

Welcome to Inova Fairfax Hospital

Thank you for choosing our hospital for your procedure. We are committed to providing excellent medical care. Our goal is to make you as comfortable as possible before, during and following your surgery. Please carefully read through this brochure, which should answer most of your questions about your upcoming procedure.

Procedure_____
Date_____
Time_____

Before Your Surgery

Your Physician's Office

Contact your physician's office if you have questions about the time and date of your surgery, or your presurgical instructions. Also, you should confirm your surgery time with your physician's office the day before you are scheduled in the event that your appointment time has changed.

It is important to notify your physician's office if there is any change in your health before your surgery such as a cold, cough, fever or flu-like symptoms.

Presurgical Interview

After your surgery has been scheduled, (usually 24 - 48 hours after your office visit), a member of the Presurgical Services patient liaison team will call to help you schedule presurgical appointments and tests.

All patients receiving anesthesia must have a preoperative assessment interview via telephone. This interview is conducted by a presurgical services nurse. The patient liaison will assist you with:

- Scheduling the preoperative phone interview at your convenience. This interview may last 30 minutes or longer. Appointments are available from 7 a.m. – 6:30 p.m., Monday through Friday and 8 a.m. – 3 p.m. on Saturdays.
- Assuring accuracy and safety by verifying your name, date of birth, date of surgery and surgeon's name.
- Reviewing your preoperative testing orders to determine if presurgical testing can be completed at the Outpatient Testing Center on Arlington Boulevard (see map on back page).
- Providing instructions and log-on information for *My Chart*, a personal health record you can use at home to view and manage your medical information. *My Chart* allows you to record and update your medications, allergies, physician names and health history in a secure electronic medical record format. Entering this information will shorten the time needed for your phone interview.
- Providing a contact name and phone number to help you with any issues or concerns during your surgical experience at Inova Fairfax Hospital.
- Spoken language interpreters and services for the deaf and hard of hearing are available upon request. Walk-in interviews can be scheduled upon special request.

If you are unable to complete *My Chart*, the anesthesia department requests that you have the following information available when the presurgical nurse calls for your interview:

1. Present medications, dosages and how often each is taken (include over-the-counter, herbal supplements and vitamins)
2. Allergies (food and medications)
3. Previous surgeries, anesthesia experience and dates of each
4. The name and phone number of your primary care doctor, cardiologist and any other doctor you see on a regular basis
5. Any preoperative testing requested by the surgeon or any other physician (to be completed prior to this surgery)
6. Any other medical information we should be aware of before this surgery.

Presurgical Education

Presurgical education classes are available and encouraged for patients scheduled for many types of surgery. These classes allow patients to meet the nursing staff and learn about what to expect before, during and after surgery.

Check with your surgeon and patient liaison to determine if Inova might offer a presurgical class for your procedure.

Patients scheduled for gynecologic surgery also have the opportunity to take a presurgical tour. To learn more about gynecologic surgical tours visit inova.org/gyntours or call **855.MyInova (855.694.6682)**.

Child Life offers a personal tour to prepare you and your child for the surgical procedure. Please contact them at **703.776.6486** to schedule a tour.

Financial Arrangements

After your surgery is scheduled, the patient liaison will contact you and determine if preoperative testing can be completed at the Outpatient Testing Center. If you have an HMO, you are required to visit your primary care physician for preoperative testing or to receive a referral to have your preoperative testing completed at the Outpatient Testing Center.

Most health insurance policies have a coinsurance clause, co-pay, and/or a deductible, which are amounts not covered by insurance. We make every effort to contact you before your surgery to let you know what your financial responsibility may be. If we are unable to reach you, you should be prepared to pay any applicable coinsurance and/or deductible on the day of surgery.

If you need to set up payment arrangements for your upcoming visit, please call **703.776.2993** or **703.776.2572**. Upon discharge, if you need assistance regarding your bill, please contact our Patient Accounts Department at **571.423.5750**.

Advance Directive

An Advance Directive is a document which shares your wishes if you are unable to make healthcare decisions for yourself. It can also provide specific directions for End of Life care. An Advance Directive can include:

- A durable power of attorney for healthcare, or agent
- Healthcare instructions and instructions for end of life care
- Your wishes related to organ and tissue donation.

If you have already completed an Advance Directive, please bring a copy with you. If you have questions about Advance Directives or would like a booklet and form mailed to you, please call Patient Relations at **703.776.3663**.

Questions

If you have general questions related to hospital services, please contact Patient Relations at **703.776.3663**.

Presurgical Instructions

The nurse will review the following with you during your presurgical interview.

- Do not eat anything – even gum or mints – after midnight the night before your surgery.
- Do not drink anything – even water – after midnight the night before your surgery.
- Discuss instructions for taking diabetic and/or anticoagulant medication (Plavix, Coumadin, Pradaxa) with your primary care physician or cardiologist.
- You may brush your teeth, but do not swallow.
- It is recommended that you do not smoke for at least 24 hours prior to surgery.

