



Guidelines for Surgery

Northwestern Medicine Central DuPage Hospital

Welcome

Northwestern Medicine Central DuPage Hospital strives for your experience with Surgical Services and the hospital to be excellent. Your safety and comfort are our primary concern and we want your stay to be a healing experience.

What to expect leading up to your procedure

A call will be scheduled for a pre-admission nurse to review your health history. Please have a list of all current medications, including over-the-counter medications, available for reference during the call. The call will be scheduled at least three days prior to your procedure and takes approximately 30 minutes to complete.

If you have not received a call within three days of your procedure, please call 630.933.6121.

If you are active on MyChart, you will have the opportunity to complete a portion of your health history online prior to the nurse call, which will allow you to have a brief yet focused conversation about your upcoming visit.

Based on your health history, you may require testing to prepare you for your procedure. The nurse will discuss when and where to have your testing performed, if necessary.

Pre-Op Clinic

In the Pre-Op Clinic, you will complete your testing, meet one-on-one with a pre-operative nurse, receive further instructions on how to prepare for your procedure and receive some preliminary education about what to expect once you leave the hospital.

The Pre-Op Clinic visit is a perfect time to ask questions. Our goal is to provide you with the information that you need to be fully prepared for your procedure and your recovery.

Setting your procedural time

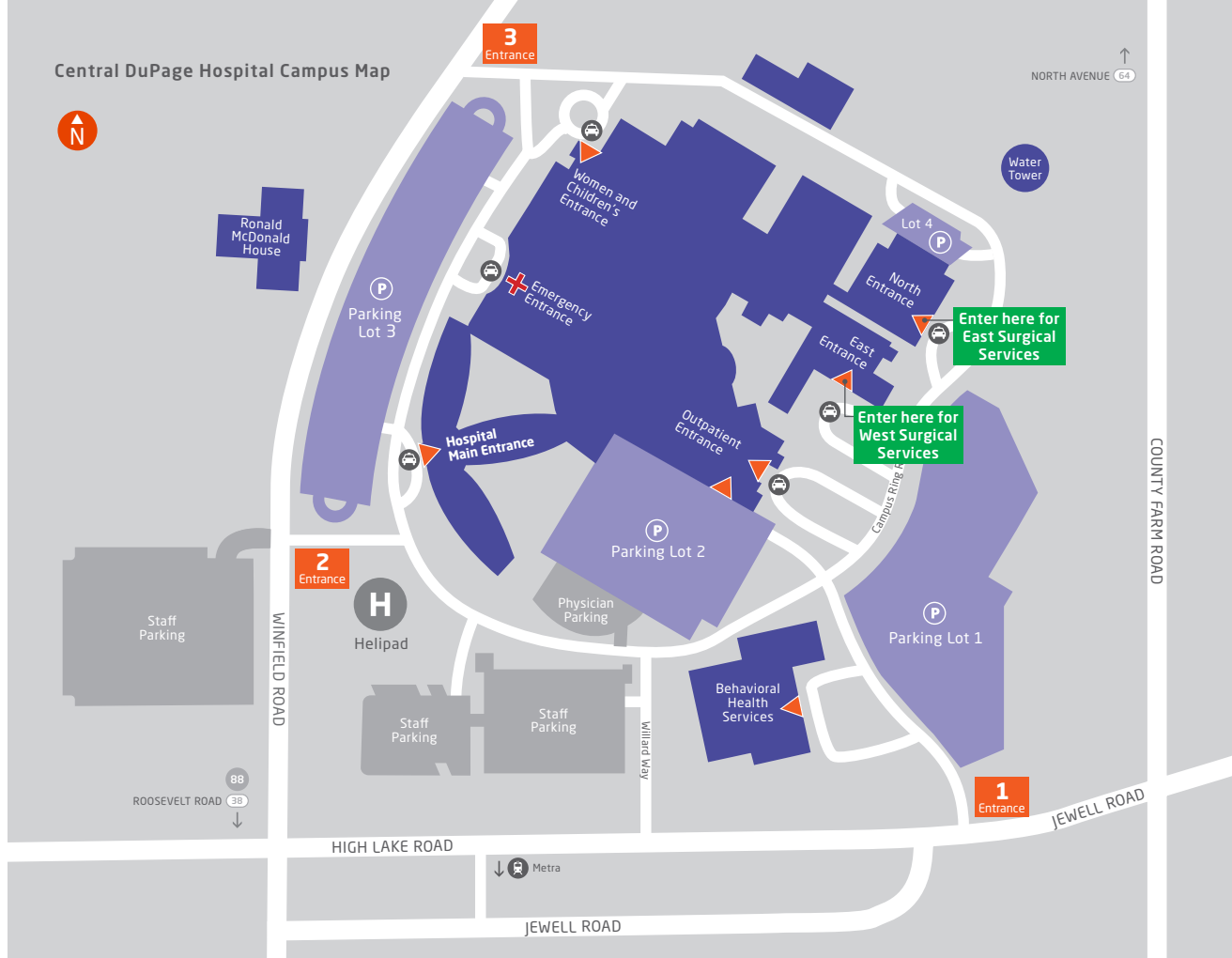
One business day before your scheduled procedure, you will receive a call between 9:00 am and 6:30 pm to inform you of your arrival time, surgical time and fasting instructions.

