

## Patient Surgical/Procedure Guide



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### Welcome to UCI Health Fountain Valley Regional Hospital

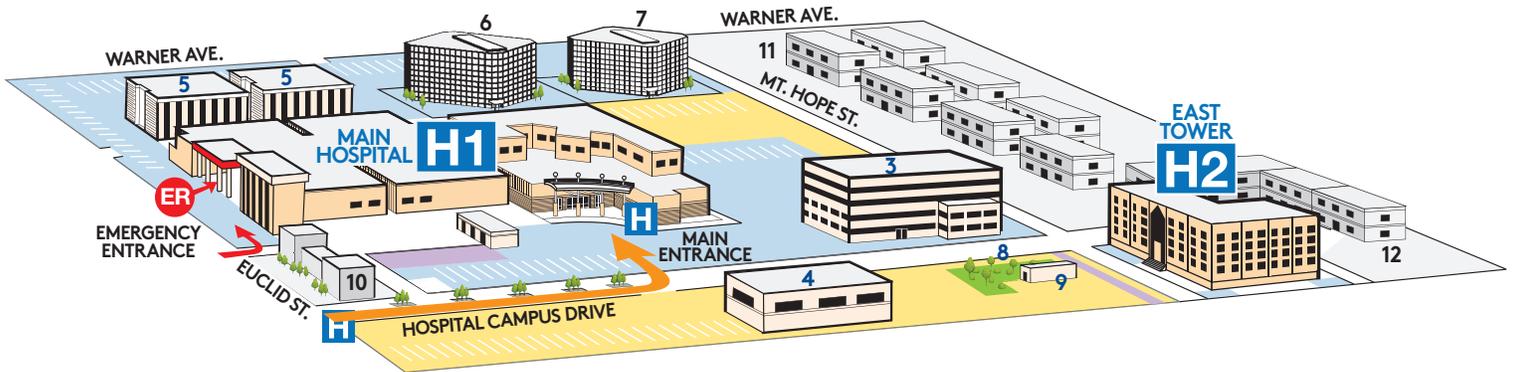
The purpose of this guide is to help provide you with the information you need to know about your upcoming surgery or procedure.

Our specialized team is here for you through every step of the way. Let us help you start your healing experience and be on the road to recovery.

For questions, please call **714-966-7289** on **Monday through Friday from 6:00 AM to 6:00 PM.**

Sincerely,  
Pre-Anesthesia Testing Department Team

# HOSPITAL CAMPUS MAP



## H1. Main Hospital

17100 Euclid Street

## H2. East Tower

11250 Warner Avenue

First Floor

Employee Training Center  
Pre-Anesthesia Testing (PAT)  
Wound Care

Second Floor

Patient Rooms 250 - 298

Third Floor

Patient Rooms 306 - 362

Fourth Floor

Patient Rooms 406 - 462

## 3. Medical Office Building

11190 Warner Avenue

First Floor

Center for Breast Care - Suite 106

Newhope Imaging Center - Suite 110

Conference Center - Suite 214

Second Floor

## 4. Medical Office Building

11170 Warner Avenue

First Floor

Hospital Administrative Offices - Suite 100

Medical Records - Suite 102

Shipping and Receiving - Suite 104

Employee Health

Hospital Administrative Offices

Second Floor

## 5. Medical Office Building

11100 Warner Avenue

Human Resources - Suite 316

Hospital Administrative Offices - Suite 318

Meeting Rooms - Suite 320

## 6. Medical Office Building\*

11160 Warner Avenue

## 7. Medical Office Building\*

11180 Warner Avenue

## 8. Founder's Park

## 9. Hyperbaric Oxygen

## 10. Medical Office Building\*

17150 Euclid Street

## 11. Senior Community\*

11130 Warner Avenue

## 12. Assisted Living Facility\*

11360 Warner Avenue

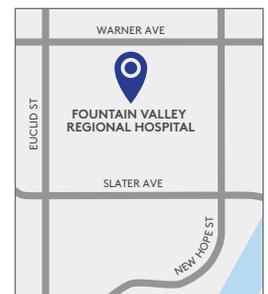
## PARKING

Visitor/Patient Parking

Employee/Vendor Parking

Physician Parking

\*Not affiliated with Fountain Valley  
Regional Hospital



(714) 966-7200 | 17100 Euclid Street, Fountain Valley, CA 92708 | FountainValleyHospital.com

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# PRE-SURGERY/PRE-PROCEDURE CHECKLIST

## ON THE DAY OF YOUR SURGERY, YOU WILL ENTER:

**Main Entrance to the Hospital** - 17100 Euclid Street, Fountain Valley, CA 92708

- After check-in, you will be escorted to Same Day Surgery Department (714-966-8087); or to your designated Procedure Department (Cardiology, Cardiac Cath Lab, Radiology, Endoscopy, etc.)

