



St. Vincent's ONE NINETEEN

OUTPATIENT SURGERY CENTER

Pre-Surgery Instructions and Admissions

Welcome to the St. Vincent's One Nineteen Outpatient Surgery Center*

We're honored that you chose our facility for your surgery. We understand that under-going a surgical procedure, of any kind, can be a very stressful and anxious experience. Therefore, it is our mission to make sure that your experience with us is as pleasant and worry-free as possible. We have designed all of our processes with the patient as the priority. If at any time, you feel that we have failed to exceed your expectations, please let us know. You are our reason for being!

In order for us to provide you with the best experience possible, please familiarize yourself with the following information. Follow these and any additional instructions given to you by your physician or the pre-admission nurses. If you are unsure of any aspect of your care, please call the pre-admissions nurse at (205) 408-2550.

General information

St. Vincent's One Nineteen Outpatient Surgery Center is located on the One Nineteen campus, suite 110. The Center offers a state-of-the-art facility where your surgeon can perform procedures that can safely be completed within a day's time. As a surgical outpatient, your physician can schedule your procedure quickly and easily, and can reduce the costs and inconvenience often incurred by inpatient hospitalization.

Our hours of operation are 5:00 a.m. until 5:00 p.m., Monday through Friday. Because we are a true outpatient center, we are closed on holidays as well as weekends. If your surgeon feels that you require overnight nursing care following your procedure, we will work with your physician to have you transferred to a hospital.



*Outpatient Surgery services provided by St. Vincent's Birmingham hospital.

Preparing for surgery

Your doctor's office will schedule your procedure with the Center and communicate with you about the date and time. The day before your scheduled procedure, you should receive a phone call from the Center. During this call, the pre-admission nurse will ask you several questions related to your medical history.

During this call, the pre-admission nurse will also give specific instructions related to preparation for surgery and answer any questions that you may have. It is very important that you follow these instructions as well as any other instructions that your physician gives you.

Your safety is our primary concern. Failure to follow preparation instructions could cause your surgery to have to be rescheduled.

You will also speak with one of our Patient Access Representatives. Their purpose is to pre-register you for your surgery so that on your day of surgery, your registration will flow smoothly and quickly.

Your instructions will include things such as:

- DO NOT EAT OR DRINK ANYTHING, EVEN WATER, AFTER MIDNIGHT THE DAY BEFORE SURGERY. This includes gum, mints, candy, and chewing tobacco. You may brush your teeth the morning of surgery, but do not swallow anything when you do.
- Please refrain from smoking the night before and the day of surgery.
- **If you are on any medication including herbal supplements, diet pills, or over-the-counter medications please notify the pre-admission nurse.**
- Bring a copy of any Advanced Directives that you may have.
- Bring your current insurance card as well as your driver's license.
- If you have had an EKG within the last 12 months, please ask your physician for a copy of it and bring it with you on the day of surgery.
- If you wear dentures, bridges, or hearing aids, you are encouraged to wear them on the day of surgery.

- Please leave contact lenses at home, but do bring glasses as there will be some paperwork for you to sign.
- Wear loose, simple clothing that is comfortable and can be easily changed. A patient gown will be provided.
- Female patients should wear no makeup.
- Male patients should shave as usual the morning of surgery.
- Please leave all valuables including wedding rings and watches at home.
- Please remove ANY AND ALL body piercings.
- Children may bring a favorite toy or blanket and their own pajamas.
- Should you become ill with a fever, cold, sore throat, or other illness, please notify your physician before your scheduled surgery.
- An adult must accompany you on the day of surgery and stay in the immediate area throughout your procedure. The surgeon will speak with them after your procedure has been completed.

Where to go

Your procedure has been scheduled at the St. Vincent's One Nineteen Outpatient Surgery Center. If you are facing the One Nineteen campus, the Surgery Center entrance is clearly marked on the right-hand side of the campus. The most convenient place for you to park is the surface lot in front of the Surgery Center, or to the right of the building. Enter through the main front entrance marked "Surgery".

On the Day of Your Surgery

Take your medications as instructed by your physician or pre-admission nurse.

All patients must be accompanied by a competent adult on the day of surgery. For your safety, it is our policy to delay calling you to be admitted until your companion has arrived in the Center lobby. You will not be able to drive home.

All patients under the age of 19 must be accompanied by a parent or legal guardian.

For our pediatric patients under 10, we request that two adults accompany the child; one to drive and one to help the child.

What to Expect

Due to limited waiting room space, please limit the number of visitors that you bring with you on the day of surgery.

Our goal is to minimize your wait time before surgery as much as possible. You should be called for registration or escorted back to your private admitting room within 10 minutes of your scheduled arrival time. You will either be registered in one of our private, confidential, registration areas, or you will be registered in your admitting room.

