



UW Medicine
UNIVERSITY OF WASHINGTON
MEDICAL CENTER

手术须知

华大医疗中心 (UWMC)-蒙特湖院区手术前准备须知

这本手册及到麻醉预备科的约谈，可协助您为您的手术做准备，并了解将要经历的过程及原因。我们的宗旨是与您合作以达到手术的安全，

您也可上华大医学网站浏览书写的指南或看手术前的视频：

www.uwmedicine.org/patient-care/how-to-prepare/uwmc

姓名: _____

手术日期: _____

医生: _____

门诊护士: _____

电话: _____



华盛顿州华大医疗中心西雅图蒙特湖院区

手术时报到地点

周一至周五做手术

2nd Floor Admitting. Surgery Pavilion, UWMC - Montlake campus

外科大楼 2 楼 报到处

华大医疗中心蒙特湖园区

1959 N.E. Pacific St., Seattle, WA 98195

2nd Floor Pacific Admitting, UWMC - Montlake campus

2 楼太平洋报到处

华大医疗中心蒙特湖园区

1959 N.E. Pacific St., Seattle, WA 98195

Roosevelt Ambulatory Surgery Center Admitting

罗斯福门诊手术中心报到处

华大罗斯福诊所 1 楼

4245 Roosevelt Way N.E., Seattle, WA 98105

周六做手术

3rd Floor Lobby Admitting, UWMC - Montlake campus

华大医疗中心 3 楼大厅报到处华大医疗中心 UWMC 蒙特湖园区

1959 N.E. Pacific St., Seattle, WA 98195

报到时间

安排手术时间的服务人员会在手术前 1 天前的上午 9 点到下午 3 点之间打电话通知您在那里报到、何时来报到、以及需要携带的物件。如您是星期一做手术、则在手术前的星期五下午会打电话给您。

如手术前一天的下午 3 点后仍未接到麻醉预料的电话、请致电 **206.598.6334**。

翻译服务

如在手术前及手术后有需要、华大医疗中心 UWMC 设有为病人提供翻译的服务。如您希望有位翻译、请告诉您的病人护理联系人或麻醉预料的护士。或致电 206.598.4425 翻译服务部要求一位翻译。

手术前核对清单

请参照每一项的指示做您手术前的准备。细节请查看所列出的页面：

- 如手术后当天回家、必须安排一位能负责的成年人载您回家。不可自己驾车或坐计程车、公交车回家。如您没有安排护送您回家的人、或其他被认可的交通工具如特种计程车 (Cabulance)、我们可能就会取消您的手术。请参阅第 11 页。

- 我们极力推荐安排一位能负责的成年人在您出院后 24 小时内在家照顾您。 *请参阅第 11 页。*
- 遵照手术前禁食的指示。 *请参阅第 6 页。*
- 遵照手术前淋浴及剃体毛的指示。 *请参阅第 7 页。*
- 手术的当天请勿使用化妆品、腋下除臭剂、润肤剂、美发产品、或香水。 *请参阅第 7 页。*
- 取下首饰或生体上穿孔带的各类饰物。 *请参阅第 8 页。*
- 请携带您的健保卡及有相片的身分证。 *请参阅第 8 页。*
- 请携带您的药物保险卡、劳工局(L&I)索赔号码及劳工卡、如有联邦健保卡或州政府健保补助卡也一起带来。 *请参阅第 8 页。*
- 请携带您所服药物的清单及剂量。包括维生素、补品、及各种自购的非处方药。 *请参阅第 8 页。*
- 请携带一些现金或信用卡以便支付手术后所需药物的自付款部分。 *请参阅第 8 页。*
 - 外科大楼接受现金、支票或信用卡。
 - 罗斯福门诊手术中心仅接受维萨或万事达信用卡。
- 请携带您的医疗指示及/或医疗法定授权人的文件存入您的病历则请您带一副本来。 *请参阅第 8 页*
- 如您晚上睡时使用呼吸机 (CPAP) 以帮助呼吸、请将它带来。 *请参阅第 9 页*
- 请勿带没有专人照顾的幼童。凡 17 岁以下的孩童来医院时、必须有一位成年人一起在等候室、及医院其他的地方全时间照顾。
- 调整您的药物:

停止服用：手术前__天停止服用以下这些药物：

勿服用：手术当天勿服用以下这些药物：

_____：手术当天以 2 盎司的水（4 汤匙）送服以下这些药物

会见您的外科医生

在您见麻醉预科前、先会见华大医疗中心 UWMC 外科门诊部的外科医生。在此次门诊您的外科医生、及其他医护人员会谈到：

- 审核您的病历、目前服用的药物
- 体检
- 与您解说手术资讯
- 请您签手术的同意书。

询问您的外科医生、手术后您的活动有何限制、这些限制会持续多久。考虑您将需要什么帮助、并在手术前安排这些帮助。例如如何上厕所、上下楼梯、准备饮食、照顾自己等等。

在麻醉预科

我们需要在您手术前知道您的健康状况。您的医生需要知道些状况、因为可能会影响到您的医疗及康复。

您来麻醉预科时务必携带：

- 所有药物的清单及每一药物的剂量。
- 在其他医院或诊所做的检查及测试的结果。特别是心脏或肺部诊断性的测试如：心电图、心脏负荷测试、超声心动图、肺功能测试等等。我们会将这些记录归入您手术资讯的档案夹内。

如您需要协助以便从您的医生或诊所取得这些资讯、则请告诉我们；我们可以协助您。

麻醉专家将审核您的健康问卷、病史、日常服药清单及测试结果。这些资讯将帮助他们知道何种麻醉对您最适合。基于您手术类型可能需要做血液的测试、心电图或其他测试。

在这次的约谈您不会看到您的麻醉小组。手术的当天您会见到他们。

手术前的药物

在您手术前务必告诉您的外科医生或麻醉预科的职员您目前所服用的药物。因为您可能需要在手术前一天或前几天停止服用某些药物。

这些需要停止的药物有：

- 口服的糖尿病药物及胰岛素
- 华法林 (Coumadin)
- 氯吡格雷 (Clopidogrel、波立维 Plavix)
- 阿司匹林及其他会影响血凝的药物如布洛芬 (Advil、Motrin、及其他) 萘普生 (Aleve, Naprosyn, and others)
- 某些减肥药
- 中草药及补品

