

Before you Leave:

Please be sure you understand all the instructions about medicine, diet and rest. You may feel sleepy and dizzy. You should plan to go home and stay at home for the rest of the day. For your own safety, it is important that you do not drive a vehicle, operate machinery, drink alcohol, or make any important decisions for at least 24 hours after discharge.

At Home:

You should plan to have a responsible adult stay with you the night after surgery. Call if you have any questions when you get home. A nurse will call you see how you are feeling and about your care at the UVa Health System.

IMPORTANT TELEPHONE NUMBERS:

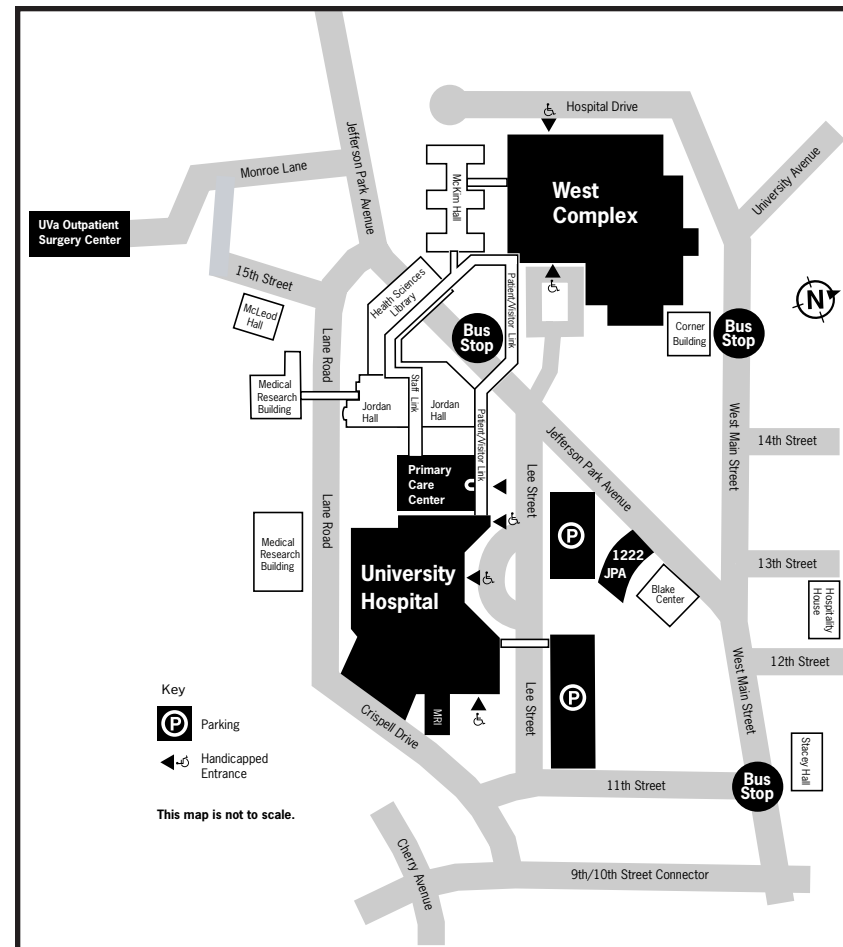
UVa Outpatient Surgery Center	434-982-6100
Toll free	888-882-4635
UVA Toll free number for all UVa Services	800-924-3627
UVa Page Operator to contact your doctor	434-924-0000

THINGS TO REMEMBER:

- Call your doctor if you feel sick before your surgery.
- Follow the instructions for eating, drinking and medicines carefully.
- Wear loose, comfortable clothes.
- Have a responsible adult bring you, take you home, and spend the night.
- Bring your medical insurance cards
- Bring all your medicines
- Bring a container to store your glasses, contact, hearing aid.
- Leave valuables at home.

Please arrive at
UVa Outpatient Surgery Center
on _____
for surgery by
Dr. _____
Date/Time _____

UVa Outpatient Surgery Center
500 Monroe Lane
Charlottesville, VA 22903



UVa Outpatient Surgery Center

What is Outpatient Surgery?

At UVa Outpatient Surgery Center, you will have your surgery and be driven home to recover on the same day. The average time at UVa Outpatient Surgery Center is about four hours. We work hard to maintain the schedule time for surgeries and appreciate your patience if there is an unavoidable delay.

Getting Ready

Please read this booklet to help you get ready for surgery.

- All information is for your safety and should be followed or your surgery may not take place. Please ask questions and take notes to be sure you know what to do.
- One of our nurses will call you before your surgery. If we have not reached you by 4:30 on the day before your surgery please call us at 434-982-6100 or at our toll-free number, 888-882-4635. We will confirm your arrival time, provide directions and answer any questions.
- The nurse will ask you some questions about your health. The nurse will talk to you about your medicines (including over the counter and herbal remedies), diet, activities, pain, and other ways to get ready for surgery.
- If you take aspirin or medicines that have aspirin, or take blood thinners or have bleeding trouble tell your surgeon so you know when to stop taking them before surgery.
- If you get sick— sore throat, cold, fever, etc. tell your surgeon **before** the day of surgery.
- Find out everything you want or need to know about your surgery. Ask where you can get information to answer your questions.