Once you are in your private admitting room, one of our associates will provide you with instructions regarding changing into your patient gown. Subsequently, a nurse will be in to greet you shortly and conduct your admissions assessment, start your IV, if required, and answer any questions that you may have. If any additional testing is required, it will be done at this time. Someone from the Anesthesia Department will also visit you in your room to conduct their assessment and answer your questions regarding anesthesia. Once this is complete, your family member(s), if you choose, may stay with you in your room before you go to surgery, and will keep your belongings while you are in surgery.

You should be in this room for approximately one hour before being taken back to the operating room. Please understand that every effort will be made to adhere to the surgery schedule. However, sometimes unforeseen circumstances and emergencies do arise that will cause an unanticipated delay. Should this occur, we commit to you that we will keep you well informed of these delays and their expected duration. We will do everything possible to keep you and your

family comfortable. Each private admitting room is equipped with a television.

After your surgical procedure is complete, your surgeon will meet in private with your family members/friends to discuss the results of the procedure. You will be taken to our recovery area while waking up from anesthesia. A registered nurse will monitor your progress closely and keep in contact with your surgeon and anesthesiologist as needed. Once you meet the discharge criteria for recovery, you will be discharged straight from recovery. Before you go home, we'll make sure that any discomfort due to pain or nausea is addressed. One of our discharge nurses will give you instructions for what to expect once you leave our facility and what to do if you have any questions or concerns. For safety reasons, one of the Center associates will transport you via wheelchair to your car. It is important that you do not operate machinery, drive, drink alcoholic beverages, or make important legal decisions for 24 hours following discharge. **If you experience any complications from surgery at home, contact your surgeon immediately**

We will call to check on you within one to two business days of your surgery. At this time, we'd appreciate any feedback that you may have as to what we could have done to make your experience more comfortable.

For Your Family and Friends

A comfortable waiting room is provided complete with television for family members and visitors.

One person representing the patient should always remain in the waiting room until the surgeon has discussed the outcomes of the procedure.

St. Vincent's One Nineteen Surgery Center is equipped with wireless networking capabilities for those who wish to bring wireless laptops with them.

While your loved one is having their procedure, please feel free to take advantage of our amenities here at St. Vincent's One Nineteen. If you are interested in taking a walk on our indoor walking track or working out, please stop by our Fitness Center for a complimentary day pass. Our spa is also just a quick walk away. Browse our unique one-of-a-kind gifts in our spa lobby or book a luxurious spa service, ranging from massages to pedicures. Also, stop by our juice bar for a selection of grab-and-go breakfast items, lunch and snacks.

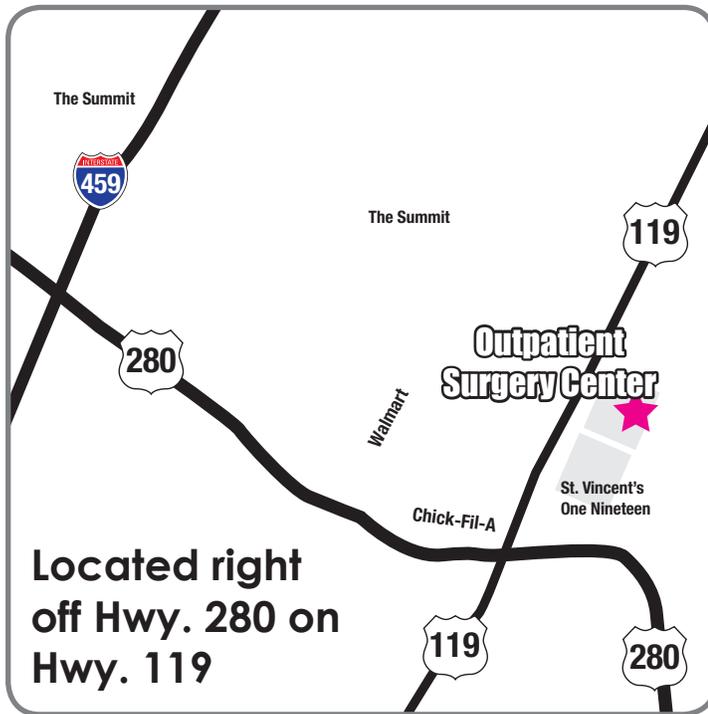
Financial Arrangements

Based on your insurance coverage, you will be asked to pay your deductible or copay at the time of registration. Payment can be made using cash, check, or credit card.

Electronic Bill Payment

You can make St. Vincent's payments online with our Electronic Bill Payment option. With this option, you have the ability to safely and securely receive and review bills online, send questions to customer service associates, and pay online by credit card or check.

Notes



It is our sincere pleasure to serve you. We thank you for selecting St. Vincent's One Nineteen for your care. Please do not hesitate to contact us with any questions that you may have.



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