A GUIDE TO

Your Surgery

UPMC | EAST

Preparing For Your Surgery

We know that preparing for any surgery can be stressful. Knowing what to expect before, during, and after surgery can help ease some of your fears. We are here to guide you through every step of the process.

As you prepare for your procedure, you may have questions. Do not be afraid to discuss any concerns or questions you may have before your surgery with your doctor or care team members. We promise to provide you with excellent care.

Important Information

For your health and safety, please follow the instructions below. If you do not follow the instructions, your surgery may need to be postponed or canceled.

- Please only take the medicines as instructed by your doctor and preadmission nurse.
- Some medicines, vitamins, and herbal supplements should be stopped before surgery. Please check with your surgeon or primary care doctor (PCP) before surgery.
- Let your surgeon's office know if you have any symptoms of a cold, fever, or infection, or if you have any changes in the level of your pain, numbness, or sensitivity.
- Remember to bring your X-ray/CT/MRI films the day of your surgery if you are told to do so.
- If you are having **any** type of sedation or anesthesia, you **cannot** drive a car and **must** have a responsible adult take you home. If you are taking public transportation (such as the bus or UBER®), you **must** have a responsible adult accompany you. You **must** have a responsible person 18 years or older stay with you for 24 hours after your surgery.

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Testing Before Surgery

Your surgeon may ask that you have testing done before your surgery. This is to make sure that you are safe for surgery. Some of these tests may include blood tests, urine tests, and blood clotting tests. You may also be asked to schedule other tests if your surgeon thinks they are needed. Below are places you can go to complete your required testing.

UPMC East Preoperative and Outpatient Testing Center

Located on the 1st floor by the Main Information Desk

Hours of Operation

Monday through Friday:
7 a.m. – 5 p.m.
Saturday:
7 a.m. - Noon

You must check in 15 minutes before close for blood work and 30 minutes for preoperative testing.

You need to have all testing completed right after the scheduling of your surgery but not over 30 days. If your surgeon asks that you have any testing, such as blood work (typically acceptable within 45 days of surgery), an EKG, or a chest X-ray, you may walk-in for this testing.

We do not accept appointments for preoperative testing. This is a **walk-in** service.

If you are having your testing at another facility, please make sure all results are faxed to the Preadmission Department at UPMC East **(412-357-3450)** and your surgeon.

UPMC East Preoperative Evaluation Clinic (PEC)

Located on the 1st floor by the Main Information Desk

Hours of Operation

Monday through Friday:
8 a.m. - 2 p.m.

Preoperative History and Physical (H&P): You must have this within 30 days of surgery. You can call and schedule your appointment with UPMC East PEC.

An appointment is required. Your surgeon must provide a prescription for this service. Please call **412-357-3400** and choose **option 1** to schedule. Please arrive 15 minutes before your appointment time to allow time for the registration process.

- Expect to be here for about 1 hour for your visit.
- Bring a list of your medicines including over-the-counter medicines, vitamins, herbal preparations, and supplements.
- Be prepared to fill out paperwork about your medical history to give your provider the most updated information.

Medical Clearance: If your surgeon orders this you must see your primary care doctor (PCP) for this service. If you are unable to get in with your PCP before surgery, call your surgeon's office.