You will receive an approximate time for your procedure. It is important to remember this is only an approximate time, which may change due to unforeseen circumstances.

If you are not at home or miss our call, please confirm your arrival time by calling the appropriate number listed below, Monday-Friday between 9:30am and 4:00pm

West Surgery: 630.933.2647

East Surgery: 630.933.6708



The day before your procedure

If you develop any cold symptoms (cough, sore throat, runny nose), a fever, new cut or wounds, or experience any other changes in your health before your procedure, please contact your surgeon.

Shower before bedtime using a clean towel to dry your skin. If you received chlorohexidine gluconate cloths (antiseptic wipes), apply one hour after your shower. Follow the printed directions on how to apply. Put on clean pajamas/nightgown.

Follow all instructions regarding the time to stop eating and drinking prior to your procedure.

Make arrangements for a responsible adult over the age of 18 to drive you home and stay with you overnight following your procedure.

The day of your procedure

Patient and visitors are encouraged to use the complimentary valet parking at the appropriate entrance. Cars can be retrieved from any entrance by calling 630.933.3732.

If you are scheduled for surgery in **West Surgery**, please use campus Entrance 1 and proceed to the East entrance. If you opt out of using the free valet and decide to self-park, please use Parking Lot 1 or 2.

If you are scheduled for surgery in **East Surgery**, please use campus Entrance 1 and proceed to the North entrance. If you opt out of using the free valet and decide to self-park, please use Parking Lot 1.

On the day of your procedure, please be available by phone. Occasionally, procedure times are adjusted if the previous cases have run longer or finished earlier.

Call your surgery center if you cannot arrive at your scheduled time.

Guidelines for Surgery (continued)

Wear loose-fitting, comfortable clothes.

Avoid wearing makeup, jewelry, or contact lenses.

Leave money and other valuables at home.

Bring personal items you may need if you are staying overnight.

If you use a CPAP machine, please remember to bring your mask and tubing.

For your privacy and safety, only two guests are allowed in the pre-operative holding area.

You are an integral part of the team; we encourage you to actively participate in your surgical experience.

Upon your arrival, you will meet several members of the surgical team who will care for you before, during and after your procedure, including:

Registration - performs final registration process

Financial consultant - will collect co-payment required by your insurance plan.

Pre-operative technician - takes your vital signs, helps you change into a hospital gown, and makes sure you are settled prior to the procedure.

Pre-operative nurse - confirms your health history, starts your IV, administers medications required for surgery, and answers any additional questions you may have about your procedure.

Anesthesiologist - after reviewing your health history and lab results, the anesthesiologist will ask you questions about previous experiences with anesthesia and talk about pain management during and after your procedure. A nurse anesthetist may be working with your anesthesiologist.

IMPORTANT PHONE NUMBERS

CDH main number 630.933.1600

Surgery confirmation

West Surgery 630.933.2647

East Surgery 630.933.6708

Pre-Procedure 630.933.6121

Pre-Op Clinic 630.933.5689

Anesthesia billing questions

Anesthesia customer service (Medac)
..... 800.835.3459

Registration 630.933.5000

Patient Financial Services 630.933.4833

TTY for hearing impaired 630.933.4833

Surgical nurse - completes your final surgical preparations, verifies key components of your health history for your safety and escorts you to surgery.

Surgeon - reviews surgical consent, mark the surgical site, and answer any questions before your procedure.

Upon your arrival to the operating room, members of the surgical team will explain everything that is about to happen as they prepare you for surgery.

Post-operative care

After your procedure is finished, you will be moved to a recovery area. If you recover in the PACU, the average length of stay is one to two hours; visitors are not permitted in this area to protect our patients' privacy. Upon departure from the PACU, you will either be admitted to Phase 2 Recovery or an inpatient bed. At this time, your family and visitors will be allowed to be with you.

Surgery checklist

Prior to surgery

The following should take place more than one week prior to your procedure:

- Pre-admission nurse call Date/Time _____
- Pre-op clinic appointment . . . Date/Time _____
- Schedule pre-op physical. . . . Date/Time _____
- Complete lab testing. Yes/No/Not Applicable
- Schedule cardiac clearance. . . . Yes/No/Not Applicable
Date/Time _____

Medications

- My pre-admissions nurse told me which medications to:
Stop taking: _____
Put on hold: _____
Take on the day of surgery: _____
- My primary care provider instructed me to:
Stop taking anti-coagulants (date): _____
Take/hold insulin: _____

Education

- I have completed the suggested or required educational Emmi programs.

Eating and drinking

- I cannot have *anything* to eat or drink after midnight, including gum, candy and water.

I may have solid foods until: _____ am/pm

I may have clear liquids until: _____ am/pm

Day of surgery

- My surgery is in the East/West Surgery (circle one)
- Enter at the North Entrance/East Entrance (circle one)
- I need to arrive at the hospital at: _____ am/pm
- My surgery is scheduled for: _____ am/pm

General instructions

- I have arranged for someone to drive me home from the hospital on the day of surgery (or on the day I am discharged).
- I have arranged for someone to stay with me overnight (unless I am staying overnight at Central DuPage Hospital).
- I have brought only personal items that I would need if I am staying overnight at the hospital after my surgery.
- I have a photo ID and my insurance card. I have left all other valuables at home.
- I have a map and/or directions to help me get to Central DuPage Hospital.