

Seattle Urological Associates

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YOU HAVE BEEN SCHEDULED FOR THE FOLLOWING:

SHORT STAY OR DAY SURGERY

-> 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...

Seattle Surgery Center

900 Terry Avenue 4th Floor Seattle Washington 98104

Telephone (206) 382-1021

Coming north on I-5 exit at Madison and head east (right) 6 blocks to Boren. Turn right one block to Marion and turn right to garage entrance. Coming south exit I-5 at James and head east (left) 5 blocks to Boren. Turn left 4 blocks to Marion and then left to the garage entrance. From I-90 follow signs to I-5 North -- Vancouver and exit at Madison as described above.

DESCRIPTION OF SHORT STAY OR DAY SURGERY

Day surgery or ambulatory surgery provides you the equipment and anesthetic capabilities of a hospital without the need for an overnight stay. This means savings for patients requiring minor procedures that don't require the round-the-clock nursing care, one element that make hospital stays so expensive.

Another benefit is the convenience of going home. Unless the procedure is to be done only with a local anesthetic, you must remember to take no fluids or food of any kind for eight (8) hours prior to your procedure (or we will have to reschedule). In addition, you will need an escort to help you home.

Necessary medication can be taken with a sip of water only with our permission!!

PREPARATION FOR SHORT STAY OR DAY SURGERY

You must **NOT** have any food or drink of any kind after midnight the night before the procedure. This is very important. Nothing should pass your lips...nothing!

FOLLOW UP INSTRUCTIONS

[] Call to make a follow up appointment at our office on the day your arrive home.

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

[] Call back to our office for results in _____ days.

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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.

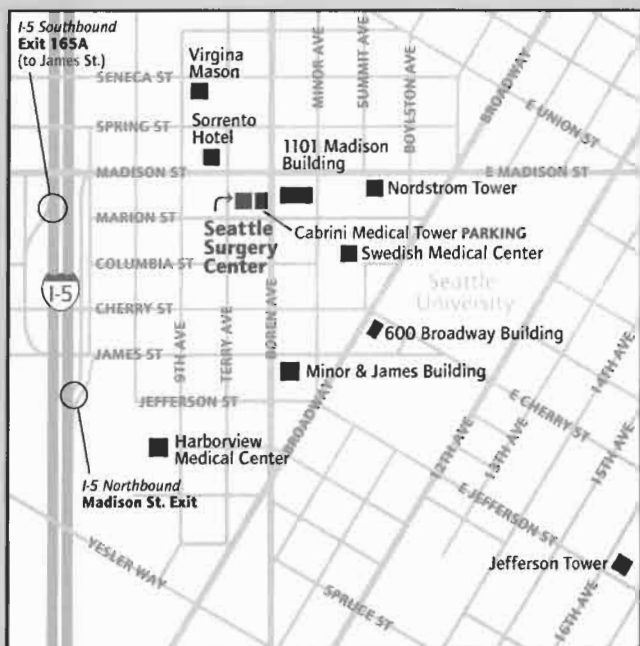
Wear a minimum amount of makeup, and no mascara. Please remove the nail polish, and/or artificial or acrylic nails from both index fingers.

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.



Directions to Seattle Surgery Center:

From 90 West & I-5 North: Take 90 West to I-5 North. Take I-5 North toward Seattle. Exit at Madison Street. Turn right at light onto Madison. Proceed to Terry Avenue. Take a right onto Terry Avenue. Proceed one block to Marion. Turn left onto Marion and take the first left into the Cabrini Medical Tower Parking Garage. Proceed to the 2nd Floor of the parking garage. Park in a Seattle Surgery Center designated space. Take the elevator to the 3rd Floor Reception.