**Surgery/Procedure Scheduled Date:** \_\_\_\_\_

*(Reminder: coordinate a ride home before surgery date)*

**Time:** \_\_\_\_\_

Please arrive by \_\_\_\_\_ **AM/PM** *(Subject to change)*

Do not eat or drink anything before your surgery after \_\_\_\_\_ **AM/PM**.

- This includes gum, mints, ice chips, water or hard candy.

## **MEDICATION – Please check with your physician prior to stopping or starting any medications.**

- Stop the following medications 5 to 7 days prior to surgery/procedure (as recommended by your physician):
  - Coumadin
  - Xarelto
  - Plavix
  - Alternative therapy/supplements (i.e. Omega-3 fish oil, herbal medicines, joint movement supplements).
  - Aspirin, non-steroidal anti-inflammatory drugs (i.e. Motrin, Ibuprofen), herbal medicines, and Vitamin E. If needed, you may take Tylenol.
- Do not take Diabetic Medication the day of your surgery/procedure. If you take Insulin, take 1/2 of Long-Acting Insulin the night before your surgery/procedure. If you take Short-Acting Regular Insulin by a sliding scale, take the prescribed dose the night before your surgical/procedure; do not take Insulin the morning of your surgery/procedure.
- Take medicines with a small sip of water the morning of surgery (as recommended by your physician).
- Continue betablockers the day of your surgery/procedure (as recommended by your physician).
- Check all medications that may apply.

# THE WEEK BEFORE SURGERY/PROCEDURE

## SPECIAL PREPARATIONS FOR SURGERY/PROCEDURE

- Please bring any physician orders to any pre-operative testing appointment you may have.
- Make an appointment with your Surgeon and/or Primary Care Physician prior to surgery/ procedure for your History & Physical (H&P) examination and any required testing which may include lab work, cardiac testing and chest X-ray. Your doctor will give you information about where to go to get your tests done. This is to ensure your optimal health before surgery/procedure.
- Review post-procedure instructions your surgeon may give you (i.e. when patient can return to work; follow-up, when to stop and restart any medications, etc.).
- Arrange to have any laboratory tests, X-Rays, EKG's and other tests requested by your physician done within one week of your scheduled surgery/procedure date.
- Registration** - To help make your visit as efficient as possible, we recommend to pre-register online at **FountainValleyHospital.com/PreRegistration**
  1. Please bring your identification card, insurance card(s) and physician orders with you. Fountain Valley Regional Hospital accepts most insurance plans.
  2. If you have a Durable Power of Attorney and/or Advance Directive, please bring a current copy to the hospital. If the patient is a minor or child, a parent or legal guardian must accompany the patient and have documentation of that fact (if not the parent).
  3. If you have any questions regarding your hospital billing or payment arrangements, you may contact one of our financial counselors at 866-904-6871.
- Contact your insurance carrier ahead of time to determine what will be covered and what will be your financial responsibility.
- If your primary care physician is performing your pre-operative/pre-procedure History & Physical (H&P) examination and testing before your surgery, please have them fax the results (the bullet items listed below) to the hospital at **(714) 966-3338 and also to your surgeon's office.**

|   |   |
|---|---|
| <input type="checkbox"/> Laboratory Results       | <input type="checkbox"/> EKG and Cardiac Testing                    |
| <input type="checkbox"/> History & Physical (H&P) | <input type="checkbox"/> X-Rays , Mammogram(s), Ultrasound(s), MRIs |
| <input type="checkbox"/> Other pertinent results  |   |

**If you are having outpatient surgery/procedure (home the same day as your surgery/ procedure), we require that a responsible adult drive you home. You will not be allowed to take Uber, Lyft, Taxi, or a Bus home. If you cannot verify a ride home before surgery, your surgery may be cancelled.**