医务人员会告诉您手术当天上午可以服用那些药物 (请参看第 3 及 4 页) 。

麻醉

在您的手术过程中、有一组麻醉师会在您身边照顾您的舒适。他们同时监测您的呼吸、心率、血压及任何可能发生的医疗问题。

在麻醉预约约见时可能会讨论一种或多种的麻醉方式：

- **全身麻醉**-您会失去知觉 (熟睡)、手术时完全没有知觉。
- **区域性麻醉**-麻药注射到一组神经、使身体的某一部分失去知觉。也可能同时给您一些药物使您神经松弛或进入睡眠状态。
- **监护的麻醉护理(MAC)**：监护麻醉护理(MAC)的药物是直接注射到手臂 (**静脉注射**)。可能会给您 **镇静剂** (使您神经松弛)、但您也可能在整个过程中是醒着的。也可能会给您一些**局部麻醉**、就是使做程序的部位麻木。使用监护的麻醉 (MAC)、您可能会昏昏欲睡、非常困倦、或陷入深度睡眠。

如您有其他特别的顾虑需要与医生讨论、请在麻醉预约约见时告诉护士。

手术前

除非您得到医生关于肠道清洗的指示、否则在手术前的一天和晚上正常进食、服用常规的药物。

手术前晚上 12 点后、请遵照下列**禁食的规定**：

禁食的规定

您务必在手术前遵照我们的禁食规则。为了您的安全如您忘记或没有遵照此禁食的规则、您的手术则可能要改期。

这些规则是很重要的。它们减少了在手术期间呕吐、防范将胃里的食物吸入肺部。

基于手术的类型、某些病人在午夜及手术前的某时段可以喝饮料。有的病人则不可在午夜及手术前吃/喝任何东西。医护人员会为您解释您应当遵守的规则。

手术前请遵照这些进食及饮水的医嘱：

每一位病人：

- 午夜后不可进食。
- 午夜后不可喝酒。

如医护人员告诉您午夜后不可喝透明的饮料：

- 遵照医嘱服用上午的药物。以 2 盎司 (4 汤匙) 的水送服。

如您属临床护理的病人，您手术前的饮食规则：

- 按照外科医生的指示、何时喝苹果汁。大多数病人在午夜前喝 8 盎司、到 UWMC 停车场时再喝 8 盎司。

如您被告知午夜后可以喝透明饮料：

- 您可以喝透明饮料、如水、苹果汁、小红莓汁及其他透明的果汁 (不含果渣) ；佳得乐 (Gatorade) 、及清茶。
- 切勿喝桔子汁、加奶油或牛奶的咖啡或茶、或不透明的饮料。
- 到医院报到前 2 小时即不可再喝任何饮料。如您在此 2 小时内需要服药、请以少于 2 盎司 (4 汤匙) 的水送服。

使用葡萄糖酸氯己定(CHG)淋浴的指南

在手术前晚及手术当天的早上洗澡或淋浴。使用特殊的消毒皂：*葡萄糖酸氯己定 Chlorhexidine gluconate (CHG)*。

您可在各大药房购买葡萄糖酸氯己定 (CHG) 。其浓度有 2% 及4%、两者均可。最常见的品牌是 *Hibiclens*，但任何品牌均可。

在手术前晚及手术当天的早上淋浴：

1. 如您想洗脸和洗头、请先用您平时用的肥皂及洗发水洗头。切勿用 CHG 洗脸或洗头发。
2. 当您洗好脸头发后、离开淋浴室或将水关上。
3. 使用湿的小毛巾从颈部到脚趾涂上很多的葡萄糖酸氯己定消毒皂(CHG)。需要时、可再多用消毒皂、将身体洗净、特别是要做手术的部位。
4. 让消毒皂在身上保持 1 分钟。1 分钟后将浴室水打开、冲洗清洁。

5. 用清洁毛巾将身体拍干，穿上清洁的衣服。
6. 早上淋浴或洗澡后、请勿使用化妆品、腋下除臭剂、润肤油、喷发胶或喷香水或带首饰。

剃体毛须知

- 为了减少感染的风险、请不要在日常没习惯剃体毛的部位开始剃体毛。
- 如您日常剃手术部位的体毛、在手术前两天、即（48 小时）**停止剃该部位的体毛。**

停车及方向

华大医疗中心停车有停车减价的优惠。停车指南及停车场位置请参照第 14、15 页。如需要详情请：

- 有关 UW 校园停车及收费请致电 206.685.1543
- 有关医院停车请致电 206.598.5275
- 驾车方向,请上网 www.washington.edu/admin/commuterservices/get_to_uw/visitors/index.php

回家时的安排

如您是手术的当天即可出院、您不能开车、**不能自己坐计程车、坐公车。**

- 您**必须**有一个负责任的成年人)带您回家或您的康复设施。这个人还必须帮助您安顿妥当、确保您的安全及舒适。
- 如您报到时陪同人员不在、我们将询问他们的姓名和电话号码。**如您没有陪同人员；您的手术可能会被取消。**
- 负责带您回家的人必须在您办好出院后 30 分钟内到达。

来医院做手术

- 请勿使用化妆品、体香剂（腋下除臭剂）、润肤乳液、喷发剂或香水。
- 请穿宽大舒适容易穿脱的家常衣服。
- 请勿携带贵重物品。
- 请取下身上穿孔佩戴的首饰。

携带的物件

- 携带您的药物清单及每个药物的剂量。除非要求您带药物来、**请不要带药来。**

- 有相片的身份证、健保及药物保险卡、及出院时付处方药的款项（自付款部分）。
- 请将您的医疗指示/持久性医疗授权书带来。以便将它们归入您的病历。
- 如有劳工局索赔的案件号码、请您将它们带来。
- 如您有睡眠窒息症、请将您的呼吸机 CPAP 带来以助您夜间睡眠时呼吸。
- 在等待做手术的时间可带本书来看或做其他可做的事项。

报到

手术的当天、请您按照第2页打勾的地点报到。

大多数的时间我们会请您在手术前 1 ½ 至 2 小时来报到。如此我们有充分的时间为您的手术做准备。在这段时间：

- 签入院表格。
- 查看您的健康状况有否改变
- 如有任何可能影响手术开始时间的变化我们会告诉您。

女性病人:

手术前您可能会收到有关尿检是否怀孕的资讯。如您希望做测试、请告诉您的护士或麻醉人员。

手术前的准备

手术“预备室”里有很多等候做手术的病人。我们会请您在私人的房间内将衣服脱去包括内衣裤、换上医院的袍子。

您需要除下眼镜、隐形眼镜、助听器、如您戴假牙、可能需要取下假牙。如您有自己的盒子、请将盒子带来以便存放。

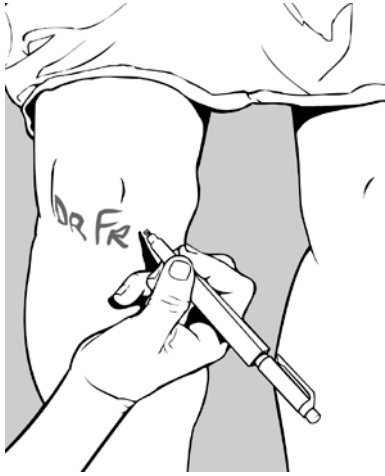
在手术室照顾您的护士、外科组、及麻醉组会来与您见面。如您有任何疑问可在这时向他们提问。

为减低您被感染的风险、我们在您等待进入手术室前为您盖保温毯、以保持您的身体暖和。如没有给您保温毯请向医护人员索取。

您的陪伴者

在做“准备”的时间我们欢迎您有一位成年的扶持者陪伴您。

- 请确认您的陪伴者很健康。
- 在必要时、我们会请他（她）回避一下。



외과의는 환자분의 환부에
그들의 이니셜을 적을 것입니다.

- 您手术时、您的陪伴者可在等候室等待。他们可带一些阅读资料在等候时阅读。如他们带电脑来、医院大部分的地方都可上网。
- 我们不能提供照顾孩童的服务。如您必需带 17 岁以下的孩童来医院；请带一位成年人在等候室、及医院其他的地方全时照顾他们。

在手术部位作记号

我们将竭力为您提供最佳、最安全的护理。我们会向您或您的家人提出这类问题：

- 您的姓名？
- 您的生日？
- 您要作何种手术？

请不要因此紧张、我们知道您是谁。我们所以重复提问为的是要确认您的安全。

您的医生将核对您的病历、与您或您的家人确认您将作手术的部位。通常您的医生在您进手术室或开刀前、会用笔在您要做手术或开刀部位作一个记号、以确保您的安全。

如需要再手术或开刀的部位作记号时、您的手术医生会在该部位签他/她的名字。如要做手术或开刀的部位是在身体的左边或右边时、我们将会特别留意。但请您自己不要在身上做任何记号或写字。

如某些手术或开刀的部位不需要作记号时、我们会与您确认手术或开刀的性质。

开始静脉注射

在您的手术开始之前、我们会先安插静脉注射导管（IV）。静脉注射导管（IV）是一个小针和细管、以便在手术期间给您提供药物及液体。也可以通过静脉注射药物来帮助您在手术前放松。

我们首先将麻药注射到放置插静脉注射导管（IV）的部位。大多数情况是在您的手或手臂上。

手术后

在手术恢复室

手术后会送您到恢复室。恢复室也称为麻醉后护理部（PACU）。



자가조절진통(PCA)으로
귀하는 귀하가 받는 진통제의
양을 조절합니다.

手术后、我们最首要任务是为您提供所需的护理。我们希望在您从麻醉中醒来时确保您的安全、并确保根据需要减轻您的疼痛。

大多数的病人手术后会在恢复室中 1 至 2 小时。

访客

在我们为您提供手术后即需的紧接护理后、我们会告诉您的亲人您可以接待访客。

- 大多数的情况下、如您愿意您的亲人都可以到麻醉恢复室 (PACU) 看望您。麻醉恢复室 (PACU) 地区的空间有限、因此一次只能有 1 位成年访客。
- 我们要求所有的房客都很健康。如访客有任何炎症、即使是“仅仅”有点感冒、也会影响您的康复或治疗。
- 如您术后会入住我们的癌症病房；当访客到达病房时我们会对他们做健康筛查。如他们有任何不适的症状、我们可能会要求他们在身体健康时再回来。

监护

护士会经常检测您的呼吸、心率及血压。您的护士会帮助您解决任何可能感觉到的恶心或疼痛。我们很重视您的舒适。

疼痛的控制

在您疼痛加剧前、您就须向护士索取止痛药。您的护士会问您痛的程度如 0 是不痛、10 是不能忍受的剧痛、请告诉您疼痛的程度。您可能接受到下列舒缓疼痛的方式：

- 口服 (药丸、胶囊、或液体)
- 经由静脉导管注射的止痛药

如您需住院、则可能使用下列止痛方式：

- 在背部以一很细的导管为您输送止痛药 (脊椎硬膜外麻醉)
- 病人自控止痛机 (PCA)

有关病人自控止痛机 (PCA)

自控止痛机 (PCA) 是一种仪器、当您手按键钮时此仪器就会将一剂量的止痛药注入您的静脉输液管。使用自控止痛机器后您就不必等待护士、可由您自己来控制您的疼痛。

止痛药的剂量由您的医生决定。如您依照医生的处方只在疼痛时使用这仪器，是会上瘾的。

警告: 为了您的安全起见、只有您可以按您病人自控止痛机(PCA)的按钮。不可让您的访客按病人自控止痛机(PCA)的按钮。

如您是手术的当天即可回家

如您是手术的当天即可回家、且给您用了镇静剂或麻醉：

- 您**必须**有一位负责任的成人陪伴您回家、或您恢复期间的住处。
- 您**不可**自己驾车。
- 您**不可**独自坐计程车、或公交车。

如您没有安排一位成年人或认证的交通车（如专为行动不便者服务的特种计程车 Cabulance）在您出院时护送您、我们就可能取消您的手术。您的护送者必须协助您进入家里、或您疗养的地方、并为您安置妥当。

24 小时内

- 在您出院时、我们强烈地建议您需要有一位能负责的成年人在手术后至少陪伴您 24 小时。此位照顾者必须在您家里或您疗养的地方照顾您。这一切都是为了您的安全、以防您在手术后有问题需要特别的护理。
- 如您选择不遵守这些建议、华达医疗中心（UWMC）不承担任何责任。
- 手术后您会有些疼痛或恶心、也可能一直想睡。
- 使用麻醉后 24 小时内请勿：
 - 驾车
 - 饮酒
 - 独自旅行
 - 使用机器
 - 签署任何法律文件
 - 负责照顾他人、如儿童、宠物、或需要看护的成年人
- 在您离开医院之前、我们会给您以下的资讯：
 - 您在家如何护理的资讯
 - 如尚未安排复诊预约、就会给您联系复诊的电话

