Having Surgery

at The Reading Hospital and Medical Center

Your PreAdmission Evaluation is scheduled at:
The Reading Hospital PreAdmission Testing Center

on: _____

report at: _____

Your Surgery is scheduled at:
The Reading Hospital SurgiCenter in West Reading

on: _____

report at: _____

Please call your surgeon the business day before your surgery to confirm the time to report.

Phone No.: _____

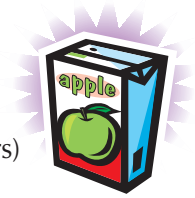
The Reading Hospital and Medical Center

DAY OF SURGERY "DOs & DON'Ts"

Post this on your refrigerator, home memo center, mirror, or elsewhere as a reminder!

DO

- **Bring** legal form of photo identification.
- **Bring** the white plastic card you receive from the PreAdmission Testing Center after having blood drawn (if you receive one).
- **Drink** clear liquids up to 2 hours before your surgery time *unless your doctor tells you otherwise.* Clear liquids are:
  - Water
  - Apple juice (no other juice!)
  - Black coffee/tea (no milk or creamers)
  - Gatorade®



- **Take medicines as instructed by anesthesiologist or nurse on the morning of surgery.**
- **If being admitted to the Hospital after surgery:** ask someone to bring your overnight bag to the Hospital room after surgery.
- **If being discharged the same day as your surgery:** you *must* have a responsible adult drive you home after surgery. Public transportation is allowed only if you have an adult to ride with you.
- **Call your surgeon's office** the business day before surgery to confirm your scheduled arrival time.

DON'T

- **Do not eat** after midnight:
  - No food
  - No candy, gum, or mints

- **Do not drink** within 2 hours of your surgery.
- **Do not bring or wear jewelry.** Simple wedding bands allowed unless you're having surgery on your: back; spine; neck; left hand, arm, or shoulder; or breast surgery on the left side.

  (If you cannot remove the wedding band, visit a jeweler before surgery, or we will have to cut it off.)

- **Do not** wear nail polish if having surgery on your hands or feet.

- **Do not bring** a purse, wallet, money, credit cards, or pagers.

The Reading Hospital and Medical Center

CONTENTS PAGE

BE A PARTNER IN YOUR SAFETY 2

BEFORE SURGERY
YOUR PREADMISSION EVALUATION 2
PATIENT CHECKLIST: What to Bring/Where to Come 3
PREPARING FOR SURGERY 4
SPECIAL NOTE FOR PATIENTS WITH DIABETES 5
ABOUT PAIN 5
FOR COSMETIC SURGERY PATIENTS 5

DAY OF SURGERY
PATIENT CHECKLIST:
What to Do at Home 6
What to Bring 6
What to Leave at Home 7
CHECKING IN 7
NOTES FOR YOUR FAMILY. 7

CAMPUS MAP 8

DURING SURGERY
ABOUT THE OR. 10
NOTES FOR YOUR FAMILY 10

AFTER SURGERY
WAKING UP 11
PAIN CONTROL. 11
WHAT TO EXPECT 12
GUIDELINES FOR VISITORS 12
TIPS FOR RECOVERY 12

GOING HOME 13
PATIENT CHECKLIST: Be Sure to Ask About... 13
INCISION CARE 13
CALL YOUR SURGEON IF... 14

IMPORTANT TELEPHONE NUMBERS 15

PATIENT RIGHTS AND RESPONSIBILITIES 16

GLOSSARY OF USEFUL TERMS 20

BE A PARTNER IN YOUR SAFETY!

Your safety is very important to us. While you are in the Hospital, your entire healthcare team will focus on keeping you safe.

Research has proven that our efforts will be more effective if you and your family join us. We have a program called ***Safety First: Make Safety a Priority in Your Day***, and we invite you to learn more about it. Be sure to read our *Safety First* handout, and look for posters in our waiting rooms. Also, if you have questions, please ask.

We are happy to have you join us on YOUR safety team!

BEFORE SURGERY

YOUR PREADMISSION EVALUATION

What It Is

You may be required to visit our PreAdmission Testing Center, sometimes called the PAT Center. Your doctor's office will schedule an appointment for you, and note it on the front cover of this brochure.

You will also be given a preoperative health review form. Please be sure to fill this out in advance and bring it with you to the PAT Center.

