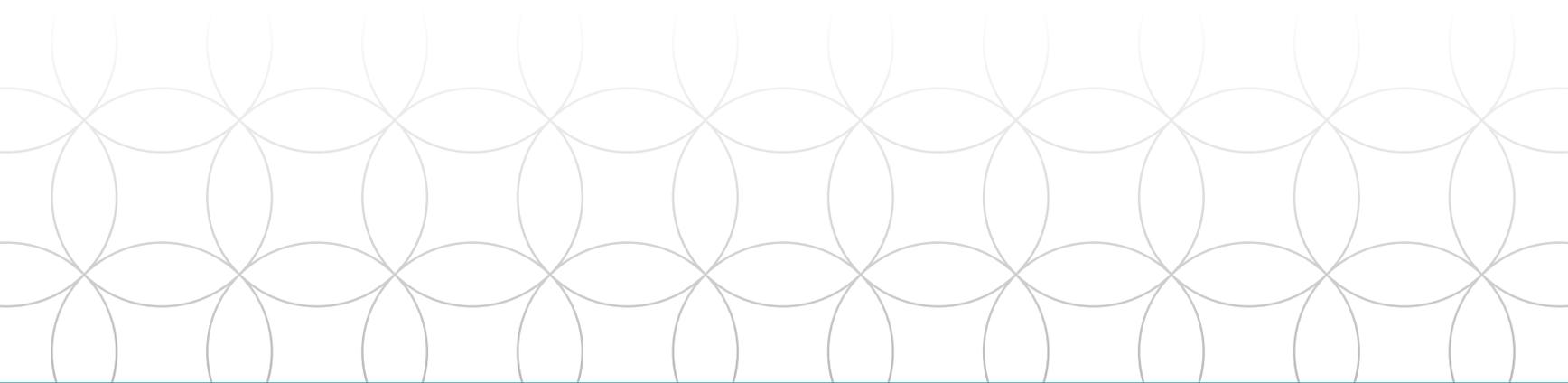




Preparing for Your Surgery or Procedure



Welcome

Thank you for choosing Cedars-Sinai for your surgery or procedure.

This booklet will help you and your loved ones get ready. It will help you know what to expect. We believe that people who know about their surgery or procedure are less anxious and have better experiences and recovery.

This booklet will tell you:

- How to get ready for your surgery
- What to expect on the day of your surgery
- What to expect while you are in the hospital
- What to expect when you go home
- How to continue recovering when you are home





Contact

Our Address and How to Reach Us

Anesthesia Pre-Procedure Evaluation Center (APEC)

Pavilion, Plaza Level, Suite A2600A

127 S. San Vicente Blvd., Los Angeles, CA 90048

- Phone: 310-423-4068
 - Fax: 310-423-0108
 - Email: APEC@cshs.org
-

Other Important Cedars-Sinai Phone Numbers

- Patient Financial Services (Billing): 323-866-8600
- Medical Records: 310-423-2259
- Admissions: 310-423-6315
- Spiritual Care: 310-423-5550
- Blood Donor Services: 310-423-5346
- Parking Office: 310-423-5535

Preparing for Your Surgery or Procedure

Health Evaluation and Preoperative (Before Surgery) Appointments

You will need to get a complete history and physical examination.

Every person who has surgery or a procedure must first be evaluated by a healthcare provider, such as your surgeon. We want to make sure it is safe for you to have surgery and be given anesthesia (the medicines that put you to sleep during surgery).

Your surgeon will tell you which tests you need and where to have them done. The tests must be done at least 2 weeks before your surgery.

Be sure to bring your Family and Medical Leave Act (FMLA) forms with you, if needed.

