Day Of Your Procedure*

You will:

- Arrive at the facility 1 ½ hours prior to your scheduled procedure unless instructed otherwise by hospital staff. Ample free parking is available.[1]

Upon Arrival in Facility

- Enter through the main hospital entrance and proceed to the registration area and sign in at the desk.

You will need to have your:

a. Valid Photo I.D.

b. Insurance Card

Upon Completing Registration

1. One of our registration staff members will escort you the Surgical Services waiting area until called back to the Pre-Op area by our clinical team member. A member of your family or a companion may accompany you.
2. Your family/companion will be asked for their contact number and directed to your assigned room while your weight is obtained.
3. When you reach your room, you will be asked to change into a hospital gown.
4. You will meet the following members of our surgical team who will verify your name, and the procedure, review your medical information, and obtain your surgical consent.
   a. Pre-Operative Nurse and Clinical Tech
   b. Anesthesiologist and Certified Registered Nurse Anesthesist (CRNA)
   c. Surgeon
   d. Operating Room Nurse

You are encouraged to ask any questions or identify any concerns you may have at this time.

[1] Complimentary valet parking is available. Please refer to the campus map for parking locations.

[2] Complimentary coffee and water is available for waiting family and friends at the waiting area.

When the Procedure is Ready to Begin

- You will be wheeled on a stretcher to the Operating Room by the Operating Room Nurse and Anesthesiologist or Certified Registered Nurse Anesthesist (CRNA).

At this point, your companion or family member will be directed to proceed to the Surgical Services Waiting Area[2]. An overhead flat screen monitor is provided for families and companions to track your procedure progress by viewing the status board in the waiting area.

When the Procedure is Completed

- You will be taken to Phase I Recovery.
- If you are admitted to the hospital after surgery, the recovery room nurse will call your family members/ companion(s) when you are ready for transfer to the inpatient nursing unit. Family/companions may then proceed to your room and will see you once you are on the nursing unit.
- If you are going home after your procedure, you will be moved to the Phase II recovery area when awake from surgery.

Phase II of Recovery and Discharge

- Once you are settled, comfortable and ready, the family member or companion you listed as your contact will be called to your Phase II recovery room
- While in Phase II, you and your family/companion will be provided discharge instructions and any prescriptions the surgeon has written. Your discharge instructions will be thoroughly reviewed with you and your companion. We will ensure that you are well-prepared to continue your recovery at home.
- You will be ready to go home when certain discharge criteria are met
  - No nausea or vomiting
  - Stable vital signs
  - Tolerating oral liquids
  - Desired comfort level achieved
- It is normal to feel tired when you go home. The effects of anesthesia will usually wear off by the next morning.

Notes

Inova Loudoun Hospital - 703.858.6000
44045 Riverside Parkway
Leesburg, VA 20176

Driving Directions

From Leesburg and points west: Take Route 7 East. Exit onto Lansdowne Boulevard. Turn right at first stop light onto Riverside Parkway. Take second right into hospital main entrance. **Upon entering the campus, please turn left and follow signs for the South Hospital entrance (44045).** Complimentary valet parking is available Monday - Friday, during daytime hours.

From Tysons Corner and points east: Take Route 7 West. Exit onto Lansdowne Boulevard. Turn right at first stop light onto Riverside Parkway. Take second right into hospital main entrance. **Upon entering the campus, please turn left and follow signs for the South Hospital entrance (44045).** Complimentary valet parking is available Monday - Friday, during daytime hours.

From Dulles and points south: Take Loudoun County Parkway. Turn left onto Evergreen Mills Road. Turn right onto Belmont Ridge Road. Turn right onto Route 7 East. Exit onto Lansdowne Boulevard. Turn right at first stop light onto Riverside Parkway. Take second right into hospital main entrance. **Upon entering the campus, please turn left and follow signs for the South Hospital entrance (44045).** Complimentary valet parking is available Monday - Friday, during daytime hours.

For campus maps and additional parking information, please visit inova.org/LoudounParking.