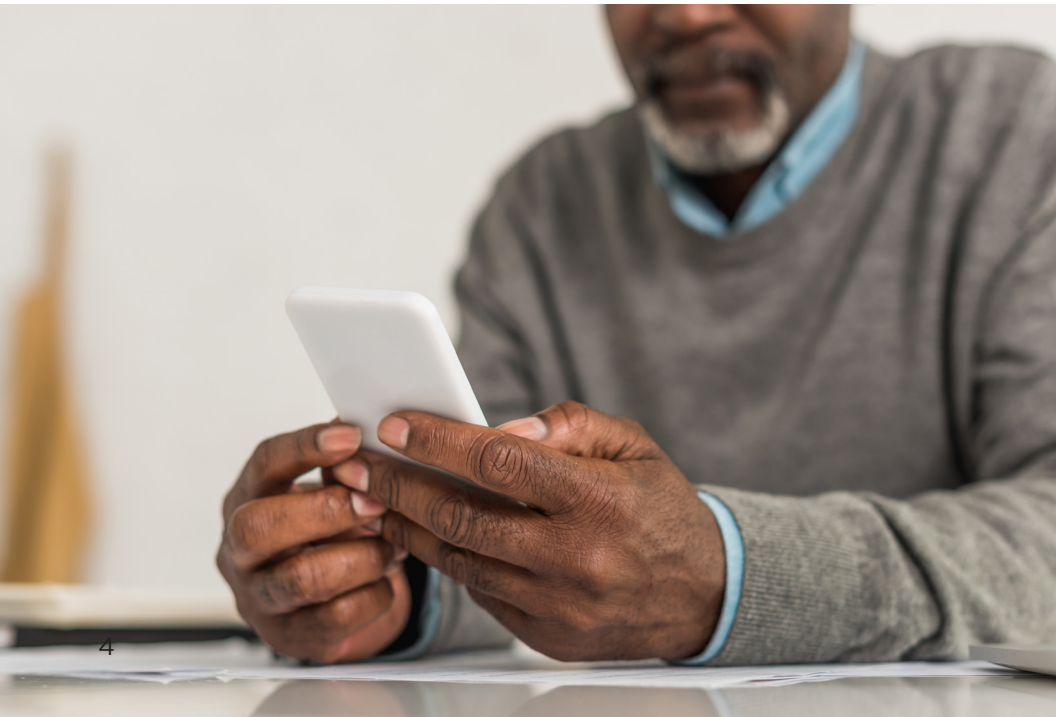
Day Before Your Surgery

Preoperative Phone Call:
You will receive a phone call from a preadmission nurse 1 to 2 days before your surgery. Please have all of the following information available:

- A list of all of your medicines, including over-the-counter medicines, vitamins, and herbal preparations available for reference.
- The name and phone number of your pharmacy.
- A list of your allergies, including medicines, food or latex and what reaction you have.
- Your medical history and past surgical experiences.
- Please tell us about any special needs during this phone call (translators, accommodations, etc.).
- Be sure to ask about the current visiting hours and restrictions.

Important Things to Know:

- Please note that your scheduled surgery is subject to time change.



- Do not eat any solid food after midnight. This includes chewing gum, breath mints or lozenges.
- After midnight, up to 3 hours before your scheduled surgery time, you are allowed these 5 liquids **only if your doctor and preadmission nurse directs you to do so**.
  - Water
  - Black coffee or tea **(you may add sugar, but no milk, dairy products or creamers)**
  - Clear apple juice
  - Gatorade® **(any color but red)** if you are diabetic, please get the G2® low-sugar Gatorade.
- **Do not** drink any carbonated beverages.
- If you are diabetic and you feel your blood sugar is low, check your blood sugar (if you have a glucometer). You may have 4 oz. of clear apple juice.
- Do not smoke, chew tobacco or vape 24 hours before surgery.
- Do not drink alcoholic beverages 24 hours before surgery.
- Do not use recreational drugs or medical marijuana 24 hours before surgery.
- Be sure to follow any home preparation prescriptions, such as bowel preparations.
- Please follow the guidelines for cleansing with chlorhexidine (CHG) soap or an antimicrobial soap (Dial®). You will receive more instructions before your surgery.

The preadmission nurse will contact you between 2 and 4 p.m. the day before your surgery to let you know your arrival time and the time of your surgery.

Please contact the Preadmission Department with any questions:

Monday through Friday:
8 a.m. to 5 p.m.

Phone: **412-357-3967**
Leave a message and someone will return your call.

Fax: **412-357-3450**

Day of Your Surgery

- Leave all valuables at home.
- Wear comfortable clothing that is **clean**, loose-fitting and easy to remove.
- **Do not** use any lotions, perfumes, deodorant, makeup, powder, hair products or aftershave.
- **Do not** wear jewelry, including rings. Remove all body piercings. If you have a skin piercing, please tell your surgeon to see if removal is necessary before your surgery date.

