



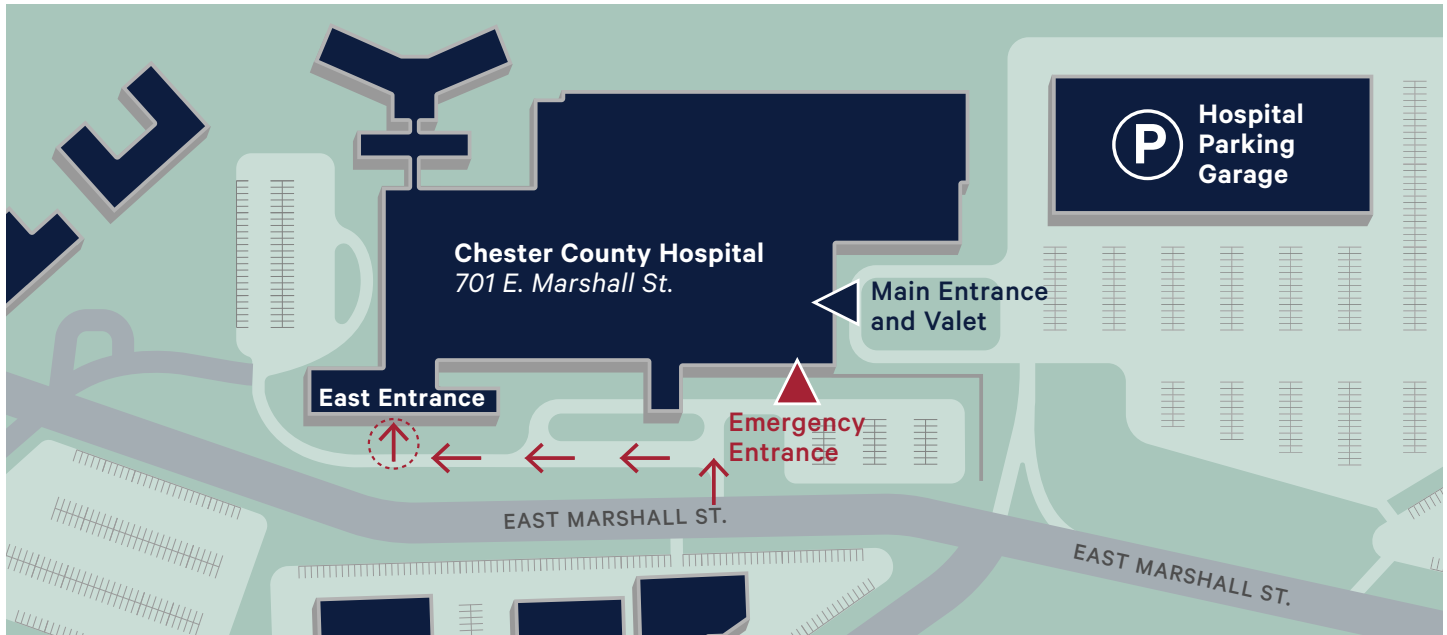
Penn Medicine
Chester County Hospital

PREPARING FOR
ANESTHESIA
+ OUTPATIENT
PROCEDURES



Penn Medicine
Chester County Hospital

701 East Marshall Street
West Chester, PA 19380
ChesterCountyHospital.org
610.431.5000



Located at the East Entrance

Main Telephone 610.431.5000

Ambulatory Care Center 610.431.5138

**You will need to have a driver on the day
of your procedure for the ride home,**

and you should not stay alone after your procedure.

Transportation and personal arrangements must be made in advance, and a driver's name and contact number or location must be given to the admitting nurse.

An additional family member/friend must accompany you if going home by cab, limo or car service.

Chester County Hospital is committed to helping you have the safest and best possible experience. To ensure your safety, the following precautions will be taken before, during and after your surgery:

- Staff and physicians will clean their hands.
- Your ID band will be checked to be sure that you are the correct patient for the procedure, medications and treatments ordered.
- You will be asked if you have any allergies.
- A time out will be taken before your procedure to verify your identity, procedure, equipment needed, medications and/or blood needed and your consent.
- You may be asked to get out of bed and walk depending on the procedure that you are having.
- Be sure to clean your hands and ask your family to clean their hands as well.

This is your chance to ask questions about preparations that need to be made and to discuss any needs you may have. It is important that you are an active partner in your care and wellness.

