

Beth Israel Medical Center
Milton and Carroll Petrie Division
First Avenue at 16th Street
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WeHealNewYork.org



Continuum Health Partners, Inc.

A PATIENT'S GUIDE TO
Surgery

Continuum Health Partners, Inc.



BETH ISRAEL MEDICAL CENTER
MILTON AND CARROLL PETRIE DIVISION

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Welcome to Beth Israel Medical Center, Milton and Carroll Petrie Division. We take pride in providing the highest quality care to all our patients. This guide will provide important information on how to prepare for your surgery, what to expect once you arrive at the Petrie Division and how to plan for your care after surgery. Your surgeon will talk with you about the type of surgery you are having, and how long you are expected to stay in the hospital.

*There are two types of surgery. **Inpatient surgery** means that you will be admitted to the hospital (usually on the same day of the procedure) and will remain in the hospital after your operation for one, two or more days until you are ready to go home.*

***Outpatient surgery**, also called ambulatory surgery, means that you will come to the hospital the day of your operation and will go home the same day. Many of the patient instructions will be the same for both types of procedures, as this booklet will describe.*

If you have any questions about your upcoming surgery or your hospital stay, do not hesitate to ask your physician or nurse. Our health care team is dedicated to ensuring your experience is a positive one.

Welcome

Presurgical Testing

Depending upon your surgical procedure, you may require presurgical testing, such as blood work, EKG, urine analysis and a chest X-ray. Your physician will advise you on the need for testing.

Your tests must be completed a minimum of three working days (72 hours) prior to the date of surgery so your physician can study the results in advance. If test results indicate the need for special attention, your physician will instruct you on any necessary steps.

Your physician's office will schedule your appointment for presurgical testing, and direct you through the appropriate testing procedures.

If you are going to arrange your presurgical testing appointment, please call us Monday through Friday, 9 am to 5 pm at **(212) 844-1570** or **(212) 844-1571**. Testing will take place in the Preoperative Testing Suite located at:

Beth Israel Medical Center
Milton and Carroll Petrie Division
First Avenue at 16th Street
Linsky Pavilion, Admitting Office
First floor

On the day of your presurgical appointment, you will undergo the tests that have been ordered by your physician. Presurgical testing will take from two to four hours depending on the tests required.

Outside Laboratory Testing

If you are unable to come in for the required presurgical testing, your physician may be able to arrange for the tests to be performed by an accredited laboratory near your home. If you choose to use an external laboratory, we must receive the written reports at least three working days prior to the day of your surgery. For example, if your surgery is scheduled for Monday, your reports must be in our office the Wednesday before your surgery.

These test results must be faxed to **(212) 844-8640**. Please forward the fax to the attention of the presurgical testing nurse and be sure your name, date of surgery and your surgeon's name are clearly indicated.

Insurance Carrier

Remember to contact your insurance company 7 to 10 days prior to the date of surgery to advise them of your scheduled surgery and to confirm coverage. You should check for and verify any co-pays and/or deductibles you will have to pay at the time of your admission.

Interpreter Services

If you need an interpreter, both foreign language and sign language interpreters are available. Please call **(212) 420-4262** if you need a foreign language interpreter, or **(212) 844-8430** if you need a sign language interpreter.

What to Tell Your Physician

It is important for you to provide the following information to your physician prior to surgery:

- Allergies: Do you have any allergies to foods or medications or dyes used in diagnostic tests?
- Latex allergy: Have you ever reacted to latex products, such as gloves, rubber balloons or other rubber items?
- Do you take medications regularly? This includes over-the-counter medications (e.g., aspirin and ibuprofen), herbal remedies (e.g., St. John's Wort), nutritional supplements, pain medication and/or prescription medication. Please know the name(s) and dosage(s) of these medication(s).
- Do you smoke?
- Do you drink alcohol? Do you use recreational or "street" drugs?
- Do you have other health problems, such as diabetes, heart problems or high blood pressure?
- Have you had surgery before?
- Have you had anesthesia before? How did you react?
- Is it possible that you are pregnant?

Blood Donation

Your doctor may discuss donating your own blood prior to surgery if there is a possibility you will need blood during your operation. If so, you will be told where and when you can donate. If you have any objections to blood products being used, please advise your physician and the anesthesiologist.

Preoperative Instructions

Please follow all your physician's instructions carefully. They are for your safety. If these instructions are not followed, it could result in the cancellation of your surgery.