如您手术后需要住院

- 您可能需要穿医院的袍子
- 在我们保持您的安全的同时、也会竭力维护您个人的尊严。因为您的安全是我们第一考量。

- 当您躺在床上时、可能会套上挤压您小腿的连续压缩套 (sequential compression devices SCDs)。这些护套有助于防止血栓的形成。



连续压缩套 (SCDs) 会间歇性的松紧来帮助您腿部的血液循环。

- 为了防范您跌倒、我们可能会采取以下的措施:
 - 有警铃会告诉我们您下床了
 - 床边的地下铺软垫
 - 下床后或走路时使用腰带来辅助您
 - 当您使用洗手间或床边马桶时有一位职员在您近旁
- 您自己做事情的能力可能每天不同。因此我们可能还需要调整我们对您设下的安全措施。
- 您可能连接有导管或医疗器材。
- 工作人员将每天数次来查问您的状况。
- 我们会请您参与一些测试。

跌倒的风险

您在医院的期间跌倒的风险会较高。这是因为：

- 您在一个新的地方。
- 您可能会因为健康状况或疾病而导致虚弱及疲劳。
- 您可能会感到头晕、眼花、或手术后或因为您的病情感到混乱。
- 有些药物可影响您思考的能力。
- 有些药物可导致尿急。
- 在医院时上厕所的习惯会与居家时不同。

- 有些药物可影响您肌肉的劲力
- 您的腿可能会肿、胀。
- 手术后您的脚可能会移动得缓慢或蹭拖。
- 可能因为不是自己的家、所以睡得不好。
- 一些导管及医疗器材、可能妨碍身体移动。

如在住院期间、您对我们实施防范跌倒的措施有任何问题或疑虑、请向您的护士询问。

重要的电话号码

以下这些电话号码对您将会很有帮助。如您已在医院，如要拨 598 开始的电话号码时、只需拨后面五个号码。（例如、如用医院的电话联系报到处就可按 8.4310 即可）

住院报到处(Admitting)	206.598.4310
帐单 (Bills)	
财务辅导(Financial counseling).....	206.598.4320
医生收费 (华大医生UW Physicians).....	206.543.8606
华大医疗中心收费 (UWMC billing).....	206.598.1950
急诊室 (Emergency Medicine Service: ER)	206.598.4000
健康资讯室 (Health Information Resource Center)	206.598.7960
翻译办公室 (Interpreter Services)	206.598.4425
TTY.....	800.833.6384
失物待领处 (Lost and Found) ..	206.598.4909
开刀房 (Operating Room)	206.598.4270
病人公关部 (Patient Relations)	206-598-8382
外科中心 (Pavilion Surgery Center)	206.598.4214
罗斯福门诊手术中心 (Roosevelt Ambulatory Surgery Center)	206.598.0900
社工及护理协调住房服务 (Social Work and Care Coordination Housing Services)	206.598.4170

外科诊所会给您联系电话以便手术后您有疑问或顾虑时可以联系。

位置及停车场

华大医疗中心—蒙特湖园区 UWMC - Montlake

华大医疗中心蒙特湖园区 UWMC—Montlake 位于华盛顿大学的南端。地址是：1959 N.E. Pacific St., Seattle. 您可在这些停车场停车：

- 三角停车场 Triangle Parking Garage (在医院 N.E. Pacific St. 街对面)
- 外科大楼停车场 Surgery Pavilion Parking Garage (医院的东端)。

华大医疗中心罗斯福诊所

华大医疗中心罗斯福诊所是在华大医疗中心蒙特湖园区 UWMC - Montlake 的西北边约 1 英里外、地址是 4245 Roosevelt Way N.E. Seattle 有地下停车场。



华大医疗中心西雅图蒙特湖院区位于 5 号公路的东边。520 公路的北边。

驾车方向

到华大医疗中心西雅图蒙特湖园区, 1959 N.E. Pacific St., Seattle, WA 98195

- 由 5 号公路：
 - 168 B 出口 (接 Bellevue 520 公路) 向东行。
 - 再由蒙特湖大道 (Montlake Boulevard) 出口。
 - 顺着指标可到华大医疗中心。
- 由 405 公路:
 - 14 号出口 (520 公路去 Seattle 的方向) 西行。
 - 再由蒙特湖大道 (Montlake Boulevard) 出口。
 - 顺着指标到华大医疗中心。

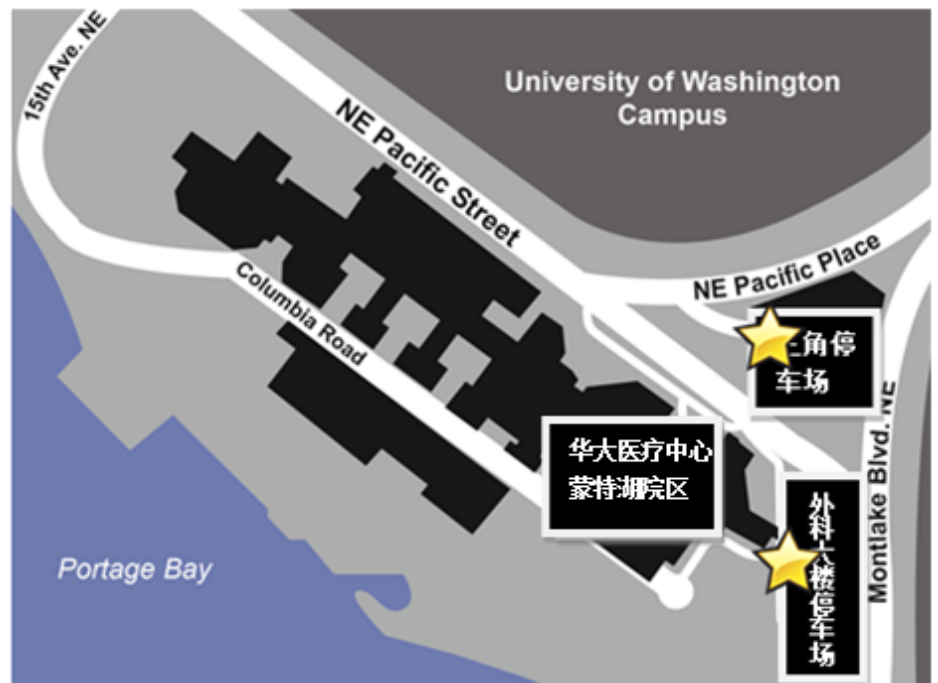
到华大罗斯福诊所: 4245 Roosevelt Way N.E., Seattle, WA 98105

- 由 5 号公路:
 - 由 45 街出口 (169 号出口)、经 N.E. 45th 向东行。
 - 在罗斯福路 Roosevelt Way N.E. 右转向南行。继续行驶两条半街。
 - 斯福诊所在您的右边。

您有疑问吗?