The day before your surgery:

EATING, DRINKING AND MEDICATIONS: For reasons of safety it is important to limit the intake of food and fluids before anesthesia and surgery.

Infants and Children may have **formula or food until midnight**. They may also have formula until 6 hours before the time of surgery. Children who are breast fed may continue to do so until 4 hours before the time of surgery. All infants and children may have clear fluids (water, pedialyte, clear fruit juices and sodas only) until 2 hours before the scheduled time of arrival.

Adults: If scheduled BEFORE 12 noon, patients may not have anything to eat or drink after midnight. If scheduled at 12 noon or AFTER, patients may have a clear liquid up until 6AM on the day of surgery.

Eating meats, eggs, fatty or fried foods are NOT ACCEPTABLE on the day of surgery and will result in the **cancellation of surgery**.

Patients having a history of heartburn, esophageal reflux, hiatal hernia, gastroparesis or similar conditions which impair gastric emptying should have no solid food after midnight.

Patients, parents, and families should be very careful to read, understand and follow these guidelines. Doing so helps to ensure the comfort and safety of all patients.

Failure to heed these guidelines may result in cancellation of the planned surgery, for safety reasons.



Diabetic patients need to pay particular attention to their diet and medication on the day of surgery. Individual management of each diabetic provides the best and safest management. Prior to the day of surgery, patients should contact the physician who manages their diabetes. This will allow a specific plan for their diabetic management on the evening before and the day of surgery.

In general, the following guidelines are suggested:

Type 1. juvenile or insulin dependent diabetics.

Patients on insulin pumps should continue using their pumps up to, during and after surgery using a basal rate only. Their routine use may be resumed after they commence their usual diet.

Patients on long acting insulins such as NPH, Lente or Ultralente should take their evening dose as usual but reduce any morning doses by 1/3 if the surgery is in the morning, or by 1/2 if in the afternoon. Regular insulin should be held until a regular diet is resumed.

Patients on long acting insulins such as Lantus should reduce their evening dose prior to surgery by 20%. Regular short acting insulins should be withheld until diet is resumed after their surgery.

Type 2. adult onset diabetes or non-insulin dependent diabetics.

Patients should avoid taking their oral diabetic medication the night before surgery. This medication may be resumed the night after their surgery once they have resumed their diet.

Patients with type 2 diabetes who take insulin should follow the guidelines for type 1 diabetes.

All diabetic patients should continue to monitor their blood sugars before and after their surgery. Blood sugars will be monitored during your stay by the Outpatient Surgery staff. Because anesthesia and surgery is a stressful time, blood sugars may fluctuate and require more frequent monitoring during the first few hours after surgery.

Fasting guidelines are the same for diabetic or non-diabetic patients:

If you take medications regularly for heart and lung conditions (such as angina, chest pain, high blood pressure or asthma) or for seizure (epilepsy) control, we recommend that you continue to take them on your usual schedule including the day of surgery. These may be taken with a sip of water.

The Day of your Surgery:

- Bring the following with you:
 - Do wear comfortable, loose clothes.
 - Do bring medical insurance cards
 - Do bring all medicines and follow all instructions given.
 - Do bring a protective case for your eye glasses, contacts, or hearing aid.

- Plan to arrive at UVa Outpatient Surgery Center about 1 1/2 hours before your surgery time. Check in with the receptionist to complete the necessary paperwork.
- Free parking is available for one car.

Leave these at home:

- Do not wear any jewelry including wedding bands or body piercings.
- Do not wear any make-up, hairpins, nail polish, contact lenses.
- Do not bring any money with you.
- Do not bring any extra luggage or clothing.

Your Surgery:

- All family and visitors will be told where to wait.
- You may be asked to mark the place of your surgery. We will be sure we identify you, the type and place of your surgery.
- The nurse will take your temperature, blood pressure, pulse and review your health and answer your questions.
- You will have an IV in your arm for fluid and medicine.
- Your anesthesiologist will review your health and blood tests, tell you what will happen and answer your questions.

IMPORTANT POINT: PLEASE UNDERSTAND THAT WE EXPECT YOU TO HAVE A RESPONSIBLE ADULT ACCOMPANY YOU TO THE SURGERY CENTER, TO BE AVAILABLE DURING YOUR TREATMENT AND TO TAKE YOU HOME.

YOUR SURGERY CANNOT PROCEED WITHOUT YOUR COMPANION

After Your Surgery:

- After your surgery is completed you will be taken to the recovery room until you feel able to sit up and dress. One family member or friend can join you in the lounge until you feel able to leave.
- If a child is having surgery, parents can be with the child in the recovery room.
- If you feel very sleepy, cold, have a sore throat, have pain, or feel sick to your stomach, tell your nurse.
- To help you get better faster you must cough and take deep breaths when the nurse asks you.
- A common way for us to know how much pain you are having is to have you rate your pain using a number scale from **0 to 10**. As a guide,
 - **0-3** = mild pain, you can cough, move around and rest without pain being a problem.
 - **4 to 7** = moderate pain that needs medicine or other treatment. With moderate pain you can't cough fully and moving around or getting out of bed is hard.
 - **8 to 10** = severe pain and you need immediate pain treatment. It hurts even when laying still and breathing.