The Day Before Your Procedure

Please call the Ambulatory Care Center at 610.431.5138 between 1:30 pm and 3:00 pm the day before your procedure for your scheduled time of arrival. When calling for your procedure time, please have available the name and phone number for the person who will be driving you home or staying with you during your procedure. You may also receive a phone call to review your medical information.

IF YOUR PROCEDURE IS

SCHEDULED FOR MONDAY

Call on Friday between 1:30 pm—3:00 pm.

SCHEDULED THE DAY AFTER A HOLIDAY

Call between 1:30 pm—3:00 pm on the last business day before the holiday.

Insurance Information

Bring your insurance cards and any related forms or referrals with you for your Pre-Procedure Testing appointment if scheduled, otherwise bring it on the day of your procedure. The hospital, after receiving information from your physician, will contact your insurance company to verify your benefits. Your coverage may include deductibles and co-insurance amounts for which you are responsible. Co-payments are collected on the day of your procedure. Cash, check, Visa, Mastercard, Discover and American Express are accepted.

Health insurance policies vary greatly. It is suggested that you contact your carrier to verify your coverage. Chester County Hospital will submit a claim for hospital services to your insurance company. However, certain hospital-based physicians, physician assistants and nurse practitioners bill separately for their services. These services may not be covered by your insurance. It is best to verify coverage with your insurance company prior to the procedure.

REVIEW THIS IMPORTANT CHECKLIST BEFORE YOU LEAVE HOME:

It's very important that you share information about your medical history.

- Do not eat or drink anything after midnight** including gum, mints, cough drops, etc. You may brush your teeth and spit out any rinse water. If you have been instructed to take medications the day of your surgery, those medications may be taken with a sip of water. If your procedure requires further prep, follow instructions as given.
- Bring a current list of ALL medications**, including prescriptions, non-prescription medications and herbal or vitamin supplements. Please include dosages and scheduled times of each.
- Bring a list of allergies and your reaction to them** (including latex).
- Please mention use of any street drugs.** Be honest. Some street drugs can react dangerously with some anesthesia drugs.
- Please stop all use of tobacco products.** They can slow down the healing process.
- Bring photo ID, insurance cards and ID cards for all implanted electronic devices** (such as pacemakers, defibrillators, etc.).
- You may wear assistive devices** such as glasses, dentures and hearing aids the day of your procedure, but they will need to be removed before anesthesia. Please bring a case for them.
- Remove and leave all jewelry at home.** This includes wedding rings and all oral, facial and body piercings. Wearing metal may cause you harm with the new equipment being used in the procedure room.

- Leave all valuables, cash and credit cards at home** or with a family member; except for your copay, which will be collected the day of your procedure. The hospital cannot be responsible for valuables and other personal items.
- Do not wear contact lenses.**
- Do not wear eye make-up before procedure.**
- Please wear loose fitting, comfortable clothing.**

MEDICATION INSTRUCTIONS

- If you take medications regularly**, you will be told which medicines to take and which medicines to stop before your procedure.
- Bring an inhaler if used to help with breathing.** The nurse will explain inhaler use if needed.
- If you are diabetic**, you will need special dosing instructions on your insulin or oral medications in preparation for your procedure. Please consult with the physician who manages your diabetes prior to the day of your procedure.
- Talk with your physician if you are taking any medications that affect blood clotting.** You should be told when to stop and when to restart taking the medication.

What to Expect the Day of Your Procedure

It's understandable to be a little anxious the day of your procedure. Please remember to tell your nurse if you are not feeling well. Remind them of any special needs you may have such as bladder or bowel control issues or use of any assistive devices like hearing aids or glasses.

If our employees/nurses do not introduce themselves, please ask them to do so. You have the right to know who is involved in your care.

Preparation for Your Procedure

You will be escorted to a room in the Ambulatory Care Center and will be asked to remove all clothing and jewelry. A hospital gown will be given to you.

While you wait

A nurse will visit you to complete a nursing assessment, answer any questions you may have and provide any teaching you may need before the procedure. Hospital personnel will secure your belongings for safe-keeping. You will be asked to empty your bladder and an intravenous (IV) line will be started. At this time you can opt for your ride/family to receive text messages that will update them with your location throughout your procedure.

Delays

Sometimes an unavoidable delay can occur. It's never easy to wait. You may read, watch television (if available) or use relaxation techniques. You may use personal electronic devices until you are taken to the procedural area. Your understanding is always appreciated when there is a delay.

Procedure Area

When you are transported to the procedure room, your family/friend will be shown where to wait in the Family Lounge. A status board is located in all waiting rooms and in the Cafe that updates your family/care providers with your location during your stay.