- Unless given permission by your surgeon, do not eat or drink anything after midnight the evening prior to your surgery. This includes water, coffee, chewing gum and mints. You can brush your teeth and rinse your mouth, but do not swallow any water.
- If you take medication regularly for any condition, ask your surgeon whether you can take it on the day of surgery. These include insulin, blood pressure pills, aspirin, birth control pills, heart or asthma medications. If you have been told to take medications, swallow them with **small** sips of water.
- Do not smoke, drink alcohol (liquor, beer or wine) or use recreational drugs for at least 72 hours prior to surgery.

If Illness Develops

If you develop a cold, virus, sore throat or other illness during the week before your scheduled surgery, please contact your physician immediately. Your physician will determine whether your procedure should be rescheduled.

A Call to Confirm

On the day before your surgery, a hospital representative will telephone you to confirm the time of your arrival. If your procedure is scheduled for a Monday, we will contact you the Friday before your procedure. If you do not hear from us by 5 pm the day before your surgery, please call **(212) 844-8242** before 7 pm, or **(212) 420-2970, option 0**, after 7 pm.

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Escort

If you are coming in for ambulatory surgery (i.e., going home the same day of the procedure), **you will require an escort** to bring you home.

What to Bring*Presurgical Forms and Insurance Information*

Please complete and bring with you all the forms contained in the Presurgical Packet that you received in your physician's office, as well as your insurance cards and/or forms.

Medications and Allergies

Bring a list of all your medications, times taken and dosages, as well as a list of allergies to medications, foods or other substances.

Advance Directives

Please bring any documents regarding advance medical directives, such as a health care proxy form and a living will.

Guardianship

All legal guardians of a minor child under the age of 18, a mentally compromised adult or a foster child undergoing surgery must bring all legal/court documentation verifying his or her legal guardianship of the patient. Without legal proof of guardianship, the surgery will have to be rescheduled. All court/legal documents **must** be originals—copies will not be accepted. The originals will be immediately returned to you.

Overnight Bag

If you will be staying overnight in the hospital, bring an overnight bag with pajamas, robe, slippers and toiletries.

Checking In

Please arrive on time for your procedure. You can go directly to the Admitting Surgical Registration Area located on the ground floor of the Linsky building. Enter the Medical Center through the main entrance at First Avenue and 16th Street.

Cancelling a Procedure

If you find yourself in a situation that makes it necessary to cancel your surgery, please call your physician as soon as possible, as well as the Operating Room at **(212) 420-2970 (press option 0)**.

Personal Items

When you arrive for surgery, we recommend that you do not wear contact lenses or body jewelry (e.g., nose, tongue bolts). You may wear eyeglasses, hearing aids or dentures, although you will be asked to remove them before the procedure. Please bring the appropriate containers to store these items.

If you are coming for ambulatory surgery, we recommend that you wear casual, comfortable, loose-fitting clothing that will be easy to put back on following your surgery.

Do not bring any valuables or jewelry, as Beth Israel Medical Center cannot be responsible for lost, misplaced, stolen or damaged property. If you are having ambulatory surgery, you will be assigned a locker for your personal belongings.

Before surgery, you will be given a hospital gown and robe to wear and will have a hospital ID bracelet put on your wrist.

Anesthesia

The Anesthesiology Department is composed of physician anesthesiologists and Certified Registered Nurse Anesthetists (CRNA's) who are responsible for your care. The anesthesiologist/CRNA is responsible for your comfort and well-being before, during and after your surgical procedure.

Prior to surgery, the anesthesiologist will meet with you to discuss your anesthesia and answer any questions you may have. If you have had any experiences in the past with anesthesia, please inform the anesthesiologist.

In the operating room, the anesthesiologist/CRNA will manage your anesthesia and monitor vital signs. There are several ways to administer anesthesia. The anesthetic choice is related to your general condition and medical history, as well as the surgery or procedure being done.

General Anesthesia uses medicines to put you to sleep and gases to keep you asleep. With this technique, anesthesiologists will often use medicines to relax muscles and techniques that support your breathing.

Regional Anesthesia means injection of medicine through a small needle to “numb” specific areas of the body. Also known as a nerve block, an epidural or a spinal.

Local Anesthesia can provide loss of pain sensation over the areas where surgery is performed. It may be combined with sedation to induce a light sleep.

Monitored Anesthesia consists of local injections, as well as the use of medications to make you drowsy (e.g., conscious sedation). You will be able to communicate with the staff during this type of anesthesia.

In the Post Anesthesia Care Unit (PACU), the anesthesiology staff ensures that all patients remain stable following surgery.

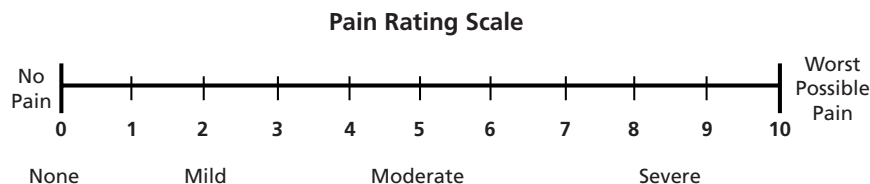
If you have any questions regarding anesthesia, please call **(212) 420-2385**.

