greater risk for complications during and after surgery. We encourage you to quit smoking at least four to six weeks prior to your operation. You will not be able to smoke while you are hospitalized.

If, after your interview, you have specific concerns about your medical condition and anesthesia, our Pre-Admission Center can refer your questions to our anesthesia consultant.

Consulting with your anesthesiologist

On the day of your surgery, you will meet your anesthesiologist, who will review your medical record, clarify any questions about your medical history and perform a physical evaluation. You will then have an opportunity to express your preferences, discuss the plan for your care, and have questions answered about the advantages, disadvantages, and possible risks of your anesthetic.

Please inform us if you have cultural, religious or personal reservations against receiving a blood transfusion. We will attempt to provide an anesthesiologist who can honor this request.

In the recovery room, you will be cared for by specially trained nurses. If you experience pain or nausea, tell your nurse immediately. He or she will be able to treat these conditions effectively. Also, follow your nurse's instructions for deep breathing and coughing.

Until we see you

Relax! We look forward to meeting you and caring for you safely and professionally.

Swedish Medical Center is committed to excellence in care and in service. We seek your comments and suggestions as we work to live up to this expectation. We routinely send out patient satisfaction surveys. If you should receive a survey, please take time to tell us how we are doing. We welcome your comments at any time during your stay with us. Talk with our staff or call our Patient Relations Department at (206) 386-2111.

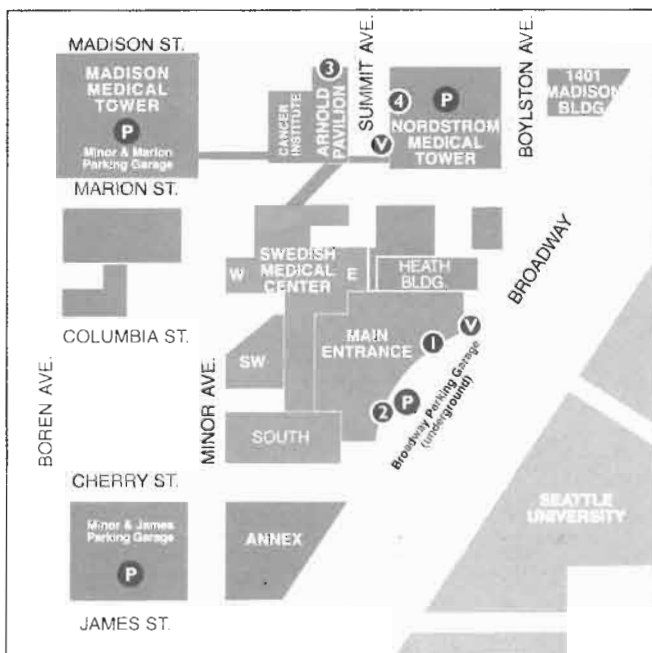


Directions to Swedish Medical Center:

From the north, take I-5 southbound to the James St. Exit (165A). Turn left (east) on James St. Travel six blocks to the intersection of Broadway and James. Turn left (north) onto Broadway. Travel 1/2 blocks. Turn left into the main hospital entrance, and follow the signs to the underground parking garage.

From the south, take I-5 northbound to the James St. Exit (164A). Turn right (east) onto James St. Travel six blocks to the intersection of Broadway and James. Turn left (north) onto Broadway. Travel 1/2 blocks. Turn left into the main hospital entrance, and follow the signs to the underground parking garage.

Swedish Medical Center
747 Broadway
Seattle, WA 98122-4307



- ① **First Hill Patient Check-In**
Swedish Medical Center, first floor lobby
- ② **Broadway Parking Garage**
- ③ **Arnold Medical Pavilion Patient Registration**
Arnold Pavilion, sixth floor
- ④ **Nordstrom Parking Garage**
- Ⓥ **Valet Parking**



Pre-Admission Center
747 Broadway
Seattle, WA 98122-4307

www.swedish.org

What Are My Options for Care After I Am Discharged?

Complete recovery from an illness or surgery differs for everyone. Your progress will depend on the level of your need, how much help you have at home, and even the set up of your home. Swedish provides several levels of care to meet your needs after discharge from the hospital. Members of your health-care team will assist you in identifying which level of service would be most appropriate for you and then making the proper arrangements.

Swedish Home Care Services

Swedish Home Care Services offers a full range of health-care services including nursing, physical and occupational therapy, aide services, social work, nutrition and spiritual care – all in the comfort of your own home. Home Care staff works closely with physicians and other health-care providers to coordinate your care and ease the transition from hospital to home.

Swedish Home Care nurses can assist with dressing changes, medication management, education about your care, blood draws and infusion therapy. Physical and occupational therapists can provide the evaluation and therapeutic exercises you will need during your recuperative period. Our therapists can aid you in reaching your maximum level of functioning, movement and independent living. In addition, Home Helpers are available to help you with daily living activities, private-duty care and live-in companionship.

You may refer yourself, or a physician, nurse or other health-care provider may refer you to Swedish Home Care Services.

Swedish Medical Center Acute Rehabilitation Unit

Inpatient rehabilitation is an integral part of the continuum of care offered at Swedish Medical Center. Swedish's Acute Rehabilitation Unit offers inpatient care to people who require intensive rehabilitation therapy up to three hours per day and 24-hour medical and nursing care. The Inpatient Rehabilitation Unit is geared to help patients regain as much mobility and independence as possible after surgery, injury or illness. The length of stay in inpatient rehabilitation can vary from a few days to several weeks, depending on a patient's condition and progress.

The Rehabilitation Unit can help prepare you for your return to home. You may still be eligible for home-care services upon your discharge from the rehabilitation unit.

Swedish Medical Center Transitional Care Unit

The Swedish Medical Center Transitional Care Unit (TCU) is a licensed skilled nursing facility designed to provide the

(OVER)



personal care and additional support that some patients require before returning to a more independent lifestyle. The unit is located on our Swedish Medical Center/ Ballard Campus.

Patients may be admitted to the TCU when they need a lower level of continuing care following a hospital stay, but aren't ready to return home. The center provides nursing care 24 hours a day, and therapy between one to two hours a day if needed. The TCU helps patients make a successful transition from hospital to home. You may still be eligible for home-care services upon your discharge from the TCU.

For more information, please call Swedish Home Care Services at (206) 386-6602 and ask to speak to the triage nurse.



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