From 520 West & I-5 South: Take 520 West to I-5 South. Take I-5 South toward Seattle. Exit at James Street, Exit 165A. Turn left at the first light onto Cherry St. Take Cherry St. two blocks to 9th Ave. Turn left onto 9th Ave. and proceed two blocks to Marion. Turn right onto Marion and proceed past the intersection of Terry Ave. and take the first left into the Cabrini Medical Tower Parking Garage. Proceed to the 2nd Floor of the parking garage. Park in a Seattle Surgery Center designated space. Take the elevator to the 3rd Floor Reception.

Parking is available at hourly rates. The parking garage and Seattle Surgery Center open at 5:45 a.m.

SEATTLE SURGERY CENTER

900 Terry Avenue, 3rd Floor
Seattle, Washington 98104

PH 206-382-1021 FAX 206-382-1026
www.seattlesurgerycenter.com

SEATTLE SURGERY CENTER

Patient Handbook

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Please visit us at
www.seattlesurgerycenter.com

*Seattle Surgery Center
is committed to providing
a broad range of high quality,
efficient, cost-effective, and
personalized surgical services.*

*We are dedicated to
exclusively servicing surgical
patients in the community.*

What is Seattle Surgery Center?

Seattle Surgery Center is a freestanding ambulatory/outpatient surgical center. We are Medicare and Medicaid certified and a provider for most of the local area health insurance and managed care organizations. We offer fully-equipped operating suites and recovery rooms in a warm and safe environment.

Our primary focus is patient satisfaction. Our state of the art equipment and technology, coupled with our multi-skilled clinicians and employees specialized in surgical services, allows us to provide you with individualized and personalized care.

All of our physicians are committed to providing quality outpatient care to the community. If you would like more information about the Center and specific information about the care you will receive as our patient, please visit us at seattlesurgerycenter.com.



Services

Seattle Surgery Center has more than 100 credentialed physicians on staff to serve your surgical needs. We continuously strive to expand our surgical service capabilities and are currently equipped to serve the following surgical specialties:

- Orthopedics
- ENT (Ear Nose & Throat)
- Extracorporeal Shockwave Lithotripsy
- Gynecology
- General Surgery
- Dermatology
- Ophthalmology
- Urology
- Plastic / Reconstructive
- Podiatry
- Pain Management
- Oral Surgery
- Restorative Dentistry
- Pediatric Surgery

Seattle Surgery also has, on a limited basis (Mon., Tues, Thurs.), extended overnight recovery care until 8 a.m. the following morning. Your surgeon will decide if an overnight stay is medically necessary.

Personalized Environment

Seattle Surgery Center offers a warm and relaxed environment where you and your family will feel more comfortable. Because we are specialized in surgery, we can devote individual time and attention to you. A patient representative and anesthesiologist are available to answer your questions. Families can stay with their loved ones prior to surgery and in the PACU (Post Anesthesia Care Unit/Recovery Room) when the patient is stable, awake and has moved to the Second Phase of recovery. Physicians can personally visit with patients. Nurses are available to answer your questions and provide you with the very best surgical experience at Seattle Surgery Center.

You are welcome to visit our facility at any time prior to your surgery. Please call 206-382-1021 to set up a time or ask any questions. Also, visit our web site at seattlesurgerycenter.com.

Questions

We are dedicated to making your stay at Seattle Surgery Center as comfortable as possible. You will find a copy of our Patient Rights and Responsibilities in the back of this handbook. If you have any questions or concerns please contact the center.



Getting Ready for Surgery

The following will assist you when preparing for surgery at Seattle Surgery Center.