- **Do not** wear contact lenses. Bring your glasses and a case.
- If you use a constant positive airway pressure (CPAP) machine at home, you will need to bring it the day of your surgery.
- Bring any inhalers from home; all other prescriptions will be provided by the hospital pharmacy.
- Free valet parking may be available in front of the main hospital entrance between 8 a.m. and 4 p.m.
- We will let you know if valet parking is available during your pre-procedure phone call.
- Free parking is also available in the parking garage behind the hospital. Please follow the signs into the hospital. You must go to the ground floor of the garage to enter the hospital.

When You Arrive

- When you come off of the elevator on the 2nd floor, walk straight ahead and register at the desk.
- When your name is called, a staff member will take you to a private area where you can change into a gown.
- A member of the care team will then take your vital signs and complete any other orders your surgeon has asked for.
- You will see your surgeon and an anesthesiologist who will explain the details of the surgery and anesthesia, including the risks and benefits. Please ask any questions you may have about your surgery. If you are having anesthesia, a care team member will get your IV started.
- Your family member may visit you while you are waiting to be taken to the operating room (OR) once you are fully prepped by the care team.

The Surgery

- You will be taken to the OR and cared for by specially-trained staff.
- No family members or support people are allowed in the OR. During your surgery, an OR nurse will give them an update, and after your surgery, your surgeon will let them know how you are doing. If your loved ones wish to leave the waiting area, they should let the receptionist know and leave a phone number where they can be reached.

After Surgery

You will be taken to the Post-anesthesia Care Unit (PACU). Your length of stay in the PACU depends on the type of surgery and anesthesia you had received. Please let your nurse know how you are feeling, and what kind of pain you are in. Your loved ones will be called back to go over your instructions for when you leave the hospital.

Overnight Stay

If the care you need after surgery requires you to stay overnight, you will be moved from the PACU to a hospital room and given a bed when your care team says you are ready.

Thank You

Thank you for choosing UPMC for your care.

Our goal is for you to have a successful surgery, so please let us know if you have any questions.

For more patient and visitor information, please visit **UPMC.com/East**.

Directions to UPMC East

2775 Mosside Blvd., Monroeville, PA 15146

Via the Parkway (Route 376) From Pittsburgh/Oakland

- Take the Parkway East toward Monroeville.
- Take the second Monroeville Exit (Exit 84A) — do not take the Monroeville business exit.
- Stay in the right lane. Go straight through the first traffic light and onto Route 48 South (this is Mosside Blvd.).
- Stay in the right lane. You will pass UPMC East on the right, and proceed to the next traffic light.
- At the traffic light, make a right turn onto UPMC East Drive.
- As you enter UPMC East Drive, stay to the left to go to the free parking garage. Bring in the ticket so it can be validated. The free valet parking is available to the right of the Main Entrance.

Via the Pennsylvania Turnpike

- Take Exit 5 (Pittsburgh) — stay to the far left approaching the toll booths.
- Once through the toll booths, take the far left lane toward Monroeville.
- At the end of the ramp, merge onto Route 22. Get in the center left lane to be in the correct lane on Mosside Blvd. (This is a 4-lane intersection. You want to be in the 3rd of the 4 lanes if you're coming from the right and the second of the four lanes if you're coming from the left.)
- Make the left turn from Route 22 onto Route 48 (Mosside Blvd.).
- Stay in the right lane. You will pass UPMC East on the right, and proceed to the next traffic light.
- At the traffic light, make a right turn onto UPMC East Drive.
- As you enter UPMC East Drive, stay to the left to go to the free parking garage. Bring in the ticket so it can be validated. The free valet parking is available to the right of the Main Entrance.

Notes

Notes

UPMC
LIFE CHANGING MEDICINE

UPMC East
2775 Mosside Blvd.
Monroeville, PA 15146

412-357-3000

UPMC.com/East

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.

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