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Preparing for Your Procedure

Inova Loudoun Hospital

Welcome

Thank you for choosing Inova Loudoun Hospital for your upcoming procedure. We take pride in providing the highest quality care in a safe environment. At Inova Loudoun Hospital, you will always be treated with compassion and concern for your well being.

This guide will provide information on how to prepare for your procedure, what to expect once you arrive at the hospital, and how to plan for your care after surgery.

Sincerely,

The Inova Loudoun Hospital
Surgical Services Team

Arrival Time: _____

Procedure Date: _____

Procedure Time: _____

Important Phone Numbers

Main Hospital Operator	703.858.6000
Presurgical Services Nurse	703.858.6768
Presurgical Services Fax	703.858.6425
Operating Room Reception Desk	703.858.6490
Financial Counseling	703.858.8091
Central Billing Office	571.423.5750
Medical Records Office	703.858.6625

INOVA®

Before Your Procedure

Your Surgeon will:

- **Schedule the date and time of your procedure with the Surgical Services Scheduler and determine whether you will be an inpatient or outpatient.**
  - **Inpatient** means you will be admitted to the hospital. You will remain in the hospital for one or more days until you are ready to go home.
  - **Outpatient** means that you will come to the hospital the day of your operation and go home that same day.
- Give you instructions on certain food or medications that need to be withheld before your surgery. Please discuss with your surgeon.
- Contact the surgical services scheduler in the event that your procedure needs to be rescheduled or cancelled.[1]

You will:

- Receive a call from the Pre Surgical Services staff to schedule your phone interview with a nurse who will:
  a. Review your medical, surgical and family history.
  b. Discuss with you any additional testing needed and dietary restrictions required by anesthesia.
  c. Answer any questions you may have i.e. Directions, expected arrival time in the hospital.

  On average, the interview takes 30 - 60 minutes.[2]
- Prepare for your interview by listing pertinent information about your medical history, i.e. Specialists you have seen, previous procedures you had with anesthesia, allergies and medications to include the dosage and times taken.[3]
- Make arrangements for a responsible adult to accompany you home. Public transportation (i.e. Bus or taxi) is not a satisfactory method of transportation.
- Receive a call from one of our registration staff members who will verify your insurance, demographic information and co-pay if applicable. Please have your insurance card information ready.
- Call **703.858.6768** or **703.858.8025** to reserve a space at our joint camp if you are scheduled for a hip or knee replacement surgery.
- Follow and complete your procedural preparation if ordered.
- Receive a call the day before your surgery from the surgical services staff confirming your expected arrival time on the day of your surgery.

[1] *If you become ill or have a fever, please call your surgeon.*

[2] *If you need an interpreter, we will schedule one to join in during the phone interview.*

[3] *A worksheet is provided with this guide for your convenience.*

Pre Surgical Services Interview Worksheet

Please have the following information available for your scheduled phone interview with the nurse:

List of current medications including over the counter medications, prescriptions and vitamin supplements

Name of Medication	*Dosage*	*Times Taken*

List of past procedures you may have had that required anesthesia

Procedure	*Anesthesia*	*Comments*

List of Specialists you are seeing and your Primary Care Physician

Doctor's Name	*Specialty*	*Comments*

Important Preoperative Instructions

The following instructions are designed to provide you with a safe and comfortable surgical and anesthesia experience. Please follow all instructions carefully.

- ❑ You may brush your teeth and gargle on the morning of surgery but do not swallow any water.
- ❑ Please shower or bathe the night before or the morning of surgery WITH AN ANTIBACTERIAL SOAP.
- ❑ Notify your doctor if you develop any sign of illness before the date of your surgery. Report symptoms such as: high fever, sore throat, or other infection, breathing difficulties or chest pain.
- ❑ **Please arrange for someone to drive you home**. For your safety you will not be allowed to drive home after sedation or anesthesia. **A responsible adult must be present to accompany you home when you are ready to leave**.
- ❑ We strongly recommend that all patients have an adult at home with them for the first 24 hours after surgery.
- ❑ Valuables and jewelry should be left at home. If you wear contacts, please leave them at home. If you wear glasses, please bring a case for their safekeeping.
- ❑ Wear casual, loose fitting and comfortable clothing. A gown will be provided.
- ❑ Please remove make up before you arrive.
- ❑ For pediatric patients, please bring a toy.