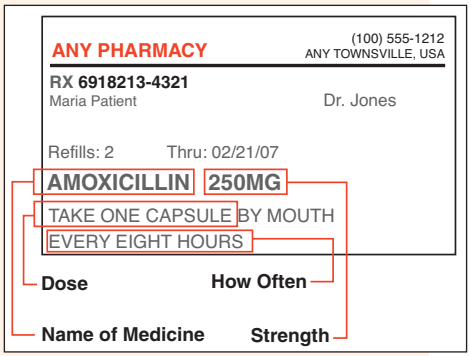
During the preadmission evaluation, you:

- will complete some paperwork.
- will meet with an anesthesia doctor and nurse to review the surgery planned for you and your anesthesia options.
  - You will be examined and have your medical history reviewed.
  - You should also discuss pain control options with this doctor.
- may have blood tests, urine tests, an EKG, or x-rays done in the PAT Center.

PATIENT CHECKLIST

What to Bring

- ☐ Completed preoperative health review form; *failure to bring this form may delay your surgery*.
- ☐ A legal form of photo identification, such as a driver's license.
- ☐ Health benefit identification cards.
- ☐ Referral forms and pre-certification forms, if required by your health plan.
- ☐ A list of ***ALL*** the medicines—prescription drugs, over-the-counter medicines, herbal remedies, vitamins, and diet pills—that you are currently taking. We need to know the exact name of the medicine, the strength, the dose you take, and how often you take it. (This information can be found on the label of all prescription drugs and other medications.)
- ☐ List of all allergies you have to food, drugs, or latex, including any sensitivities to adrenaline or epinephrine.
- ☐ Any test results that your surgeon may have given you to take to the PAT Center.
- ☐ A copy of your advance directive or living will.



Where to Come

Report to The Reading Hospital's PreAdmission Testing Center on the first floor of D-Building at our main West Reading campus.

- **Parking:** use the main entrance to the 6th Avenue Parking Garage. *(See PAT Parking arrow on the Campus Map, pp. 8-9.)*
- **Entrance:** take the Garage Elevator to level 1. Use the D-Lobby entrance. Go through the automatic doors, pass the SurgiCenter elevator, and turn left at the first corridor. The PAT Center will be on your right, just past the D-Elevators.
- **Check In:** check in with the receptionist when you arrive.

PREPARING FOR SURGERY

It is normal to feel nervous about surgery. It may help to know that your surgical team is very experienced, and will use its knowledge and skill to make certain that you have the safest possible operation. Please review and follow these steps to prepare for your surgery.

Please pay special attention to the information on pages 4 and 5. We may have to cancel your surgery for your safety if you don't follow these preparation steps.

- If you smoke, quit or cut down before surgery. Healing time is reduced for nonsmokers.
- Do not drink liquor, beer, or wine for at least two days before your surgery.
- Leave all jewelry at home.
- If you are having surgery on your back, spine, neck, left hand, left arm, left shoulder, or left breast, you may not wear your wedding band on the day of your surgery. If you cannot remove your wedding band, please visit a jeweler now, or we will have to cut off the band on your day of surgery.
- If you have a fever, cold, or rash, call your surgeon. Your surgery may need to be delayed or cancelled.
- Arrange for a relative or friend to drive you to the Hospital and pick you up afterward. For your safety, you must have a designated driver to take you home. You will be able to use public transportation or a taxi for your ride home ***only if you have a responsible adult with you.***
- If children under the age of 12 will be coming with you to the Hospital, please be sure that you also bring along an adult who will be responsible for their safety and behavior. *You may wish, instead, to leave young children at home with a babysitter.*
- Ask your doctor if you should take your regular medicines before your surgery.
- The anesthesiologist or nurse will also review your medicine list and instruct you on what pills are to be taken the morning of your surgery. Take these medicines with a sip of water.
- If you take any medicine that would thin your blood (Asprin, Plavix®, Coumadin®, Motrin®, Ibuprofen®, Advil®, Celebrex®), check with your surgeon as to when you should stop these medicines.
- Do not eat anything after midnight the night before surgery unless your surgeon or anesthesiologist tells you differently. This includes candy, mints, and gum.
- Do not drink anything — including water — within two hours of your surgery.
  - ✦ You may have clear liquids — water, apple juice, black coffee or tea (no creamers or milk), Gatorade® — between midnight and two hours before your surgery.