我们希望与您合作、以便为您提供最优质的护理。参与医疗的病人口有较佳的医疗效果、且较少出口问题。

我们很重视您的提问。若您对您所接受的医疗有任何疑问、都可向您的医护人员提问。如您有任何的不满请告诉我们的职员或致电病人公关组：206.598.8382.



星星的记号是指三角停车场及外科大楼停车场的入口。



About Your Surgery Experience

Getting ready for your surgery at UW Medical Center (UWMC) - Montlake

This handout and your visit with your surgeon and Pre-Anesthesia Clinic staff will help you get ready for surgery. It is important that you understand what will happen and why. We are committed to working with you for a safe surgery experience.

You can also read instructions and watch a pre-surgery video on the UW Medicine website: www.uwmedicine.org/patient-care/how-to-prepare/uwmc

Name: _____

Date of Surgery: _____

Surgeon: _____

Clinic Nurse: _____

Phone: _____



UW Medical Center - Montlake campus in Seattle, Washington

Where to Check in for Your Surgery

Weekday Surgeries

- 2nd Floor Surgery Pavilion Admitting**
Surgery Pavilion, UWMC - Montlake campus
1959 N.E. Pacific St., Seattle, WA 98195
- 2nd Floor Pacific Admitting**
UWMC - Montlake campus
1959 N.E. Pacific St., Seattle, WA 98195
- Roosevelt Ambulatory Surgery Center Admitting**
UWMC - Roosevelt, 1st floor
4245 Roosevelt Way N.E., Seattle, WA 98105

Saturday Surgeries

- 3rd Floor Lobby Admitting**
UWMC - Montlake campus
1959 N.E. Pacific St., Seattle, WA 98195

Arrival Time

Pre-Anesthesia Clinic staff will call you 1 business day before your surgery, between 9 a.m. and 3 p.m. They will tell you which admitting location to use, what time to arrive, and what to bring with you. If your surgery is on a Monday, they will call you the Friday before.

If you have not received this call from the Pre-Anesthesia Clinic by 3 p.m. the day before your surgery, call **206.598.6334**.

Interpreters

UWMC has interpreters to help you, if needed, before and after surgery. Please tell the patient care coordinator or Pre-Anesthesia Clinic nurse if you want an interpreter. Or, call Interpreter Services at 206.598.4425 and ask for an interpreter.

Your Pre-Surgery Checklist

Use this checklist to make sure you are ready for your surgery. Find details for each item on the page listed.

- If you will be going home the same day as your surgery, you must have a responsible adult (escort) drive you home. You cannot drive yourself home or take a taxi or a bus by yourself. If you have not made plans for an escort or other approved transportation such as Cabulance, we may need to cancel your surgery. See page 11.**

- We strongly advise that you have a responsible adult stay with you the first 24 hours after you leave the hospital.** *See page 11.*
- Follow your pre-surgery fasting guidelines.** *See page 6.*
- Follow your pre-surgery shower and shaving instructions.** *See page 7.*
- Do not use makeup, deodorant, lotions, hair products, or fragrances on the day of surgery.** *See page 7.*
- Remove all jewelry and body piercings.** *See page 8.*
- Bring your medical insurance card and a photo ID with you.** *See page 8.*
- Bring your pharmacy insurance card, Labor and Industry (L&I) claim number and card, and your Medicare or Medicaid information, if you have them.** *See page 8.*
- Bring a list of all the medicines you take, and the doses of each one. This includes vitamins, supplements, and anything else you buy without a prescription.** *See page 8.*
- Bring a method of payment for any co-pays for medicines needed after surgery.** *See page 8.*
 - Pavilion Surgery Center accepts cash, check, or credit card.
 - Roosevelt Ambulatory Surgery Center accepts only Visa or Mastercard.
- Bring a copy of your healthcare directive and/or durable power of attorney for healthcare so they can be placed in your medical record.** *See page 8.*
- If you use a CPAP machine at night to help you breathe, bring it with you.** *See page 8.*
- Do not bring unattended children with you. If children age 17 and under come to the hospital, they must be supervised by a responsible adult at all times, both in the waiting room and in other areas of the hospital.** *See page 9.*
- Adjust your medicines:**
Stop taking these medicines _____ days before your surgery:

Do **NOT** take these medicines on the day of your surgery:

Take these medicines on the day of your surgery with no more than 2 ounces (4 tablespoons) of water:

Meeting with Your Surgeon

Before your visit to the Pre-Anesthesia Clinic, you will meet with your surgeon in a UWMC specialty clinic. At this meeting, your surgeon and other care providers will:

- Review your medical history and home medicines
- Do a physical exam
- Talk with you about the surgery
- Have you sign a consent form

Ask your surgeon how your activity might be limited after surgery and how long these limits will last. Think carefully about what help you will need and arrange for this help before your surgery. Work out things like how you will get to the bathroom, go up and down stairs, prepare your meals, and care for yourself.

Your Pre-Anesthesia Clinic Visit

We need information about your health **before** your surgery. Your doctors need to know about issues that may affect your care and recovery.

When you come to the Pre-Anesthesia Clinic, be sure to bring:

- A list of all the medicines you take and the doses of each one.
- **The results of tests you have had at any other hospital or clinic**, especially heart or lung tests such as an electrocardiogram (EKG), stress test, echocardiogram, or pulmonary function tests. We will include copies of these records in your surgical packet.

If you need help getting test results from your doctor or clinic, please ask us and we can help you.

Providers who are experts in anesthesia will review your health survey, medical history, home medicine list, and test results. This information

will help them know what kind of anesthesia will work best for you. You may also need to have blood tests, an EKG, or other tests, depending on your type of surgery.

You will not meet your anesthesia team at this visit. You will meet them the day of your surgery.

