

REX Healthcare Surgery Centers



Name _____

Surgery Date _____

Surgery Start Time _____

Arrive @ _____ at the Main Entrance

No Pre-testing Appointment scheduled

Pre-testing appointment :
Date _____ Time _____

Arrive 15-20 minutes prior to your appointment to complete registration.

Pre-Authorization Requirements:

Your physician's office will collect your insurance information during your office visit. Please be sure to provide them with all of your current insurance cards. *Once your insurance coverage and benefits are verified, REX will work with your physician's office to obtain any pre-certification or pre-authorization that is required prior to your surgical procedure.

To help us with the authorization process we may ask you to contact your insurance provider and/or physician's office in advance of your procedure. Without prior approval, your procedure may need to be rescheduled to ensure that the financial responsibility does not fall upon you as the patient.

Pre-Surgical Testing Appointment

Monday - Friday, 7:30 a.m. - 4:30 p.m.

- You will receive a reminder phone call prior to your appointment.
- It is important to be on time. Check in at the main entrance desk at least 15-20 minutes prior to your appointment to complete registration.
- You may eat, drink and take your routine medications as usual.
- Allow up to two hours for this visit.
- If you are unable to keep your appointment, please notify your surgeon.
- For your safety, please **bring your medication bottles** to this appointment.
- To save you time and money, bring copies of any recent diagnostic tests.

Pre-Surgical Call

If you are not scheduled for a pre-surgical testing appointment, you may receive a phone call from a registered nurse one to three days before your surgery. The nurse will review your medical history, allergies, current medications and other important instructions.

What to bring:

- Photo ID and insurance card
- Cash, check or credit card for payment
- Medication bottles (prescriptions and over the counter vitamins and supplements that you take)
- List of your allergies (medication, food)
- Complete list of your medical/surgical history
- Copies of any recent diagnostic tests performed (blood work, heart tests such as an EKG)
- Physician's orders or other paperwork provided by your physician's office
- Advanced medical directives (living will or health care power of attorney)

Contact Information

UNC REX Hospital – Main Campus
4420 Lake Boone Trail
Raleigh, NC 27607

Pre-Surgical Testing:

- Raleigh (919) 784-3102
- Wakefield (919) 570-7512



For more detailed information please visit our website at rexhealth.com. To activate your account go to <https://myuncheart.org> and click activate your account or call (888) 996-2767.

What You Should Do

Before Surgery

- **Do not eat** food or drink any liquids after midnight the night before your surgery. This includes water, gum, candy or mints.
- **Do not smoke or drink alcohol** for 24 hours prior to surgery.
- Arrange for a responsible adult, friend or caregiver (at least 18 years old) to be present before, during and after surgery.
- If you are going home the same day, **you must** arrange for a responsible adult (at least 18 years old) to drive you home and stay with you for 24 hours following surgery.
- Notify your surgeon if you are feeling ill or experiencing any health changes since your last visit.
- If you need to **CANCEL** or **RESCHEDULE** your surgery, please notify your surgeon.

About Medications

Before Surgery

- If you take the following medications, **DO NOT STOP** until you contact your prescribing physician for instructions: Aspirin or blood thinners (Plavix, Coumadin, Effient, Pradaxa, Eliquis, etc) for a stent in your heart, atrial fibrillation or other medical condition.
- If you take one of the following **MAO-I medications**: Phenelzine, Isocarboxazid, Tranyleypromine, Rasagiline or Selegiline. Please contact your prescribing physician for instructions, as these medications may interact with your anesthesia drugs.
- **Stop** taking all **NSAIDS** (Advil, Aleve, Ibuprofen, Anti-inflammatory) and **herbal supplements** at least seven days before your surgery. (Examples of herbs: Dong Quai, Echinacea, Ephedra, Ma-Huang, Feverfew, Fish Oil, Garlic, Ginger, Ginseng, Goldenseal, Kava-Kava, Licorice, Milk Thistle, Saw Palmetto, St. John's Wort, and Valerian).
- If you take **weight loss medicines**, please **STOP** these medications before your surgery, as these medications may interact with your anesthesia drugs.
- Continue taking vitamins as usual.