An anesthesia doctor or team (nurse and doctor) will interview you to plan your care with you. Your physician may meet with you at this point. ***This is your opportunity to ask any further questions or voice any concerns.*** You will be taken by stretcher into the procedure

room. Once there, your procedure team will not leave you for any reason. You will be monitored constantly throughout your procedure.

Completion of Procedure

Once your procedure is complete the physician will speak to your family. The anesthesia provider will see that you awaken safely and will take you on a stretcher to the 3 Post-Anesthesia Care Unit (3PACU). Interventional Radiology patients will return to the Ambulatory Care Center directly from the procedure area.

What to Expect in the 3-Post-Anesthesia Care Unit

Recovery

After your procedure, you will be observed for a period of time in an area known as the 3-Post-Anesthesia Care Unit (3PACU), formerly known as the recovery room. The type of anesthesia you have received will determine your length of stay and overall post-procedural course.

During your Stay

While in the 3PACU, nursing staff will monitor your vital signs closely and ensure that you are able to cough and swallow, are awake enough and can respond appropriately. The nurse will address your needs to make you as comfortable as possible. Once you achieve set criteria specific to your type of procedure and anesthesia, you will be discharged from this area.

Discharge

Once discharged from 3PACU, you will return to the Ambulatory Care Center where you will have additional time to recuperate. Discharge from this area is at the discretion of your physician.

Your nurse will work with you to treat any physical concerns and to plan your discharge home.

Your activity level will be steadily increased, and you will be offered something to drink.

Before leaving, verbal as well as written instructions will be reviewed with you and your family/friend. Instructions will include information on wound care—if needed, bathing, activity restrictions, diet, and possible problems to report to your doctor. An emergency contact phone number for your doctor will be provided should you have any questions once you go home.

In general, for 12–24 hours after your anesthesia:

- You may feel nauseous, confused, dizzy, drowsy or clumsy. These side effects decline rapidly but may take several days before they are gone completely.
- Do not engage in any activity that requires you to be alert or coordinated. This includes driving or operating dangerous machinery.
- Do not drink alcoholic beverages and only use medication as instructed by your physician.
- Do not make important decisions.

Medications


If you will need medication, your prescription will be sent electronically or phoned to your pharmacy. Your nurse or pharmacist will discuss with you any potential side effects or special dose instructions of all prescribed medications. Always follow the dosing instructions to prevent complications from occurring and report any unusual reactions. If you have stopped any medications in preparation for surgery, ask your nurse or physician before resuming them.

Follow-Up

After discharge from the Ambulatory Care Center, a member of the nursing staff will telephone you within two business days after your procedure to follow your progress and to assist you and your family with any questions that may arise.

Activity

Home readiness rather than street fitness is the goal of ambulatory procedures. This means that you are ready to be discharged to home for recuperation. You should not resume normal recreational or professional activities immediately. Follow your physician's instructions.

 **You will need to have a driver on the day of your procedure. They will be directed to the area for post-procedure pickup.**

Listening to you

Our goal is to provide patients with the highest quality care and customer service. If you need to address a concern or share a compliment regarding your care, contact your nurse or the Nursing Leadership staff from your unit. It is important to us to address your concerns as promptly as possible; please do not hesitate to bring them to our attention.

During your visit, if you would like to share a compliment or a concern please speak to the charge nurse on duty, or the nursing supervisor. If you wish to provide feedback after your discharge, you may either call or write to Carli Meister.

Carli Meister, M. Sc(A), RN, Director Customer Relations and Risk

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The feedback will be evaluated thoroughly and you will receive a personalized response in most instances within 7 days.

You also have the right to send feedback directly to:

The Pennsylvania Department of Health Acute and Ambulatory Services

Room 532 Health and Welfare Building
625 Forster Street, Harrisburg, PA 17120
Complaint Hotline: 1.800.254.5164

The Joint Commission Office of Quality Monitoring

One Renaissance Boulevard
Oak Brook Terrace, Illinois 60181
Complaint Hotline: 1.800.994.6610

Quality Insights of Pennsylvania Attention: Review Services

630 Freedom Business Center, Suite 116
King of Prussia, PA 19406
Complaint Hotline: 1.800.322.1914

It is our goal to provide you with safe, high quality care.

Your feedback is important to us.

You may receive a survey in the mail regarding the care and treatment provided as well as your satisfaction with our services. Your response is appreciated.