Here is a list of the tests that you may need:

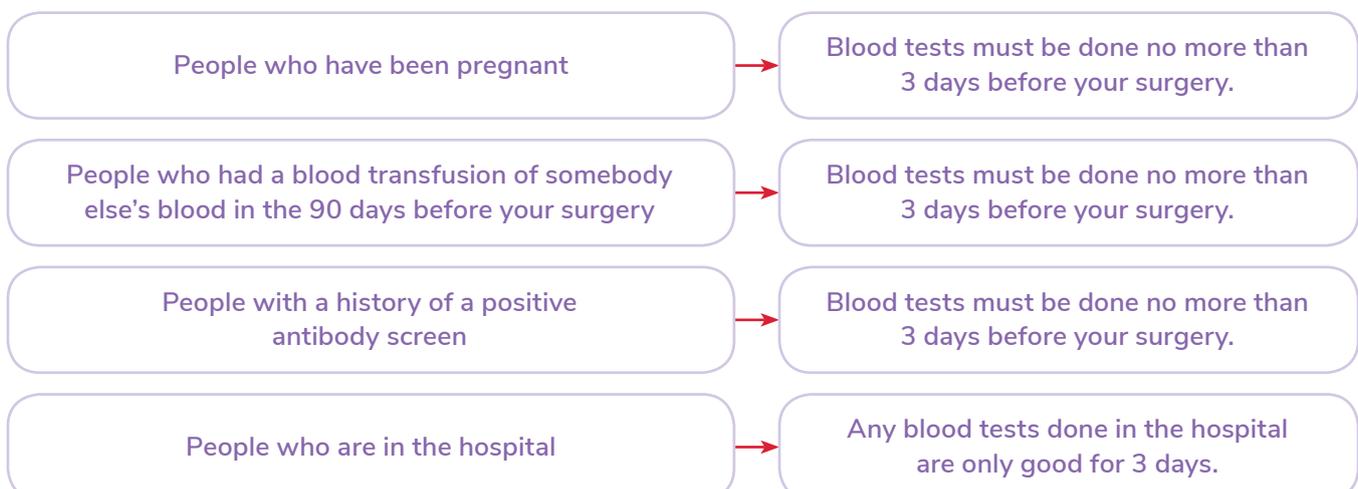
- Blood tests
- COVID-19 test
- Chest X-ray
- Urine test
- Electrocardiogram (EKG) to check your heart
- Some people will have a nasal swab test. This test checks for bacteria (germs) in your nose. If the test is positive, it means you have a kind of bacteria that can cause an infection after surgery. If you have this bacteria, we will give you special instructions to help keep you from getting an infection.

Blood Tests

There are two important blood tests. One is called **type and screen**, and the other is called **type and crossmatch**. These tests can only be done at APEC or an approved Cedars-Sinai lab. We can give you a list of approved labs.

If you need these blood tests, they must be done in the 30 days before the surgery or procedure. If your surgery was rescheduled or canceled, your tests may need to be redone as they must be completed in the 30 days before your surgery.

There are some groups of people who must follow different, special directions. Check to see if you are in one of these groups.



Blood Donation—Getting Blood During Your Surgery

If you need blood during your surgery, there are 3 kinds you can use:

- You can use your own blood. This is called an **autologous donation**. You can start donating 42 days before your surgery. When it is 7 days before your surgery, you cannot donate anymore.
 - You can get blood from donors that you have chosen. These are called **designated or directed donors**.
 - You can get blood from the Blood Bank or from community donors (people you don't know).
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Insurance Coverage

We may need to get pre-authorization from your health insurance company to do the surgery or procedure. Make sure to give your surgeon the most recent information for all your insurance plans. Always carry your insurance and prescription drug cards with you. If you have questions, call 310-423-6315 and press Option 2 for Pre-Registration.

Your Prescription and Over-the-Counter (OTC) Medications

Bring a list of all medicines that you take. Your doctor will need to know the last time you took each medicine.

- Prescriptions (the kind that need a doctor's order)
- Herbs, like Chinese or traditional healer medicines
- Vitamins and supplements
- OTC medicines (the kind you can buy in a drugstore)

Ask your doctor if you need to stop any of your medicine before your surgery. Some people must stop taking specific medicines, such as blood thinners.

Pain Medications and Pain Control

Tell your doctor about any pain medicines you take. We need to know so we can take care of your pain after surgery. If you take high doses of opiates (such as morphine and codeine), ask your doctor for a pain management consultation.