Pain Management

Beth Israel Medical Center is committed to recognizing and treating your pain using medicines and treatments that will provide the best level of relief. As the patient, you have valuable information to give the staff regarding your pain. Remember that you know your pain best.

Always tell your doctor, nurse or other staff member when you are having pain. Don't be afraid to ask for pain medicine. Many people are so worried about "getting hooked" or addicted that they don't talk about their pain or take the medicines that are prescribed. In most cases, addiction is not a concern and medicines can, and should, be taken to relieve pain. If you have concerns about addiction, you should speak openly about them to your doctors and nurses. Managing pain is an important aspect of getting well.

The nurses and doctors will ask questions about the intensity (how strong), location, and the type (throbbing, burning, aching) of pain you may be experiencing. We often ask you to rate the intensity of pain using a pain scale. The pain scale is used in evaluating the pain and also in evaluating the effectiveness of pain medications or treatments. The pain scale uses numbers from 0 (no pain) to 10 (the worst pain possible) or pictures of faces that show various levels of pain intensity.



Acute Pain Management Guideline Panel. Acute Pain Management Operative Medical Procedures and Invasive Clinical Practice Guideline No. 1 - AHCPH Publication No. 920032. Rockville, MD Agency for Health Care Policy and Research, Feb. 1992.



From Wong D. L.; Hockenberry-Eaton M.; Wilson, D.; Winkelstein, M.L; Schwartz, P.; Wong's Essentials of Pediatric Nursing, ed. 6, St. Louis, 2001, Appendix H Copyrighted by Mosby. Reprinted by permission.

It is helpful for you to know that pain control is important in providing you with the comfort and strength to heal and get well. We know that patients who have their pain well controlled generally tend to recover better and faster.

At Beth Israel Medical Center, we can provide a variety of options in the prevention and management of pain. Some of these options are:

- pain medication by mouth (pills) or skin patch
- pain medicine given by injection into a muscle
- pain medicine given into a vein
- pain medicine given through a Patient Controlled Analgesia (PCA) pump
(The PCA pump is a machine that contains pain medicine. It has a button that you can push to give yourself a dose of pain medicine when you need it within the limits ordered by your doctor.)
- regional anesthesia and spinal medications: Local anesthetics and/or pain medicine are injected into the spine or other areas to relieve pain or numb a part of the body for a period of time.

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There also are methods that can assist in the relief of pain that don't involve medicines at all, such as relaxation techniques, hot or cold packs, rest, deep breathing exercises, proper positioning in the bed or chair and the positive effects of using distraction techniques such as music, television and visitors.

No matter which pain management therapy you use, remember some important facts:

- Discuss pain management therapy with your health care providers. Let them know your allergies, previous experience with pain medicines, other medications that you are taking and your health history.
- Tell the staff how strong or severe your pain is. Let them know what makes it better and what makes it worse.
- Ask for pain medication when you need it or before doing an activity that may cause pain – don't wait until the pain is too strong or out of control.
- Give the pain medication time to work. Ask the staff when you can expect to feel some relief from the pain.
- Use rest, deep breathing and other non-drug treatments to help your pain.
- Tell the staff how you are feeling. Let them know how effective the pain management therapy is. Tell them if you are experiencing any unexpected or unacceptable effects from your pain management therapy.

Your health care provider knows how to assess and treat your pain. At Beth Israel Medical Center, the members of the Department of Pain Medicine and Palliative Care also are available to address your needs and concerns regarding your pain management. If you have any questions or need further information, speak with your nurse or doctor.

Post Anesthesia Care Unit (PACU)

Following the procedure, you will spend time in the recovery room (also known as PACU). You will be closely monitored until the anesthesia wears off and you wake up. Your blood pressure, pulse, temperature and breathing, as well as the area of your body where you had surgery, will be checked.

You may feel drowsy and cold, and you may have some pain which is normal after surgery. The PACU nurses will take care of your needs and make you comfortable. Once you are sufficiently awake, you either will be discharged home if you are an ambulatory surgery patient, or you will be transferred to your room in the hospital until you are well enough to go home.

You will be given simple exercises to help in recovery. Taking deep breaths and coughing will help to clear your lungs and prevent pneumonia. Walking and moving your legs will help your circulation. Be sure to have someone with you the first time you get up.