- ✦ Reminder: If you were told to take medicines the morning of surgery, use only a sip of water to take them.

SPECIAL NOTE FOR PATIENTS WITH DIABETES

- If you are diabetic, you will have your blood sugar checked before and after your procedure.
- Do not take your insulin or your diabetic medicine at home before your surgery unless instructed to do so by the anesthesiologist.
- Before your discharge, you will receive instructions on how to manage your diabetes at home.

ABOUT PAIN

Talk with your surgeon about whether or not you can expect to have pain after your surgery. Treating this pain and helping you feel better are very important to us. But you have to let us know if and when something hurts and how bad your pain is.

Pain medicine is given many different ways. Depending on the procedure you will be having, you may help to choose the way you prefer. Choices include pills, shots, a suppository in the rectum, a patch on the skin, or constant and extra doses given in the back (epidural) or by vein (PCA). Talk about your choices with your doctor and your anesthesiologist.

There are many ways to treat pain without medicine. Some of these ways are: heat, cold, physical therapy, music, massage, relaxation, and imagery. Let us know what has worked well for you in the past.

There are many myths about taking pain medicine. Some people are afraid of getting hooked on a drug. Some people are afraid of the drug's side effects. Some people avoid pain medicine because they think others won't think they are a strong person if they need medicine.

The truth is that using medicine to relieve pain rarely causes addiction. Side effects can happen, but are usually easy to treat. The best way to manage any pain you may have is to work together with your healthcare team to keep your pain level low.

FOR COSMETIC SURGERY PATIENTS

Arrangements for payment of both the physician and Hospital bills must be made in advance of cosmetic surgery. Your surgeon's office will explain this in detail.

DAY OF SURGERY

There is a handy "Dos and Don'ts" reminder card inside the front cover. You may wish to hang this on your refrigerator, home memo center, mirror, or elsewhere as a reminder.

PATIENT CHECKLIST

✓ What to Do at Home

- ☐ Do not eat anything after midnight, including candy, chewing gum, and mints.
- ☐ Do not drink anything — including water — within two hours of your surgery.
- ☐ Take any medicines that your surgeon or anesthesiologist told you to take. Drink just enough water to take the medicine.
- ☐ You may brush and rinse your teeth. Remember: do not swallow the water.
- ☐ Wash the area of skin where the incision will be made if your doctor told you to do this.
- ☐ Dress in comfortable, loose clothing.
- ☐ No makeup at all, including lipstick. No nail polish if you're having surgery on your hands or feet.
- ☐ Remove your wedding band if you are having surgery on your back, spine, neck, left hand, left arm, left shoulder, or left breast.

✓ What to Bring

- ☐ Legal form of photo identification, such as a driver's license.
- ☐ A driver to see you home safely. *Please limit the number of people accompanying you to one or two.*
- ☐ A parent or legal guardian if you are age 17 or under.
- ☐ A case labeled with your name for eyeglasses/contact lenses, hearing aids, and dentures.
- ☐ Robe, slippers, and personal items if an overnight stay is planned. Please bring only what you need for one day.
- ☐ For children: a favorite doll, stuffed animal, or security blanket.
- ☐ Parking tag for the rearview mirror.

✓ What to Leave at Home

- ☐ Jewelry, credit cards, cash, wallet, and other valuables. *The Hospital cannot be responsible for personal belongings.*
- ☐ Tobacco products. *Smoking is not allowed in the Hospital or on our grounds.*
- ☐ Pagers.
- ☐ Electrical appliances.