Preparing for Your Surgery or Procedure

Things to Bring to Your Preoperative Appointments

- Photo ID (driver's license, passport or state ID card)
- Insurance card and prescription drug card
- Copy of any doctor's orders for pre-procedure tests or blood donation
- List of all medicines that you take (prescription, OTC, herbal, vitamins and supplements)
- List of allergies
- Health history
- Family and Medical Leave Act (FMLA) forms, if needed
- Copy of advance health directive (if you have one)
- Copy of ID card for your pacemaker or your implantable cardioverter defibrillator (AICD).

For your safety, your AICD or pacemaker may need to be turned off during surgery.

Registration for Your Preoperative Appointments

If you are having your preoperative tests at Cedars-Sinai, allow enough time (about 2 to 4 hours) to register and complete all your tests, such as X-rays, ultrasound, etc.

- Bring all your paperwork, including the doctor's orders for your tests.
- We will collect blood for the blood tests.
- You may need an EKG to check your heart.

A nurse will:

- Check your name, date of birth, admission status (inpatient vs. outpatient) and planned surgery or procedure
- Do a basic health examination, including vital signs
- Talk to you about safety and preventing surgical site infections
- Answer questions and connect you to other services, if necessary

Detailed parking information can be found at [cedars-sinai.org/parking](https://www.cedars-sinai.org/parking). We recommend parking in the Pavilion P4 lot since it is the closest parking available to the Anesthesia Pre-Procedure Evaluation Center (APEC).

Things to Know and Do Before Your Surgery or Procedure

- Find someone to drive you to and from the hospital. Remember that you will need your doctor's permission before you start driving again.
 - You need someone to stay with you for at least 24 hours after the surgery. Depending on your surgery, you also may want a family member or friend to stay with you for a few more days to help with bathing, meals and taking medications.
 - Ask your doctor if you can pick up any refills or new prescriptions before your surgery.
 - Give us the names and phone numbers of your emergency contacts.
 - Eat healthy foods that are low in salt, saturated fats and sugar.
 - Eat foods with a lot of fiber to help keep you from getting constipated.
 - Stop drinking alcohol.
 - If you smoke, talk to your doctor about quitting smoking.
-

What to Bring to the Hospital

- Photo ID (driver's license, if you have one)
 - Health insurance card and pharmacy prescription card
 - Clothing that is easy to put on (loose pants, shirts that button or snap, shoes that slip on)
 - Eyeglasses, contact lenses, hearing aid
 - Cellphone
 - Credit card for any post-operative medications that require a co-pay.
-

What to Do if You Get Sick Before Your Surgery

Call your doctor right away if you get sick before surgery. If you get sick in the 10 days before your surgery, tell your doctor if you have any of these:

- Cold, flu, fever or chills
 - Any type of infection, including tooth abscess
 - Any non-healing ulcer or skin wound, such as insect bites
 - Herpes outbreak
 - Skin rash or any kind of "flare-up"
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What to Do if You Think You Are Pregnant

Call your surgeon right away if you think that you are pregnant. Your surgery may have to be delayed or canceled.

What to Expect Before Your Surgery

Your surgeon's office will call you a few days before your surgery to make sure that you have the right surgery time and place.

Call your surgery scheduler or doctor's office if you have any questions. Do not call your surgeon or physician assistant.

- **Plan on coming to the hospital 2 hours before your scheduled surgery time, or as directed by your physician.**
 - **Bring your photo ID and health insurance information with you.**
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The Day Before Surgery

- Follow your doctor's instructions regarding eating food and drinking liquids before your surgery. Refer to any handouts given to you on what you can eat and drink.
 - Do not drink alcohol the day or night before your surgery.
 - Try to relax and get a good night's rest.
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The Day of Your Surgery

Follow your doctor's instructions for the morning of your surgery:

- Do not drink any liquids or eat any food, including gum, mints or candy.
 - If you must take medication, you can swallow it with a small sip of water.
 - When you brush your teeth, do not swallow any water.
 - Shower with CHG the morning of your surgery (see separate handout included in back of this booklet) or visit cedars-sinai.org/CHG for instructions.
 - Do not wear jewelry. Leave all valuables at home.
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Checking in for Surgery

Your surgery scheduler will tell you when and where to check in for surgery. Please be on time and bring your photo ID and health insurance cards.