Preoperative Skin Cleansing

Your surgeon may ask you to use Hibiclens to gently cleanse your skin before surgery. This will reduce the risk of infection at your surgical site. You play an important role in decreasing this infection risk by showering both the evening before your surgery and the morning of your surgery.

Please buy Hibiclens at your local drug store. It is available in the pharmacy section. Hibiclens is a 4% Chlorhexidine Gluconate (CHG) antiseptic solution that will reduce the bacteria that all of us have on our skin.

Please follow these instructions:

- Take TWO showers, one the night before and one in the morning before coming to the hospital for your surgery. You must be able to shower – no tub baths.
- Please do not shave or wax body hair at least 48 hours prior to surgery. It is okay to shave facial hair, but do so before showering.
- With each shower, shampoo your hair and wash your skin with your regular shampoo and soap. Rinse thoroughly.
- Then, using the CHG solution and a clean, wet washcloth, wash your skin surface again starting from the neck down and gently scrub your skin. Pay special attention to the area of your body where your surgery will take place. If you cannot reach the area where your surgery will take place please have someone wash for you (after they have thoroughly cleansed their hands). Allow the CHG solution to

remain on your skin for at least 2 minutes. Your skin should then be rinsed and dried with a clean towel.

- After your evening shower, dress in clean bedclothes and sleep on clean sheets. After your morning shower, dress in clean clothes that you will wear to the hospital.
- Do not apply any creams, lotions, powders, perfumes, or deodorant.

Special Instructions:

On the Day of Surgery

- Bring your driver's license or picture ID, and your insurance cards.
- Wear comfortable, loose-fitting clothes.
- Remove all jewelry, including piercings.
- We recommend you leave all jewelry and other valuables at home. The hospital cannot accept responsibility for any personal property.
- Remove all nail polish and make-up.
- Be sure to bring containers for eyeglasses, contact lenses, hearing aids and dentures.
- After you check-in, you will be taken to a preoperative area where you will change into a surgical gown and place your clothing in a bag for safekeeping. For patients being admitted following surgery, your family is responsible for this bag. Please leave your suitcase in your car until a hospital room is assigned to you.
- You will then meet with a member of the anesthesiology team to discuss your medical history, the type of anesthesia ordered for you and any additional questions.
- If you are having outpatient surgery, we offer valet parking. Valet parking requires an up-front fee of \$5. You may request a voucher in the PACU which can be redeemed at the valet stand for reimbursement of the \$5 fee.
- Waiting areas for loved ones will be discussed at check-in.
- One family member or friend may accompany you to the preoperative area while you prepare for your surgery. Please do not bring additional family members or children.
- If you need to cancel your surgery, please call your surgeon's office who will notify the hospital.

After Your Surgery

- After your surgery, you will be taken to the recovery room, called the Post Anesthesia Care Unit (PACU). You will be monitored by a nurse until most of the anesthesia wears off.
- Although some pain can be expected as your body responds to surgery, your nurse and physician will work closely with you to provide medications to reduce your pain. Because each patient and pain experience is different, it is important to let your nurse know about any pain you have.
- When you have recovered from the anesthesia, you will be taken to a hospital room or the step-down recovery area until you are ready to return home.
- For outpatient surgery patients:
 - A nurse will provide you with written discharge instructions when you are ready to leave the hospital. It is important that you follow these and any special instructions from your surgeon.
 - Contact your surgeon's office if you have any questions.
 - A family member or friend must escort you home. You may not drive yourself home. The effects of anesthesia or pain medication make driving dangerous. If you take public transportation or a taxi, a responsible adult must accompany you.
 - Someone should stay with you at home for 12 to 24 hours after your surgery

Staying in the Hospital

Patients who are admitted to the hospital following surgery will be able to select one or two individuals to serve as Patient Care Companions (PCC). The PCC is considered a partner on the healthcare team and serves to enhance the patient's healing experience. The role of the PCC is to provide emotional support to the patient and, as desired, communicate among the patient, family, friends, and members of the healthcare team.

Family and friends may visit most patient rooms between 11 a.m. and 9 p.m. Critical care units have special visiting hours. Call the nurses' station or patient information at **703.776.4001** to confirm visiting hours.