Medicines Before Surgery

Be sure to tell your surgeon and Pre-Anesthesia Clinic staff what medicines you are taking. You may need to stop taking some of them for a day or more before your surgery.

Some medicines you may need to stop taking are:

- Oral diabetes medicines and insulin
- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin and other medicines that affect blood clotting, such as ibuprofen (Advil, Motrin, and others) and naproxen (Aleve, Naprosyn, and others)
- Certain diet medicines
- Herbal remedies and supplements

A provider will tell you which of your medicines you can take the morning of surgery (see pages 3 and 4).

Anesthesia

A team of anesthesia providers will be with you during your surgery to keep you comfortable. They will also manage your breathing, heart rate, blood pressure, and any medical issues that might arise.

At your Pre-Anesthesia visit, your providers may talk with you about having 1 or more of these types of anesthesia:

- **General anesthesia:** You are unconscious (asleep) and have no awareness of the surgery.
- **Regional anesthesia:** A numbing medicine is injected into a cluster of nerves, so you do not have feeling in a large area of your body. You may also be given medicine to relax you or help you sleep.
- **Monitored anesthesia care (MAC):** MAC drugs are given through a vein in your arm (*intravenously*). You may receive *sedation* (medicine to make you relax), but you may be awake during your

procedure. You may also be given a *local anesthetic*, which numbs the area where the procedure will be done. With MAC, you may be drowsy, very sleepy, or fall into a deep sleep.

During your Pre-Anesthesia visit, please tell your provider if you want to talk with an anesthesiologist about any special concerns.

Before Your Surgery

Unless your doctor gave you instructions for a bowel cleanse, on the day and evening before your surgery, eat normally and take your medicines as usual.

Starting at midnight before your surgery day, follow our *fasting guidelines*.

Fasting Guidelines

You MUST follow our fasting guidelines before your surgery. For your safety, if you do not follow our fasting guidelines, we may need to reschedule your surgery for another day.

These guidelines are important. They lower your risk of vomiting and inhaling stomach contents into your lungs during surgery.

Some patients may be able to drink liquids after midnight the night before their surgery. This depends on the type of surgery you are having. Your provider will explain the guidelines that you need to follow.

Follow these guidelines about not eating or drinking before surgery:

For ALL patients:

- Do **NOT** eat after midnight.
- Do **NOT** drink alcohol after midnight.

If you were told NOT to drink clear liquids after midnight:

- Take your medicines in the morning as instructed by your provider. Take them with no more than 2 ounces (4 tablespoons) of water.

If you are on a Clinical Care Pathway for your surgery:

- Follow your surgeon's instructions on when to drink your apple juice. Most patients drink 8 ounces before midnight, and 8 ounces when they get to the parking garage at UWMC.

If you were told you MAY drink clear liquids after midnight:

- You may drink liquids such as water; apple, cranberry, or other clear juices without pulp; Gatorade; and clear tea.

- Do **not** drink orange juice, coffee or tea with cream or milk, or other liquids that are not clear.
- Starting 2 hours before you arrive for your surgery, do **not** drink anything. If you need to take medicines during those 2 hours, take them with no more than 2 ounces (4 tablespoons) of water.

Shower with CHG Soap

Shower or bathe both the night before and the morning of surgery. Wash with a special soap called *Chlorhexidine gluconate* (CHG).

You can buy CHG at most large drugstores. You may use either a 2% or a 4% solution. A common brand is *Hibiclens*, but you may use any brand.

For your showers the night before and the morning of your surgery:

1. If you want to wash your face and hair, do it first using your regular soap and shampoo. Do **NOT** use CHG on your face or hair.
2. After you wash your face and hair, step away from the shower or turn the water off.
3. Use a wet washcloth to apply lots of CHG soap from your neck to your toes. Add more soap as needed to get your whole body clean, especially the part of your body where you will have surgery.
4. Let the CHG soap stay on your skin for 1 full minute. After 1 minute, turn the shower on again and rinse well.
5. Pat your skin dry with a clean towel. Put on **clean** clothes.
6. After your morning shower or bath, do **NOT** put on makeup, deodorant, lotions, hair products, fragrances, or jewelry.

Shaving

- To lower the risk of infection, do **not** shave any part of your body that you do not already shave every day.
- If you normally shave near your surgical site, **DO NOT** shave that area for 2 days (48 hours) before the morning of your surgery.

Parking and Directions

Parking at the hospital is validated for a reduced rate. See pages 14 and 15 for maps and directions to parking areas. For more information on:

- UW Campus parking and fees, call 206.685.1543
- Hospital parking, call 206.598.5275
- Driving directions, visit www.washington.edu/admin/commuterservices/get_to_uw/visitors/index.php

Your Ride Home

If you are leaving the hospital the same day that you have surgery, **you cannot drive a car or ride a bus or taxi by yourself.**

- A responsible adult (*escort*) **must** take you home or to your recovery facility. This person must also help you settle in and make sure you are safe and comfortable.
- If your escort is not present when you check in, we will ask for their name and phone number. **If you do not have an escort, your surgery may be cancelled.**
- Your escort must be at the hospital within 30 minutes of your discharge.

Coming to the Hospital for Surgery

- Do **not** use any makeup, deodorant, lotion, hair products, or scents.
- Wear loose clothing that will be easy to take off and comfortable to wear home.
- Please do not bring valuables with you.
- Remove all jewelry and body piercings.

What to Bring with You

- A list of your medicines and the doses of each one. Do not bring the actual medicines unless you were told to do so.
- A photo ID, your health and pharmacy insurance cards, and method of payment (co-pay) for any discharge medicines you may need.
- A copy of your healthcare directive and/or durable power of attorney for healthcare, so they can be placed in your medical record.
- Your L&I claim number, if you have one.
- Your CPAP machine if you have sleep apnea and use the machine at night to help you breathe.
- A book to read or project to do while waiting for your surgery to start.

Checking In

On the day of your surgery, come to the location that is checked on page 2 of this booklet.

Most times, we ask you to come in 1½ to 2 hours before your surgery. This gives us time to prepare you for your surgery. During this time:

- You will sign admission forms.
- We will check for any changes in your health.
- We will tell you about any changes that might affect your surgery start time.

Female Patients:

You may receive information about a urine pregnancy test before surgery. Tell your nurse or an anesthesia staff person if you want to be tested.