After checking in, you will sit in the waiting area until we take you to the preoperative holding area. The anesthesia team will meet with you, and your IV will be started before you go into surgery.

We will do our best to start your surgery on time. We will tell you if your surgery must wait because of an emergency or if your doctor is delayed.



After Your Surgery

Your Postoperative Recovery

Nurses will take care of you in the recovery room until you are stable. Being stable means that you are awake and able to talk. It also means that your body (including your heart) is working right and your blood pressure is within normal limits. The nurses will tell you if you can have any visitors while you are in recovery. The number of visitors allowed is subject to change.

You will have a dressing (bandage) covering your surgical site. You may have a tube to drain fluid away from the incision (cuts in skin). You may also have a drain in your bladder called a catheter to help your care team watch and measure your urine (pee). We will take the catheter out soon after your surgery to lower the risk of infection.

Leaving the Recovery Room and Going Home

You will be discharged from the recovery room to your home or transferred to an outpatient area where you can fully recover before going home. The nurse will give you written instructions about your post-surgery care and explain them to you.

You may be given any prescriptions that your surgeon has ordered for you. Before you leave, ask your nurse to send the prescription to your pharmacy.

When you are ready, we will take you by wheelchair to meet your ride home. You will need to have a family member or friend drive you home after your surgery or procedure. You cannot use a taxi or ride share service.

If You Are Admitted to the Hospital

If you are admitted to the hospital after your surgery, we will move you from the recovery room to a private room. Your loved ones can meet you there.

Your nursing team will visit you at least once an hour to check your vital signs and help control your pain. It is normal for you to feel tired for a few hours after your surgery. We will try not to wake you up if you are sleeping, but we will keep checking on you.

Your surgeon will let you know when you can expect to go home. You should be ready to leave by 10 a.m. on your discharge date.



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prescribed.

02/15

10 days

Qty: 40

Discard: 3/19

This medicine may be taken with or without food.

Important: Finish all this medication, unless otherwise directed by your prescriber.

Persistent diarrhea due to colitis may rarely occur weeks or months after you stop taking this medicine. If you experience this, contact your prescriber or pharmacist promptly.

May cause diarrhea during treatment. If it persists or becomes severe, tell your prescriber or pharmacist.

Leaving the Hospital

Appointments After You Leave the Hospital

You may need to see your surgeon within 10 days after you leave the hospital. Your surgeon will let you know if you need to make an appointment. The surgeon will check to see how you are healing. If you still have sutures (stitches) or staples, they will be taken out during this visit.

Taking Your Medications

Before you leave, the nurse will give you a list of all your medications and tell you how to take them. Make sure that you understand the instructions. When you need medication refills, do not call the hospital. You must ask your surgeon, specialist or primary care doctor.

When to Call Your Doctor

It is normal to have some bruising, swelling and soreness where you had your surgery. But if you have any of the symptoms listed below, call your surgeon:

- A fever above 101 degrees
- A fever and chills together
- Redness that gets larger and moves away from your surgery site
- Liquid comes out of your cuts
- Any of your cuts are open
- You have more swelling where you were cut

If you cannot reach any of your doctors or if you have an emergency, call 911 or go to your nearest emergency room.

Important Dates to Remember

My Preoperative (Pre-Op) Health Evaluation

(To Make Sure You Are Healthy Enough for Surgery)