Day of Surgery

- Take your heart, blood pressure, seizure, pain, COPD and reflux medications with a sip of water.
- Patients with diabetes should **NOT** take insulin or diabetic pills unless otherwise directed by your surgeon or anesthesiologist.
- Patients with breathing problems may bring inhalers and use as needed.
- If you use a CPAP machine, please bring it to the hospital

Day of Surgery

- Bathe/shower with an antibacterial soap (Dial, Safeguard or Hibiclens).
- **Do not** apply anything back to your skin like makeup, lotion, body powder or deodorant.
- **Do not** wear polish on your fingers or toes.
- Brush your teeth, but do not swallow any water.
- Wear loose, comfortable clothing.
- Take off all jewelry (including wedding rings) prior to going to REX – that includes body piercings
- Leave all valuables at home
- Arrive at the registration desk at the main entrance two hours prior to your surgery (unless otherwise directed).
- If you are spending the night, please leave your suitcase in the car until your room assignment has been made.
- If you wear eyeglasses, contact lenses, dentures or hearing aids, please bring a case with you as these items cannot be worn during surgery.

Failure to follow instructions could result in the cancellation of your surgery.

Notes: _____

Pain Management

What are your rights for pain relief?

At UNC REX Hospital, we are dedicated to making your stay with us as comfortable as possible.

You have the right to:

- Receive care from doctors and nurses committed to preventing and managing your pain
- Expect your doctors and nurses to respond quickly to any report of pain
- Play an active role in your pain care

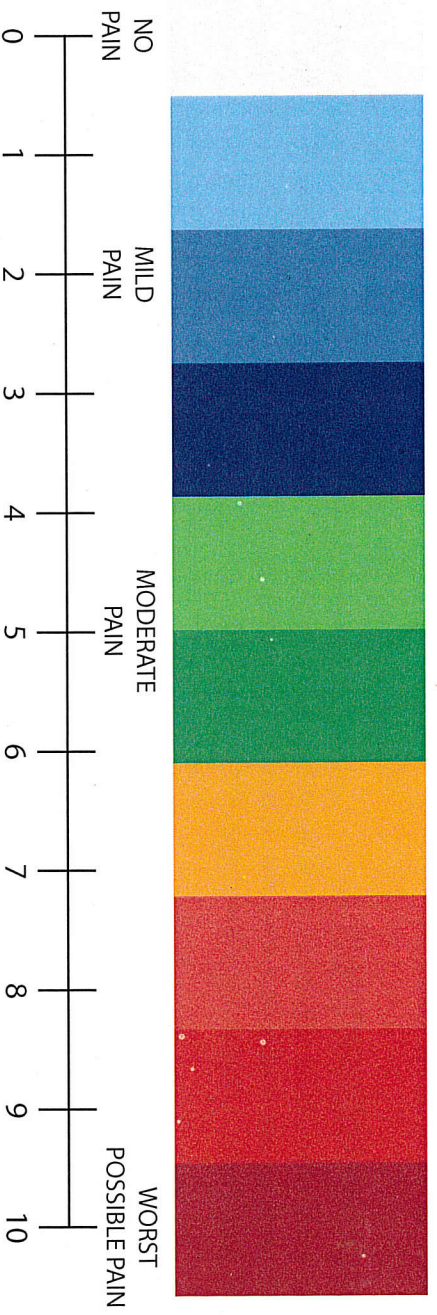
Your responsibilities for excellent pain management:

- **Don't ignore side effects.** Tell your nurse if you feel too sleepy, get constipated, feel sick at your stomach, or start itching, as these may be side effects from your pain medicine. A different pain medicine or dose can sometimes reduce these side effects.