Getting Ready for Surgery

Many patients will be in the surgery “prep” area getting ready for their surgery. In a private space, we will ask you to remove your clothes, including underwear. You will put on a hospital gown.

You will need to remove glasses, contact lenses, and hearing aids. You may be asked to remove dentures if you wear them. Please bring cases to store these items, if you have them.

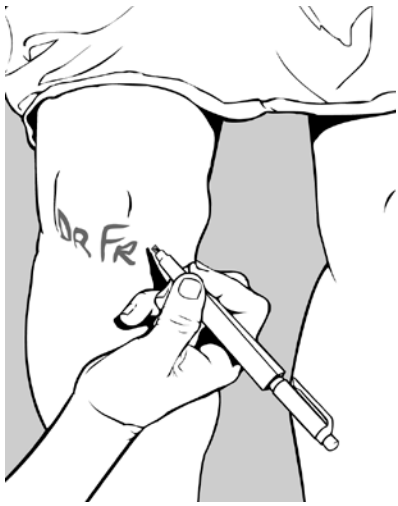
You will meet the nurses, the surgical team, and the anesthesia team who will care for you during your surgery. You will be able to ask them any questions you have about your care.

To reduce your risk of infection, you will be covered with a heating blanket to keep your body warm while you wait to go into the operating room. Ask for a heating blanket if you do not receive one.

Your Support Person

An adult support person is welcome to be with you during your “prep” time.

- Please make sure that your support person is healthy.
- Your support person may be asked to step out of the prep area, if needed.
- When you are taken to surgery, your support person may wait in the waiting room. They may want to bring something to read while they wait, or a laptop computer or other electronic device to use. Wireless internet access is available in most areas of the hospital.



A surgeon writing their initials on a patient's surgery site.

- We cannot provide child care. If you must bring a child age 17 or under to the hospital, please bring an adult to be with them at all times in the waiting room and other areas of the hospital.

Surgical Site Marking

We are committed to making sure you receive high-quality and safe care. While you are here, you or your family will be asked such questions as:

- What is your name?
- What is your date of birth?
- What surgery are you having done?

Please do not be alarmed by these questions. We know who you are. We ask some or all of these questions over and over again for your own safety.

Your doctor will check your medical record and talk with you or a family member to confirm your surgery or procedure site. Most times when you have surgery or a procedure, your doctor will mark the site in pen to help ensure your safety.

If your surgical site needs to be marked, your surgeon will mark the site with their initials. Special care is taken if you are having surgery or a procedure on the right or left side of your body. **Please do not mark yourself or write anything on your body.**

If your site does not need to be marked, we will ask you to confirm what surgery or procedure you are having.

Starting Your IV

Before your surgery begins, we will start an *intravenous* line (IV). An IV is a small needle and thin tube that are used to give you medicine and fluids during surgery. You might also be given medicine through your IV to help you relax before you go into surgery.

We will first apply numbing medicine to your skin where the IV will be placed. Most times, this is on your hand or arm.

After Surgery

Recovery Room

You will be taken to the recovery room after your surgery. The recovery room is also called the Post-Anesthesia Care Unit (PACU).



With PCA, you control the amount of pain medicine you receive.

Right after your surgery, our first priority is to give you the care you need. We want to make sure you are safe as you wake up from anesthesia, and that you receive treatment for pain as needed.

Most patients are in the recovery room for 1 to 2 hours after their surgery.

Visitors

After we have given you the care you need right after surgery, we will tell your loved ones that you can receive visitors.

- Most times, your loved ones will be able to visit you in the PACU, if you wish. There is limited space in the PACU area, so you may have only 1 adult visitor at a time.
- We ask that all visitors be healthy. A visitor who has an infection, even "just" a cold, could affect your recovery or treatment.
- *If you will be admitted to one of our oncology units after surgery:* We do a health screen of all visitors when they arrive at the unit. If they have any symptoms of illness, we may ask them to come back when they are well.

Monitoring

As you recover from surgery, a nurse will check your breathing, heart rate, and blood pressure often. Your nurse will help you with any nausea or pain you may feel. It is important for you to be comfortable.

Pain Control

Be sure to ask your nurse for pain medicine before your pain gets too bad. Your nurse will ask you to rate your pain on a scale from 0 to 10, where 0 is no pain and 10 is the worst pain. You may receive pain relief by:

- Mouth (pills, capsules, or liquid)
- Medicine put into your IV tube

If you are staying overnight in the hospital, you may also receive:

- Pain medicine given through a small tube in your back (*epidural*)
- Patient-controlled analgesia (PCA)

About Patient-controlled Analgesia

A PCA machine puts a dose of pain medicine into your IV tube when **you** push a button. With PCA, you do not have to wait for a nurse. You are in control of your pain relief.

Your doctors will prescribe the best dose of medicine for you. You will **not** become addicted to these medicines if you use the PCA as instructed.

WARNING: For your safety, **only you** should push the button on your PCA. Do **NOT** let your visitors push the PCA button.

Discharge on the Same Day as Your Surgery

If you are discharged from the hospital on the same day as your surgery, and you received sedation or anesthesia:

- You **must** have a responsible adult escort you home or to the place where you will stay while you recover from surgery.
- You **cannot** drive yourself.
- You **cannot** take a taxi or bus by yourself.

If you have not arranged for an adult or approved transportation (such as Cabulance) to escort you when you are discharged from the hospital, we may cancel your procedure. Your escort must help you get into your home or place of recovery and help you settle in.

The First 24 Hours

- We strongly advise that a responsible adult stay with you for 24 hours after discharge. This adult should be able to help take care of you at home or in your place of recovery. This is for your safety, in case you have any problems and need extra care after your surgery.
If you choose not to follow this advice, UWMC is not responsible for your safety.
- You can expect to have some pain and maybe some nausea after surgery. You may also be sleepy for the rest of the day.
- For 24 hours after having anesthesia, **DO NOT:**
 - Drive
 - Drink alcohol
 - Travel alone
 - Use machinery
 - Sign any legal papers
 - Be responsible for children, pets, or an adult who needs care
- Before you leave the hospital, we will give you:
 - Information about how to care for yourself at home.
 - A number to call to set up your follow-up visit, if this is not scheduled already.

If You Stay Overnight in the Hospital After Surgery

- You may need to wear a hospital gown.
- We will do everything we can to protect your modesty while keeping you safe. Your safety is our first priority.
- You may have *sequential compression devices* (SCDs) on your lower legs while you are in bed. These wraps help prevent blood clots.