Visitors

During surgery, family members may wait in the surgical waiting room located in the Linsky lobby. Pagers are available in the Admitting Office for use by your family members, so we can keep in contact with them. Please have no more than two adults accompany you. We strongly recommend that you not bring children, as we do not have facilities or personnel to adequately supervise them. Please note that visitors are not permitted in the PACU.

Private Duty Nursing

Beth Israel provides professional staff to meet your clinical needs, but if you would like personal nursing care to supplement the care by our staff during your hospital stay, you may want to arrange for a private duty nurse. Private duty nurses are engaged directly by patients or their families. These nurses are not employees of Beth Israel Medical Center, but are hired through us from reputable outside agencies. Please note, they do not provide care in the PACU. To make arrangements for private duty nursing, contact the Patient Care Services – Nursing Registry at **(212) 420-4308**.

Patients are responsible for deductibles, copayments and any unpaid portion of the bill. It is the policy of the Medical Center to receive payment at the time of service. You may receive a bill for the unpaid charges. You may pay by credit card (American Express, MasterCard or Visa), check or cash (U.S. \$). If you have any questions about payment or insurance coverage, please call **(212) 844-8814**.

You also will receive a bill for the anesthesiologist's services. This fee is separate from the surgeon's fee and hospital charges. Questions about this can be directed to **(631) 264-2030**.

Discharge Instructions

Discharge time for inpatients is 10 am.

If you were admitted for ambulatory surgery, you will be discharged as soon as you are cleared by the anesthesiologist and your escort has arrived.

After your discharge, be sure to adhere to your physician's instructions regarding diet, rest, medication, hygiene and follow-up appointments. Take things slowly until your physician tells you it is okay to return to your usual routine. Contact your surgeon if you are concerned about your discharge instructions or have any questions.

Questions to Ask

Be sure to ask the following questions before you are discharged. It is recommended that you have another person with you so that he or she will be able to help you remember all the answers.

- What can I eat?
- How do I care for my incision?
- What medications should I take?
- How soon can I take a bath or shower?
- What should I do for pain?
- How much activity/exercise can I do? What about lifting and bending?
- When can I return to work?
- Can I drive a car?
- When can I resume sexual intimacy?

Find out when and where to go for your follow-up appointment.

When to Call Your Physician

Should any difficulties arise following your discharge, call your physician immediately.

You should call your physician if you have any of the following:

- Fever (over 101° F)
- Chest pain
- Your incision becomes red, swollen, painful or has a discharge with a bad odor, which may mean an infection, or your incision bleeds a lot or opens. Press the area with a clean cloth to control bleeding.
- Vomiting lasting longer than four hours
- Shortness of breath
- No bowel movement for three days
- Pain not relieved by medication
- You feel groggy or dizzy

If your physician is not available, go to the nearest emergency room if you experience any of the symptoms listed above.

TRAVEL DIRECTIONS

Beth Israel Medical Center
Milton and Carroll Petrie Division
First Avenue at 16th Street
New York, NY 10003

The entrance to the Medical Center is located at First Avenue and 16th Street. Beth Israel is easily accessible by car, subway or bus.

By Car

Take any major artery to 14th Street and proceed to First Avenue. Take First Avenue to 17th Street. Metered parking is limited. There are several private garages in the area, with the closest one located at 17th Street between First and Second Avenues.

By Subway

The nearest subway station is located on 14th Street and Union Square East (N and R trains) or 14th Street and Lexington Avenue (#4, #5 and #6 trains). There is limited shuttle bus service every 20 minutes between 8:30 am and 8:30 pm, from 15th Street and Union Square East. Look for the Beth Israel shuttle. The L train also stops at 14th Street and First Avenue. You can transfer to the L train at the Union Square subway station.

By Bus

Take the First or Second Avenue routes (M15) to 17th Street or any 14th Street (crosstown) bus (M14) to First or Second Avenue.

IMPORTANT TELEPHONE/FAX NUMBERS

Main Number/General Information	(212) 420-2000
Admitting Office	(212) 420-4749
Anesthesia	
Billing	(631) 264-2030
Care-related Questions	(212) 420-2385
Emergency Department	(212) 420-2840
Insurance/Payment Information	(212) 844-8814
Interpreter Service	
Foreign Language	(212) 420-4262
Sign Language	(212) 844-8430
Patient Information	(212) 420-2650
Presurgical Testing	
To schedule an appointment	(212) 844-1570 or (212) 844-1571
Presurgical Testing Fax	(212) 844-8640
Private Duty Nurse Registry	(212) 420-4308
Surgery	
To confirm surgery (before 7 pm)	(212) 844-8242
To confirm surgery (after 7 pm)	(212) 420-2970, press 0
To cancel surgery	(212) 420-2970, press 0