How do I report my pain?

When you are recovering, your nurses will ask you to score your pain, using a number from 0-10, with "0" meaning "you have no pain" and "10" means you are having "the worst pain you ever had or can imagine." Rating your pain with a number helps the nurses know how well your pain is being managed.

Numeric Pain Intensity Scale



How to control pain?

Pain can be controlled with medicine, treatments, or a combination of both. Examples include:

Pain medication taken orally	Position change
Intravenous (IV) pain medication	Heat and cold compresses
PCEA (patient controlled epidural analgesia)	Relaxation/Meditation/Prayer
PCA (patient controlled analgesia)	Stretching/walking/exercise
Epidural analgesia	Attention to sleep
Nerve stimulation	Palming

There are limits and side effects of pain treatment. Your doctor or nurse will discuss these with you. Pain treatment will continue to be important in your recovery after you return home. Contact your doctor immediately if your pain is not well controlled, or if you are having problems following your pain treatment plan.

Pain Management

Things to discuss with your physician about pain and pain treatment:

- **Discuss previous experiences with pain.** Talk to your doctor about your experience with different types of pain control. Mention what worked for you and what didn't.
- **Talk about chronic pain.** If you have an ongoing pain condition, it will need to be managed along with any new or acute pain you have while you are in the hospital. Your body may be less sensitive to pain medicine – sometimes called tolerance, if you've been taking medicines for chronic pain at home. Discuss this in detail with your doctor before surgery.
- **Make a list of your medications.** Include all prescription, over-the-counter medications, and any supplements or herbs you have taken in the past month. Your doctor needs to know about any substance that might interact with pain medications you receive.
- **Be honest about your alcohol and drug use.** Tell your doctor if you're a recovering alcoholic or have a history of other addiction. You will need a plan for pain control that reduces the risk of relapse.
If you're currently misusing alcohol or drugs — even those that have been prescribed for you — let your doctor know. Withdrawing from these substances can be difficult, and should be avoided during your hospitalization.
- **Ask questions.** If you are having surgery, ask about how bad the pain is likely to be after this type of surgery and how long it will last. Ask what kind of pain medicines will be given before and after surgery. Ask about likely side effects of these medicines and what can be done to reduce side effects.
- **Discuss your concerns about pain medications.** If you're afraid of side effects or overdosing on pain medications, talk to your doctor. He or she can help you understand things that can be done to safely manage your pain and reduce side effects and risks for overdose.

The truth about pain treatment!

- Most side effects from pain medicine like a sick stomach, drowsiness and itching can be managed.
- Constipation can usually be managed with laxatives, drinking lots of fluids and eating the right foods.
- Tell your doctor or nurse if you have any of these side effects.

Protecting You from Infection

UNC REX Healthcare is committed to the health and well-being of all our patients. Because we care, we would like to share with you what you can do and what we are doing to protect you from getting an infection.

The following steps should be taken to reduce chances of infection at your incision site:

- Do not shave or wax hair at the area where your incision will be at least three days before your scheduled surgery. Razors cause small cuts in your skin that can lead to infection.
- If your doctor wants any hair at the operative site removed it will be removed at the hospital using clippers, not razors.
- Your healthcare providers should clean their hands with soap and water or an alcohol hand rub before examining you. If you do not see them clean their hands please ask them to do so.
- To remove as many germs from your skin as possible, the skin at and around the area where the surgeon will make your incision will be cleaned with an antiseptic Chlorhexadine (CHG) disposable cloth. This will be done after you arrive at the hospital.
- Your doctor may order an IV antibiotic to be given to you before your incision is made. This is usually done once you arrive in the operating room.
- The doctors and nurses in the operating room will clean their hands and arms up to their elbows with an antiseptic solution just before your surgery and they will wear hair covers, masks, gowns and gloves during surgery.
- Before the surgery begins the skin around the operative site will be cleaned again using an antiseptic solution.