SCDs inflate from time to time to help blood circulate in your legs.

- To keep you from falling, we may use:
 - An alarm that tells us when you are getting out of bed
 - Mats on the floor near your bed
 - A belt around your waist when you get out of bed and when you walk
 - A staff member to stay nearby when you use the toilet or commode
- Your ability to do things by yourself may change day to day. This means that we may also need to change the things we do to keep you safe.
- You may be connected to tubes and machines.
- Staff will check how you are feeling many times a day.
- We will ask you to take part in tests.

Risk of Falling

While you are in the hospital, your risk of falling is higher. This is because:

- You are in a new place.

- You may be weak and tired from changes in your health or illness.
- You may feel dizzy, lightheaded, or confused after surgery or because of your illness.
- Some medicines can affect your ability to think clearly.
- Some medicines can cause an urgent need to urinate (pee).
- Your bathroom habits are different in the hospital than they are at home.
- Some medicines can affect your muscle strength.
- You may have swollen legs.
- You may move more slowly or shuffle your feet after surgery.
- You may not sleep well away from home.
- Tubes and machines can get in the way of moving easily.

Please ask your nurse if you have any questions or concerns about how we help keep you from falling while you are staying in the hospital.

Helpful Phone Numbers

You may find these phone numbers helpful. If you are using a phone inside the hospital, press only the last 5 digits of numbers that start with 598. (For example, to reach Admitting from a hospital phone, press 8.4310.)

Admitting	206.598.4310
Bills	
Financial counseling	206.598.4320
Doctor fees (UW Physicians)	206.543.8606
UWMC billing	206.598.1950
Emergency Medicine Service	
(Emergency Room or ER)	206.598.4000
Health Information Resource Center	206.598.7960
Interpreter Services	206.598.4425
TTY	800.833.6384
Lost and Found	206.598.4909
Operating Room	206.598.4270
Patient Relations	206.598.8382
Pavilion Surgery Center	206.598.4214
Pre-Anesthesia Clinic	206.598.5053
Roosevelt Ambulatory Surgery Center	206.598.0900

Social Work and Care Coordination

Housing Services 206.598.4170

Your surgical clinic will also give you numbers to call if you have questions or concerns after surgery.

Locations and Parking

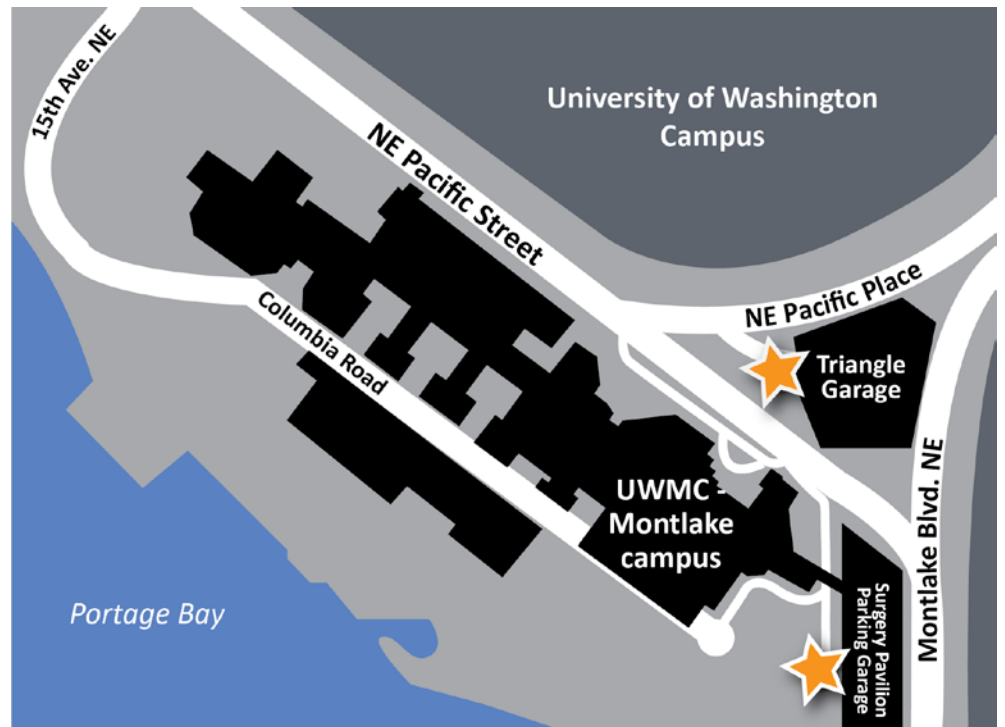
UWMC - Montlake

UWMC - Montlake is at the south end of the UW campus. The address is 1959 N.E. Pacific St., Seattle. You may park in one of these garages:

- **Triangle Parking Garage** (across N.E. Pacific St. from the hospital)
- **Surgery Pavilion Parking Garage** (at the east end of the hospital)

UWMC - Roosevelt

UWMC - Roosevelt is about 1 mile northwest of UWMC - Montlake, at 4245 Roosevelt Way N.E., Seattle. The parking garage is under the building.



Stars show the entrances to the Triangle Garage and the Surgery Pavilion Parking Garage.



UWMC - Montlake campus is east of Interstate 5 and north of State Route 520.

Driving Directions

UWMC - Montlake Campus, 1959 N.E. Pacific St., Seattle, WA 98195

- From Interstate 5:
 - Take Exit 168B (Bellevue, State Route 520) heading east.
 - Take the Montlake Blvd. exit.
 - Follow the signs to University of Washington Medical Center.
- From Interstate 405:
 - Take Exit 14 (to Seattle via State Route 520) heading west.
 - Take the Montlake Blvd. exit.
 - Follow the signs to University of Washington Medical Center.

UWMC - Roosevelt, 4245 Roosevelt Way N.E., Seattle, WA 98105

- From Interstate 5:
 - Take the N.E. 45th St. exit (Exit 169) and go east on N.E. 45th St.
 - Turn right heading south on Roosevelt Way N.E. Go 2½ blocks.
 - UWMC - Roosevelt is on the right.



Questions?

We want to partner with you to give you our best care. Patients who are involved in their care have better results and fewer problems.

Your questions are important. Ask your caregiver any questions you may have about the care you receive. If you have a concern, tell a staff member or call UWMC's Patient Relations at 206.598.8382.