- You will be contacted the day prior to surgery by a Pre-Op Nurse, to discuss surgery and pre-operative instructions.
- Typically you will be asked to arrive one hour prior to the scheduled surgery time. The arrival time may be subject to change and will be confirmed during the pre-op phone call. Please be sure that your surgeon's office has a correct contact number for you.
- **You are REQUIRED to have an escort drive you home after surgery. It is preferred that the escort remains at the Center until you are ready to leave. For your safety, please arrange to have a responsible adult be with you for at least 24 hours after surgery.**
- **Please, do not eat or drink anything past midnight the night before your surgery,** unless you are otherwise instructed in the pre-op phone call. This includes gum, mints, and water. Babies, diabetics and cataract patients may receive special instructions. **Regular morning blood pressure, heart or seizure medications should be taken with a small sip of water.**

- **Please bring a photo ID and your insurance card.**
- Please LEAVE all other valuables at home.
- Please bathe or shower the morning of your surgery.
- Please wear loose and comfortable clothing that will be easy to put on and take off, and that may need to accommodate bulky dressings, casts, splints or slings.
- Please do not wear makeup, jewelry or fingernail polish.
- If you become ill or suspect that you are pregnant, please inform your surgeon and/or contact Seattle Surgery Center at 206-382-1021. If after business hours you may leave a message.
- Parking is available in the Cabrini Tower Parking Garage (rates vary on an hourly basis). Cars for transportation of patients should be parked in a **Seattle Surgery Center Patient Designated Parking Space** located on the second floor of the parking garage. We do not validate parking.

Children Are Special

At Seattle Surgery Center, we meet the special needs of children by creating a relaxed, comfortable environment. To make children feel more at home we encourage them to bring along a favorite toy or blanket.

We also encourage parents to discuss the surgery with the child beforehand to help alleviate unnecessary stress. Parents are able to stay with their child until surgery and may rejoin the child in PACU as soon as it is appropriate. We recommend that one adult drives home while another cares for the child.

What to Expect

What to expect before surgery:

- When you arrive, please check in at the Front Desk/Reception Area, located on the 3rd floor.
- A Receptionist will register you and ask you to sign all forms required for surgery. You will be asked to fill out a short medical history questionnaire.

- You will be escorted to the 4th floor Pre-Op Unit, and the staff will review your medical history and have you review and sign your surgical consent.
- You will change your clothes and mark your surgical site, which will be verified by the staff. Your anesthesiologist will meet with you and discuss various anesthetic options. Family members (limit two) are invited to join you during the pre-op assessment. For children having surgery, we encourage both parents, if possible, to be present.



What to expect during and after surgery:

- You will be escorted from the pre-op area to the operating room suite where an IV will be started. Your operation will begin soon after your anesthesia has taken effect.
- When your operation is complete, you will be taken by stretcher bed to the PACU/Recovery Room where you will be monitored by skilled nurses and clinical personnel. Our philosophy is aggressive pain and nausea management, if needed, during your post-operative period.
- When you are awake, you will be given fluids (water, juice etc.) and begin to sit up and be transferred into a recliner chair. A family member will then be invited to join you in the PACU. You can expect to be in the PACU for one to three hours.

- Our goal is to get you home as soon as possible. You may very well feel like you could sleep for hours or that you are being rushed out of the Center, but experience has shown time and time again that your best recovery is at home, sleeping in your own bed, for a consolidated period of uninterrupted sleep. We always make certain that you are medically safe to leave.



- When it is time to go home, you will change back into your clothing.
- You must have an escort to drive you home. **You may not drive yourself home or take a taxi or bus alone.**
- You will receive detailed discharge instructions from a PACU nurse.

When you are at home:

- You may feel a little dizzy and sleepy. We strongly suggest you do not drive, operate machinery, make important decisions, drink alcoholic beverages or sign legal documents for 24 hours following surgery.
- Prepare to eat a light diet for 24 hours and be sure to drink 6–8 glasses of fluid a day.
- Please call your doctor if you have any problems or need prescription refills or changes. You may call Seattle Surgery Center for any other questions during regular business hours (6 a.m. to 5 p.m.; Monday through Friday). Your doctor will schedule a post-operative appointment with you, or they may request that you call the office the following day for a date and time.
- You will receive a phone call from a PACU

nurse the day following your surgery to see how you are doing and to answer any questions. Friday surgery patients will receive a call on Monday.