# THE DAY BEFORE SURGERY/PROCEDURE

## THE DAY BEFORE SURGERY/PROCEDURE

- ❑ **Contact your physician if you are experiencing any symptoms of potential illness such as: a cold, fever, cough, sore throat, vomiting, diarrhea, etc. Please do not come to the hospital for surgery if you are ill.**
- ❑ For your safety, surgery may be cancelled if eating and drinking instructions are not followed exactly. No solid food or liquids (including water, gum or mints) 8 hours prior to your scheduled surgery time unless otherwise instructed by your surgeon.
- ❑ Sleepwear is not needed. You will be given a hospital gown to wear during your surgery and post-surgical recovery.
- ❑ **ACTIVITIES TO STOP:** If you smoke, we ask that you stop smoking at least twenty-four (24) hours before surgery. We offer smoking cessation resources to help you quit smoking. We also ask that you do not use illicit drugs twenty-four (24) hours before surgery and do not drink any alcoholic beverages twelve (12) hours before surgery. If your surgeon has different instructions, please follow them.
- ❑ **DIET:** Your meals should be light and ideally low in fat the day before your surgery. A light meal typically consists of toast and clear liquids. Meals that are fried, fatty or include meat, may prolong the stomach emptying time. Both the amount and type of foods must be considered when determining an appropriate fasting period. If you have specific questions, please call your surgeon.

## THE DAY OF SURGERY/PROCEDURE

### ❑ **Personal Preparation:**

#### **Do's:**

1. Shower just before arriving to the hospital. This may help reduce the chance of infection.
2. If you have been given special skin cleaning products, please follow the instructions that were given.
3. Wear comfortable shoes and clothes that are easy to put on.

#### **Don'ts:**

1. Do not wear make-up, perfume/cologne, hairspray or lotion.
2. Do not wear contact lenses. If you need to wear contacts to sign documents, you may wear them. You will be asked to remove them prior to surgery (may need to remove them for some procedures). Bring glasses if you use corrective lenses.
3. Do not wear jewelry of any kind. If you do, you will be required to remove it.
4. If you have dentures, you may wear them the day of surgery. Be prepared to remove them before surgery.
5. If currently menstruating, please use a pad, not a tampon.
6. **Do not bring jewelry, cash or valuables to the hospital. If you decide to bring a cell phone or other technology, Fountain Valley Regional Hospital cannot be held responsible for loss or damage to your personal property. We recommend that you do not leave valuables in your room. Please ask your nurse how you can utilize our safe to protect your belongings or have them held by the person accompanying you.**



# GETTING READY FOR SURGERY/PROCEDURE

## GETTING READY TO GO INTO THE OPERATING ROOM

- You will be asked to remove your clothing, including your undergarments, and put on a hospital gown. A nurse will take your vital signs, do a nursing assessment and perform any necessary preparatory scrubs, etc. for your surgery/procedure.
- An IV will be started. This will allow your nurses and doctors to give you medicine and fluids. The anesthesia staff may also need to perform additional procedures for monitoring or pain management.
- You will speak to the anesthesiologist and surgeon prior to surgery.
- Our primary concern is preparing you for a safe procedure. Quality time with your family and/or friends is best spent the night before as visitation time may be limited on the morning of surgery.

## IN THE OPERATING ROOM

- The anesthesia team will give you medicine that will make you feel relaxed and drowsy. Depending on the procedure and your medical history, you will either receive medicine to put you completely to sleep (general anesthesia), a nerve block or spinal procedure (regional anesthesia) or medicines that will keep you drowsy and pain-free, (MAC/Twilight Anesthesia).
- A special soap will be used to clean the surgical area and can be washed off after surgery.
- Your family and/or friends will wait in the lobby while you are in surgery.
- After your procedure is completed, you will be taken to the Post Anesthesia Care Unit (recovery room), where you will remain until recovered from anesthesia (average recovery time is 1 hour).
- Once in recovery, your surgeon will inform your family and/or friends of the outcome of your surgery.

## POST ANESTHESIA CARE UNIT (RECOVERY ROOM)

- A recovery room nurse will take care of you while you recover from anesthesia and will monitor your vital signs and provide any pain management relief, if needed.
- If you are having pain, please tell your nurses immediately so they can administer medication.
- Visitors are not allowed in the recovery room during your recovery time.

If you are staying overnight in the hospital, you will be transferred to the appropriate unit after recovering from anesthesia. Visitors may meet you there about an hour after your surgery is completed.

