

welcome

The information in this brochure will help you prepare for your surgery or procedure at Salinas Valley Memorial. Please review it and let us know if you have questions. Our entire team is dedicated to providing you with compassionate, high-quality care.

## Preparing For Your Procedure

One of our expert nurses will call you to talk about your health and any medications you are taking. Please keep a list of your medications, including over-the-counter medications, vitamins and supplements and their dose information, handy.

We may ask you to come to the hospital for tests or to talk more about your upcoming procedure. If that happens, please bring your medications or a list of them with the amounts taken, your picture ID and health insurance card.

You will also receive a call from our business office to talk about your insurance coverage. It's important that you are aware of all charges including those from the hospital as well as any separate charges from the surgeon, anesthesiologist, a surgical assistant, radiologist, pathologist or any other ancillary services needed for your care.

If you become ill with the flu, a cold, infection, fever or other medical problem before your procedure, please let your physician know right away.

You may contact us at 831-759-1990, Monday-Friday 8 am to 5 pm if you have any questions regarding your procedure. After hours, messages may be left at 831-759-1844.

## Special Preparations For The Day Before Your Procedure

If your doctor has ordered a "prep" or given you specific instructions in addition to those below, it's important to follow them carefully.

- + Do not eat or drink after midnight
- + Take a bath or shower and wash your hair
- + Get a good night's sleep

Insert  
Photo

**REMEMBER:** Nothing to eat or drink after midnight the night before your procedure except medications you were told to take.  
**If you have questions, call us at 831-759-1990 by 5:00 pm.**

Date and time of procedure:

Arrive by:

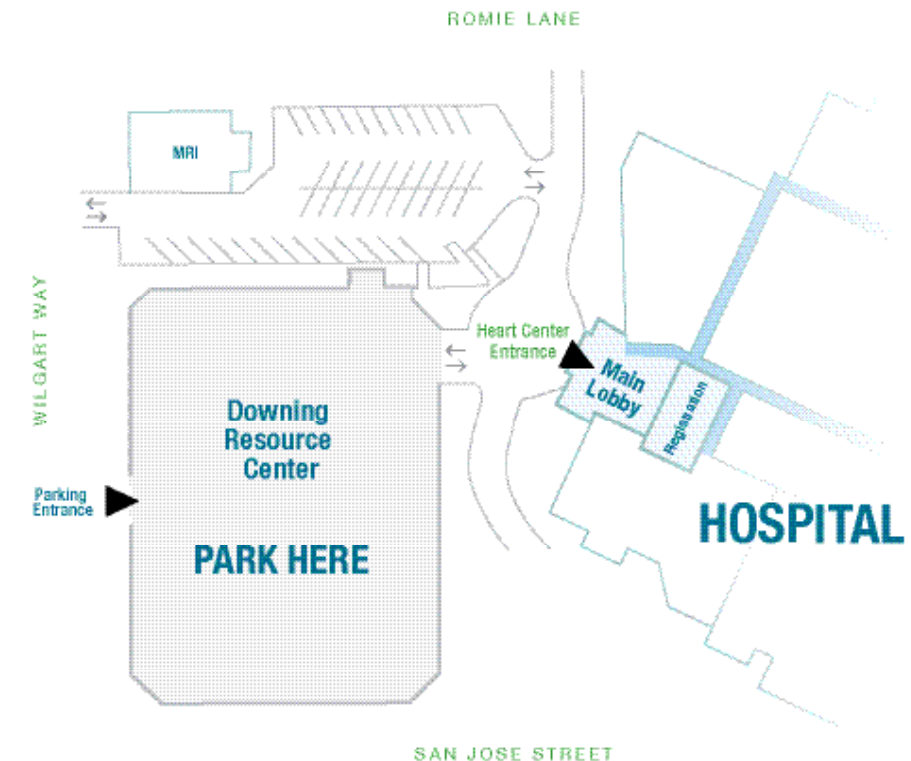
(This time may change so make sure to provide an effective, correct phone number to the nurse where you can be reached.)

## Checklist - Bring With You:

- \_\_\_ Valid picture ID
- \_\_\_ Insurance or Medicare card
- \_\_\_ Advance Directive (if you have one)
- \_\_\_ Plan for transportation and care
- \_\_\_ Person to contact and phone number
- \_\_\_ Case for eyeglasses, contact lenses, dentures, hearing aid
- \_\_\_ Complete list of medications and amounts taken

## GUIDE TO Surgery and Procedures

Insert  
Photo



Insert  
Photo

## On The Day Of Your Procedure

- + Wear loose fitting clothes
- + Do not wear jewelry, makeup, powder, lotion or deodorant
- + Leave all your valuables at home
- + You may bring dentures, hearing aids, contact lenses and glasses (and their cases)
- + Bring your Advance Directive if you have one
- + Legal guardianship or power of attorney documents if required for patient
- + Take your medications as directed with a small sip of water
- + Do not eat gum or candy
- + It's okay to brush your teeth
- + There will be forms and consents to sign (in addition to those you may have already signed)
- + When you arrive, we will do a health assessment including inspection of your skin
- + An anesthesia provider (the doctor who manages your sedation) will meet with you before the procedure to talk about your care
- + Bring a book or magazine with you in case your procedure time changes

**Schedules are subject to change at any time, up to and including the day of your procedure.**

## After Your Procedure

Right after your procedure you will be monitored until the sedation begins to wear off. Your nurse will assist you with pain control.

Once you are more awake, you will either be taken to a hospital room to stay or to our Outpatient Services Area until you are ready to go home. Here, you will get dressed and receive instructions for your care at home.

Insert  
Photo

## Visitors

Family members and friends may visit you once you are in a hospital room. Please pick one person to stay at the hospital in the waiting area during your procedure. The doctor will give him or her an update when your surgery is finished. That person can relay information to family and friends.

Insert  
Photo

## Going Home The Same Day

- + You must have an adult available to stay with you for the first 24 hours at home
- + Do not drive
- + If taking a taxi home, the adult staying with you needs to ride in the taxi with you
- + If the patient is a minor, a parent or legal guardian must stay in the procedural waiting area throughout the patient's stay
- + Children under 8 years old or weighing less than 80 pounds must ride in a car seat for travel home

**After about a week, we will send you a patient satisfaction survey to complete and return. We encourage you to complete the survey so that we continue to improve and provide the best care possible.**