Other Instructions:

_____

_____

_____

_____

Special Medication Instructions from Anesthesiologist:

_____

_____

_____

STOP the following pills 7 days prior to your procedure:

_____

_____

_____

***Use arrival time to determine when NPO (nothing by mouth) times start for all patients (adult and pediatric).*

Special Instructions from Anesthesiologist for Eating and Drinking Before Your Procedure

Solids	*Non-Human Milk/Infant*	*Breast Milk Formula*	*Clear Liquid****
Nothing after midnight or 8 hours minimum prior to arrival time.	May have up to 6 hours minimum prior to arrival time.	May have up to 4 hours minimum prior to arrival time.	May have 4 oz. or less up to 4 hours minimum prior to arrival time.

**** Example: Water, fruit juices without pulp, carbonated beverages, Gatorade, clear tea, and black coffee*

Important: No gum, candy or ice chips.

Other Notes:

_____

_____

_____

Day Before Your Procedure

You will:

- ❑ **Receive a Confirmation Call:** On the business day before your surgery, a hospital staff member will call you to confirm your surgery, arrival time, and location.
- ❑ Prepare what to bring with you. Please pack lightly.

The following is a checklist to help you prepare:

- ❑ The legal ID you used when scheduling surgery with your doctor, and your health insurance card
- ❑ Telephone numbers of people you wish to call
- ❑ Eyeglasses (do not wear contact lenses) and case
- ❑ Dentures - we will provide a container
- ❑ Comfortable, loose fitting clothing that will be easy to put back on after surgery
- ❑ Hearing aides (you will be asked to remove them before surgery)
- ❑ Follow eating and drinking restrictions as instructed by surgeon and/or pre surgical services nurse. Failure to do so may result in cancellation of your procedure.
- ❑ To Reduce Bacteria On Your Skin:
  1. Bathe or shower the morning of the procedure with an anti-bacterial soap before arriving.
  2. Do not apply lotion, perfume, cologne, or air-care products.
  3. Do not shave your surgical site at home.
  4. Do not wear makeup, jewelry (including body piercing), watches, earrings or rings.

Special Instructions for Children:

- ❑ Bring a favorite small toy
- ❑ Follow your doctor's dietary restrictions – especially the morning of procedure

Patients under 18 must be accompanied by a parent or legal guardian for any required pre-admission testing. On the day of surgery, a parent or legal guardian must be present to sign an Informed Consent prior to surgery and must remain in the hospital throughout the procedure/surgical process.

Understanding Your Procedure/Surgery Bills and Fees

You may:

- Expect after a procedure/surgery, all surgical care providers will first bill your insurance company for the costs associated with the procedure/surgery.
- Receive a bill for any remaining balance. (for example: a remaining balance may be a deductible cost, co-pay, co-insurance etc.), after notice from your insurance company.
- Receive separate bills from providers of the Surgical Team namely:

Hospital Bill

- A facility bill from the hospital or surgery center at which the procedure or surgery is performed. This bill will reflect expenses for staff, supplies and equipment used for the surgical services provided.
- Questions and payments regarding this bill should be addressed directly to the hospital/facility named on your bill. Or, you may call the Central Billing Office at **571.423.5750**.
- For questions on estimates, please call **703.858.8894** or **703.858.8899**. Both offices have staff able to assist you Monday-Friday, 8:30 a.m. - 4:30 p.m.

Surgeon's Bill

- A bill for the surgeon's services.
- Questions regarding this bill should be addressed to the specified surgeon named on your bill.

Anesthesiologist's Bill

- A bill for the anesthesia services you receive during a procedure/surgery and is provided by an anesthesiologist with American Anesthesiology Associates.
- Questions regarding this bill should be addressed to the specified anesthesiologist named on your bill by calling **1.888.280.9533**.