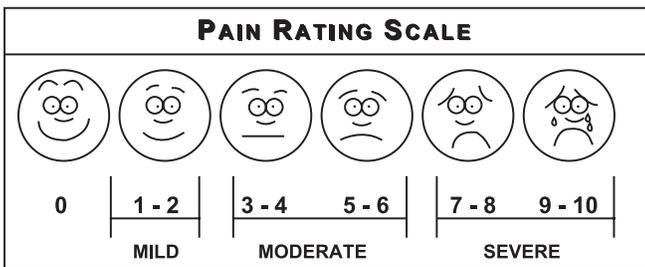
If you are going home the same day, you will return to Same Day Surgery Department, where you can see your family and/or friends. At this time you are generally awake, you may start drinking fluids and go to the restroom with assistance. At the time of discharge, we will provide you with instructions for home care and wheelchair transportation to your vehicle.

**You will not be permitted to drive yourself home after surgery.**

# PAIN TOLERANCE

Relieving your pain is a top priority. However, it is normal to expect pain after surgery/ procedure. The goal is to keep your pain at a level that is tolerable for you and allows you to function as well. We will do everything possible to minimize and control your pain.

To assist us in managing your pain, the nurse will ask you to rate your pain. Pain is rated on a 0-10 scale. Zero is no pain and 10 would be the worst possible pain.



## MEDICATION ADMINISTRATION / RELIEF

|                                   |                   |
|-----------------------------------|-------------------|
| Pain Medication through IV        | Within 5 minutes  |
| Pain Medication through IM (shot) | Within 15 minutes |
| Pain Medication through oral      | Within 30 minutes |

At Fountain Valley Regional Hospital, we believe that your pain tolerance is individual to your circumstances. Management of your pain is your right as a patient. Therefore, it is important that you be involved in your pain management plan. Pain management involves both drug and non-drug treatments. Understanding your treatment plan, and knowing what to expect, will help you in control of your pain. The nurse will ask you what level would be a tolerable level for you. This would be a level where you could still perform tasks that will help you recover, such as walking, coughing, turning or deep breathing.

## YOU CAN EXPECT:

- An initial and reassessment of your pain.
- Information about pain relief measures.
- Our commitment to pain management.
- Your perception of pain will be taken seriously.
- Health care professionals who will respond quickly to your reports of pain.
- We will also discuss any possible side effects of the medication.

# IMPORTANT REMINDERS

## IMPORTANT REMINDERS

1. Complete pre-surgery/procedure tests and/or clearances within 7 to 10 days before surgery.
2. Stop blood thinning products one (1) week before surgery (unless instructed differently by your physician).
3. No symptoms of infection before surgery.
4. Coordinate a ride home with a family member or friend BEFORE your surgery date.
5. No eating or drinking at least eight (8) hours before surgery (unless instructed differently by your physician).
6. Follow intake instructions of routine medications (i.e. Blood Pressure/Heart; Diabetic; Seizure; Parkinson's; Respiratory) recommended by your physician.

## PATIENT PORTAL HEALTH RECORDS

Completing a few steps will give you easy access to health records and the ability to manage your account online.

- View your health records
- Send doctors health information
- Pay hospital bills

Sign up for the patient portal in two ways, then you can use your login details to access records from a computer and/or mobile device.

### Option 1 – Enroll at Patient Registration

During patient registration, provide your email address.

### Option 2 – Patient Portal Self-Enrollment

1. Go to **FountainValleyHospital.com/Portal** and complete the form.
2. Confirm the information on the patient match found screen.
3. Complete your patient portal account.

**For more details or assistance, ask a patient registration representative or call 888-252-8149.**

## OUR COMMITMENT TO YOUR PATIENT EXPERIENCE

At Fountain Valley Regional Hospital, our mission is to help people live happier, healthier lives.

We hope you had an excellent experience while being cared for at Fountain Valley Regional Hospital. If for any reason you feel you are not receiving excellent care, please let us know right away while you are here so we can help improve our service. After discharge, you can also contact us at (714) 966-7200 or visit [FountainValleyHospital.com](http://FountainValleyHospital.com).

Soon after your discharge, a confidential patient satisfaction survey will be mailed or emailed to you. Your feedback is an important part of our goal of improving and providing excellent care and services.