- You are encouraged to complete and return the Patient Satisfaction Survey in the envelope provided that you will receive prior to leaving the center. This gives us valuable information and lets us know how we are doing and gives you an opportunity to give constructive feedback in areas we could improve.

Financial Information

- Seattle Surgery Center is Medicare and Medicaid certified, and a provider for many commercial insurance carriers and managed care organizations. Please feel free to contact our Business Office at 206-382-1021 with insurance and financial questions.
- Patients will be charged a facility fee for surgical services provided by Seattle Surgery Center, an anesthesia fee for anesthesia services, and a professional fee from their surgeon. Patients will be charged separately for services provided by ancillary providers when medically necessary, i.e. laboratory, pathology, pharmacy, etc.
- Payment in full, approved payment arrangements, or insurance assignment is required prior to surgery. Patients should be prepared to fulfill any personal financial obligations.
- Please bring your insurance card or a two-sided copy of your insurance card on the day of surgery. You will be asked to sign an assignment of benefits form if necessary to process an insurance claim.
- As a service to patients, we will submit all insurance forms for patients with prior authorization.
- Patients who demonstrate a financial need or who are eligible for charitable care for medically necessary procedures may be eligible for payment arrangements.
- Patients may be contacted by the Seattle Surgery Center Business Office when and if any balances are due on the day of surgery.
- To assist you with fulfilling your financial obligations, Seattle Surgery Center accepts cash, cashier checks, VISA, and Mastercard for payment.

Patient Rights and Responsibilities

The Patient Has the Right to:

Receive the care necessary to help regain or maintain his or her maximum state of health and, if necessary, cope with death.

Expect personnel who care for the patient to be friendly, considerate, respectful and qualified through education and experience and perform the services for which they are responsible with the highest quality of service.

Expect full recognition of individuality, including privacy in treatment and care. In addition, all communications and records will be kept confidential.

Complete information, to the extent known by the physician, regarding diagnosis, treatment and prognosis, as well as alternative treatments or procedures and the possible risks and side effects associated with treatment.

Be fully informed of the scope of services available at the facility, provisions for after-hours and emergency care and related fees for services rendered.

Be a participant in decisions regarding the intensity and scope of treatment. If the patient is unable to participate in those decisions, the patient's rights shall be exercised by the patient's designated representative or other legally designated person.

Refuse treatment to the extent permitted by law and be informed of the medical consequences of such a refusal. The patient accepts responsibility for his or her actions should he or she refuse treatment or not follow the instructions of the physician or facility.

Approve or refuse the release of medical records to any individual outside the facility, except in the case of transfer to another health facility or as required by law or third-party payment contract.

Be informed of any human experimentation or other research/educational projects affecting his or her care or treatment, and can refuse participation in such experimentation or research

without compromise to the patient's usual care.

Express grievances/complaints and suggestions at any time.

Change primary or specialty physicians or dentists if other qualified physicians or dentists are available.

Have an advance directive, such as a living will or healthcare proxy. A patient who has an advance directive must provide a copy to the facility and his or her physician so that his or her wishes may be known. Surgery centers and diagnostic imaging centers may be exceptions to this statement and will have a facility-specific policy.

Be fully informed before any transfer to another facility or organization.

Express those spiritual beliefs and cultural practices that do not harm others or interfere with the planned course of medical therapy for the patient.

The Patient is Responsible for:

Being considerate of other patients and personnel and for assisting in the control of noise, smoking and other distractions.

Respecting the property of others and the facility.

Reporting whether he or she clearly understands the planned course of treatment and what is expected of him or her.

Keeping appointments and, when unable to do so for any reason, for notifying the facility and physician.

Providing caregivers with the most accurate and complete information regarding present complaints, past illnesses and hospitalizations, medications, unexpected changes in the patient's condition or any other patient health matters.

Observing prescribed rules of the facility during his or her stay and treatment and, if instructions are not followed, forfeits the right to care at the facility and is responsible for the outcome.

Promptly fulfilling his or her financial obligations to the facility.