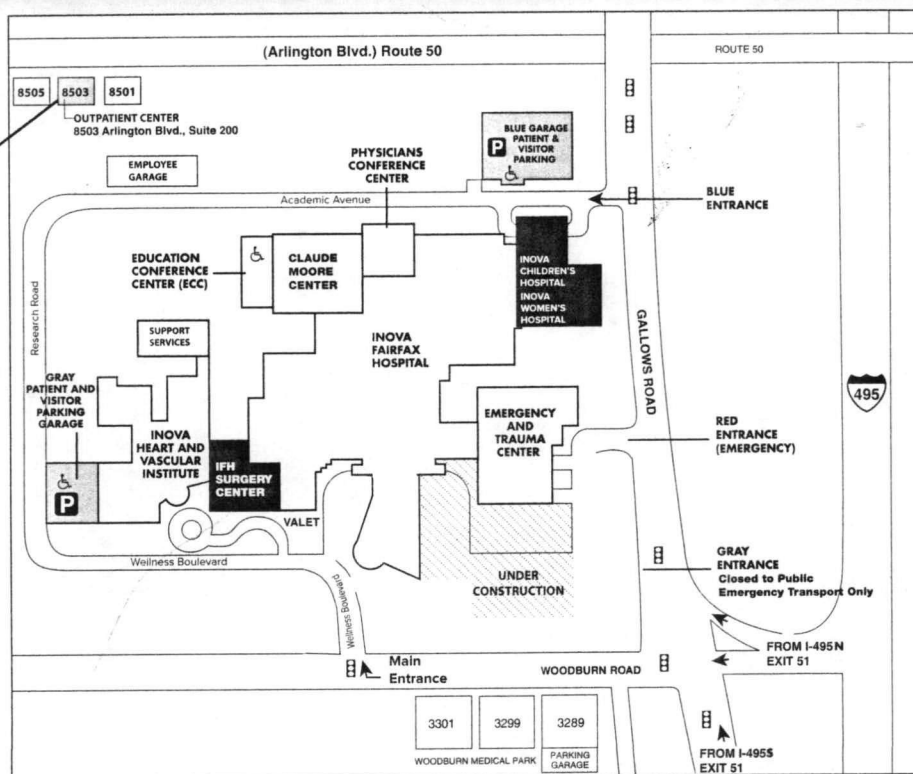
Because patients are highly susceptible to infection, please do not visit if you have symptoms of a cold, flu or other infectious disease.

Outpatient Center/
Presurgical Services
8503 Arlington Blvd., Suite 200
Fairfax, VA 22031
703.970.6565

Please note: most presurgical testing is
done here, not at the hospital.

For an interactive campus map,
visit inova.org/ifhMaps

Inova Fairfax Medical Campus
3300 Gallows Road
Falls Church, VA 22042
703.776.4001



Directions to Surgery Locations

Getting to Inova Women's Hospital

Via I-495 (Capital Beltway):

From the North (Tyson's): Take Exit #51 Gallows Road/650. Stay right at the top of the ramp. Merge onto Gallows Road. Turn left at second light at the BLUE entrance. See parking directions below.

From the South (Alexandria/Springfield): Take Exit #51 Gallows Road/650. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left at fourth light at the BLUE entrance. See parking directions below.

Via Rt. 50:

From the West (Fairfax): Exit onto Gallows Road/650. At the top of the ramp, bear to the right onto Gallows Road. Proceed on Gallows Road and turn right at the third light at the BLUE entrance. See parking directions below.

From the East (Washington/Falls Church): Pass under I-495 and exit onto Gallows Road/650. At the light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road and turn right at the third light at the BLUE entrance. See parking directions below.

Parking instructions for surgery at Inova Women's Hospital

- On the day of the procedure, enter the hospital campus at the BLUE entrance from Gallows Road.
- Park in the BLUE garage on the right. Parking fee is \$5.
- Walk across the street and enter Inova Women's Hospital
- Proceed to the lobby registration desk to check-in and then take the BLUE elevators to the 3rd floor.

Getting to Inova Surgery Center

Via I-495 (Capital Beltway):

From the North (Tyson's): Take Exit #51 Gallows Road/650. Stay left at the top of the ramp. Go straight at the light onto Woodburn Road. Turn right at first light on Wellness Boulevard. See parking directions below.

From the South (Alexandria/Springfield): Take Exit #51 Gallows Road/650. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left at second light onto Woodburn Road. Turn right at first light via on Wellness Boulevard. See parking directions below.

Via Rt. 50:

From the West (Fairfax): Exit onto Gallows Road/650. At the top of the ramp, bear to the right onto Gallows Road. Proceed on Gallows Road and turn right at the fifth light on Woodburn Road. Turn right at first light on Wellness Boulevard. See parking directions below.

From the East (Washington/Falls Church): Pass under I-495 and exit onto Gallows Road/650. At the light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road and turn right at the fifth light on Woodburn Road. Turn right at first light on Wellness Boulevard. See parking directions below.

Parking instructions for Inova Surgery Center

- On the day of the procedure, enter the hospital campus from Woodburn Road via new main entrance onto Wellness Boulevard.
- Turn right into the Inova Surgery Center entrance for patient drop-off.
- Valet parking is available. Or self-park in the GRAY garage on the right past the Surgery Center entrance. Valet and self-parking fee is \$5.
- Enter the Surgery Center and check in at the registration desk.