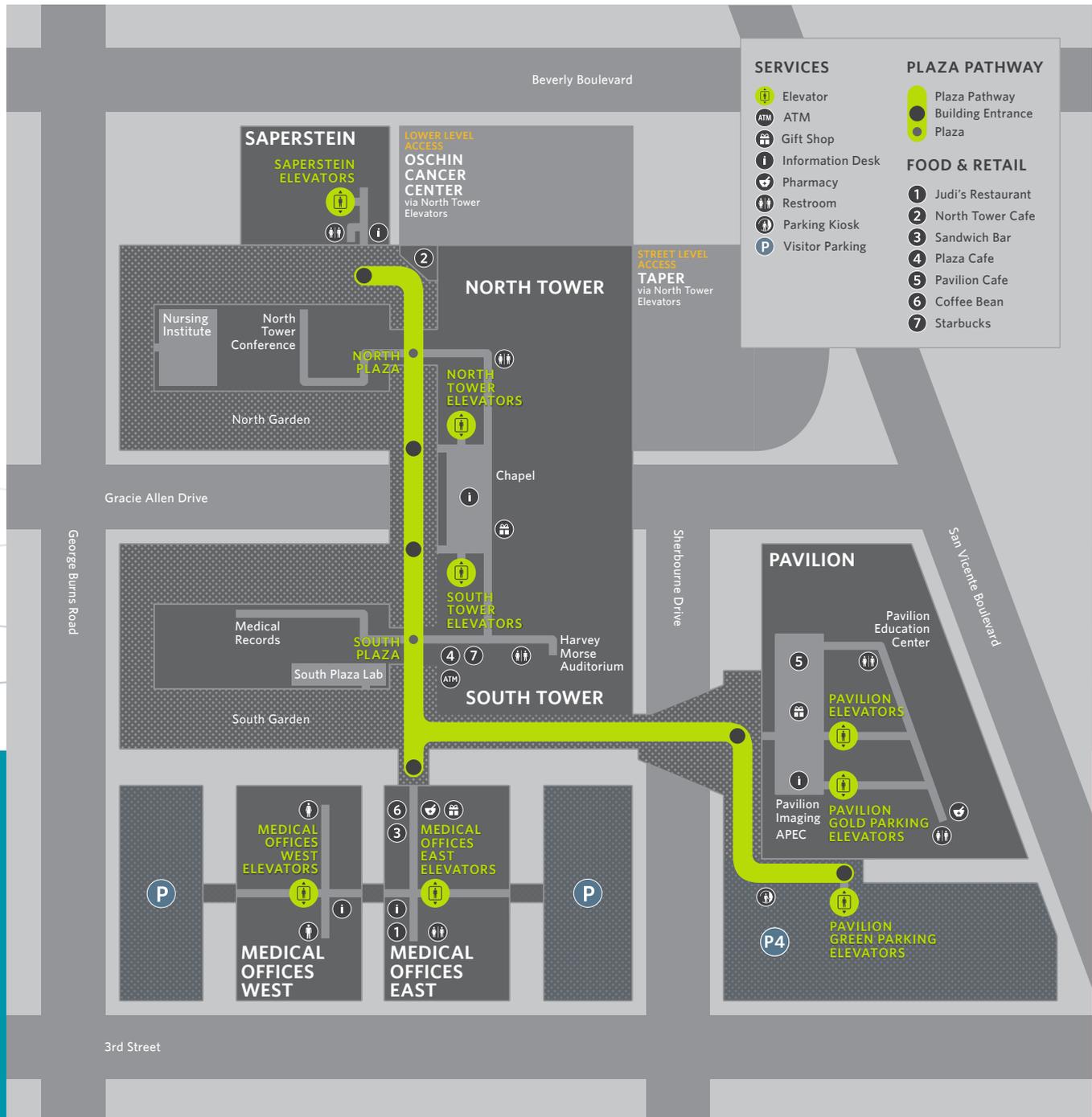
- **Date:** _____
- **Time:** _____
- **Where:**
 - Your doctor's office at: _____
 - _____
- or
- Anesthesia Pre-Procedure Evaluation Center (APEC), Pavilion, Plaza Level

My Surgery Date

- **Date:** _____
- **Arrival Time:** _____
- **Surgery Time:** _____
- **Where:** _____
- _____

My Postoperative (Post-Op) Appointment

- **Date/Time:** _____
- **Doctor/Specialist:** _____
- **Where:** _____
- _____



Anesthesia Pre-Procedure
Evaluation Center (APEC)

Pavilion, Plaza Level
Suite A2600A
127 S. San Vicente Blvd.
Los Angeles, CA 90048

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