SURGERY AT MEMORIAL:
What You Need to Know

PRE-ADMISSION APPOINTMENT

☐ Memorial Hospital, 575-8318
Date___________ Time___________

☐ Please call Memorial Hospital to schedule, 575-8318
Remove card, fill out information, and keep with you for future reference.

NEED MORE CARDS?
If you need extra cards, please call Memorial’s Surgical Services at 509.575-8060 or visit yakimamemorial.org/pdf/healthrecord.pdf
Welcome to Memorial Hospital’s Surgical Services. We are honored to provide your care during your surgical experience. We are committed to working with you for a comfortable stay and quick recovery.

**This patient guide will:**

- Give you information to have the best outcome possible
- Answer questions about before, during and after surgery
- Teach you ways to feel your best, and recover faster after surgery
- Help us, and you, plan for your care after surgery.

Your surgeon has scheduled your surgery. You may have been asked to see your primary care physician or a cardiologist prior to proceeding with surgery. If you have been seen by a physician other than your surgeon, please let us know.
PRE-ADMISSION PROCESS

You will receive a call from a registration representative to obtain and verify:

- Insurance
- Emergency Contact Person
- Family Physician
- Surgeon
- Date of Surgery

What to bring to your appointment

1. A list of all medications (prescription and non-prescription, including dosage, how often you take them, and why they are prescribed). You can fill out the form on the inside front cover of this brochure. If it is more convenient for you, bring all your medicines, including inhalers and eye drops, with you to the pre-admission appointment.

2. A complete list of allergies.

3. All paperwork from your surgeon, including orders and consent for surgery.

4. Insurance cards and photo identification.

5. If you have had recent lab work, EKG, chest x-ray, or any diagnostic testing, bring copies to your appointment. Lab work must be within one month of surgery. The EKG and chest x-ray must be within six months of surgery.

6. Copies of your living will and health care power of attorney.
Plan for the pre-admission process to take at least two hours at the hospital. A spouse or family member is welcome to accompany you to your appointment.

You will have lab work, EKG, and chest x-ray, if ordered, and a nursing interview.

Your surgical history, medical history and discharge planning will be started at this interview. If any preparation for your surgery is required, we will discuss how, when, and what to use.

Ask your surgeon which medicines to stop before your surgery, and when. Over-the-counter medications that thin your blood should be stopped before surgery. (Naprosyn, Ibuprofen, Aspirin, Vitamin E, Garlic, Aleve.) Discuss when to stop taking any prescription blood thinners with your surgeon.

If you become ill, have a cold or fever, please call your surgeon within 24 hours of your surgery time.
DAY OF SURGERY

- Do not take food or liquids for eight hours before surgery.
- No gum, chewing tobacco, or smoking after midnight the day before your surgery.
- No eye makeup or hair spray.
- Please brush your teeth and shower.
- Take medications as directed by the pre-admission nurse or your surgeon.
- No jewelry or body piercing will be allowed.
- Leave all valuables, including medications, at home except inhalers and eyedrops.
- If you are spending the night, you may bring a small overnight bag with personal care items.
- Enter the Surgi-Center at Memorial located in West Pavilion I, 3003 Tieton Drive, or at Memorial Hospital, register at the main entrance registration area. If you are having outpatient surgery, register at the Memorial Emergency Department. You will receive an ID bracelet and paperwork and be escorted to the surgery waiting area.
• Occasionally surgeries are rescheduled from the hospital to the Surgi-Center at Memorial, or vice versa. This is to minimize waiting time for surgery.
• You will be asked to change into a hospital gown, slippers, and robe. No undergarments will be worn to surgery.
• You may be given stockings to prevent blood clots.
• Your heart rate, blood pressure, height and weight will be recorded. Anesthesia is based on these numbers.
• Your surgeon will mark your surgical site to confirm the planned operational area.
• All clothing will be bagged and locked securely until you depart.

• If you are spending the night, your clothing will be placed in your assigned room after surgery.

• Please have someone available, in person or by phone, for your surgeon to talk with after surgery.

• An anesthesiologist will review your medical history, medications and discuss anesthesia options that are best for you.

• An intravenous (I.V.) line will be established and medication given for relaxation/anxiety. Tell the anesthesiologist any problems you or your blood relatives may have had with anesthesia in the past.
OPERATING ROOM

- You may not remember this because of sedation, but we will apply heart, oxygen and blood pressure monitors. You will receive an antibiotic to prevent infection if necessary.
- If you receive general anesthesia, you will have medications administered through the I.V. line, and be asked to inhale oxygen. The next thing you will remember is the recovery room.
- Glasses, dentures, and hearing aids will be removed if still in place.

RECOVERY ROOM

- You will be receiving oxygen when you wake up.
- If you have pain or nausea, please tell the nurse and medications will be given to you.
- Pain medicines are available. Ask your nurse. Do not allow pain to become severe.
- You will be kept warm to help prevent infection.
- No visitors are allowed in the Recovery Room.
- If you have glasses, dentures or hearing aids, these items will be returned to you.
INPATIENTS

• You will be taken to an assigned room after recovery room. The staff will have placed your clothing and personal belongings in your room. You may have an oxygen mask in place for 2-3 hours to help healing. You will be asked to deep breathe and cough to help prevent pneumonia.

• Pain medicines are available. Ask your nurse. Do not allow pain to become severe.

• Nausea medicines are available if needed.

• Your family will be directed to your room when you leave Recovery Room.

• You will get out of bed after surgery, as soon as your physician orders it. A nurse will help you.

• Routine medications from home will be given to you as ordered by your surgeon.

• You should have someone available to help after discharge.

SOS TEAM

The SOS Team is a team of specialized staff who are called to the bedside of a patient when someone is worried about his or her condition.

This Team is an added layer of support for staff, patients and families. They act as a second set of eyes to evaluate you or your loved one’s condition.

Some reasons why you might call:

• Difficulty breathing
• New confusion
• Unexplained sleepiness
• Uncontrolled pain
• A “gut feeling” that things are getting worse
OUTPATIENTS

- After leaving the recovery room, you will return to day surgery.
- Your family will be able to see you.
- Liquids will be offered.
- After you are able to tolerate liquids, your I.V. will be removed.
- All discharge instructions will be given to you and your family.
- After you are dressed, we will assist you to your car. You must have some one available to take you home.
- You should have someone available to assist you at your home.
**Key Points After Discharge**

- Do not remove any bandages until directed by your surgeon.

**Do Not Drive For 24 Hours**

- Take medication as prescribed before your pain becomes severe.
- Do not allow your surgical area to get wet until directed by your surgeon.
- Return to work only after your surgeon has cleared you to do so.
- Follow all discharge instructions given to you at the hospital.
Parking Map

Helipad

Shuttle Stop

Shuttle Route

Sat & Sun Only PARKING J
West Pavilion II Only PARKING N
Physician PARKING C M
Guest & Patient PARKING A E G K
Employee PARKING B D F H I L

West Pavilion II
West Pavilion I

31st Avenue
30th Avenue
FOR YOUR SAFETY

Memorial is using a Bar Code Medication Administration system for your safety. Memorial Hospital is a participating member of the Surgical Site Infection Protocol study.

Memorial Hospital is a non smoking facility.

IMPORTANT PHONE NUMBERS

Yakima Valley Memorial Hospital Pre-Op...........................................509.575-8318
Surgery Center at Memorial...............................................................509.576-0123
Yakima Valley Memorial Hospital Business Office.........................509.575-8255
Yakima Valley Memorial Hospital Coumadin Clinic......................509.249-5171

2811 Tieton Drive • Yakima, Washington 98902
www.yakimamemorial.org