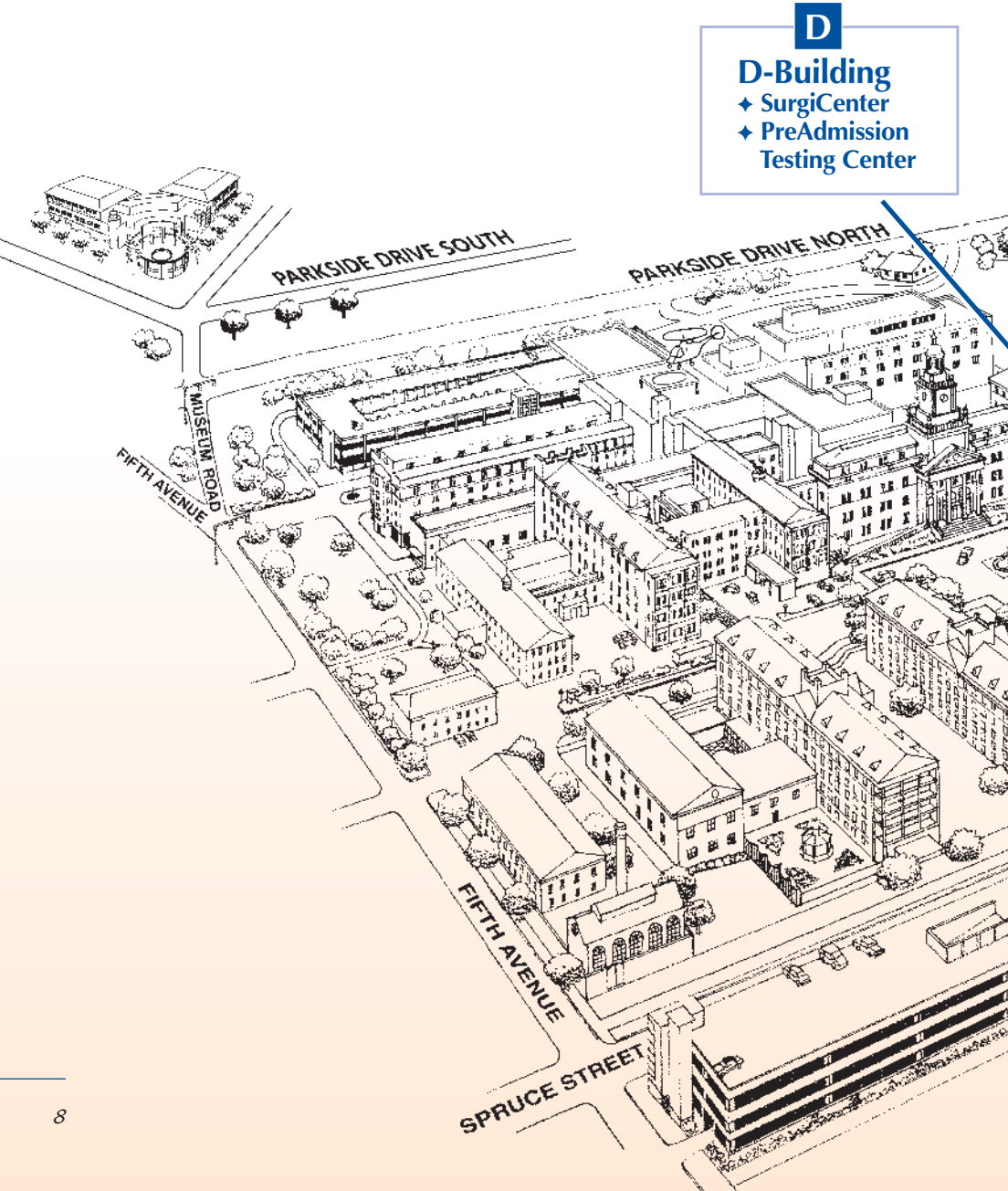
CHECKING IN

- **Parking:** Use the curved SurgiCenter entrance into the 6th Avenue Garage.
- **Entrance:** Our valet will be near the entrance to help you. Go through the automatic doors at the D-Lobby entrance, and take the SurgiCenter Elevator to the 4th floor.
- **Check In:** Turn right as you exit the elevator. The reception desk will be on your left. Check in there as soon as you arrive.
  - ✦ You will then be directed to the waiting room.
- **Preparation:** You will then be taken to a preparation area. Your family will be told where they may wait.
  - ✦ You will be asked to change into a Hospital gown and robe.
  - ✦ Your clothing will be in a clear garment bag and locked with a red tag.
  - ✦ If you are being admitted to the Hospital, your clothing will be delivered to your room.
  - ✦ If you are going home the same day, your clothing will be returned to you in the recovery area.
  - ✦ Please remove your eyeglasses or contact lenses. If you wear a hearing aid or dentures, ask if you need to remove them.

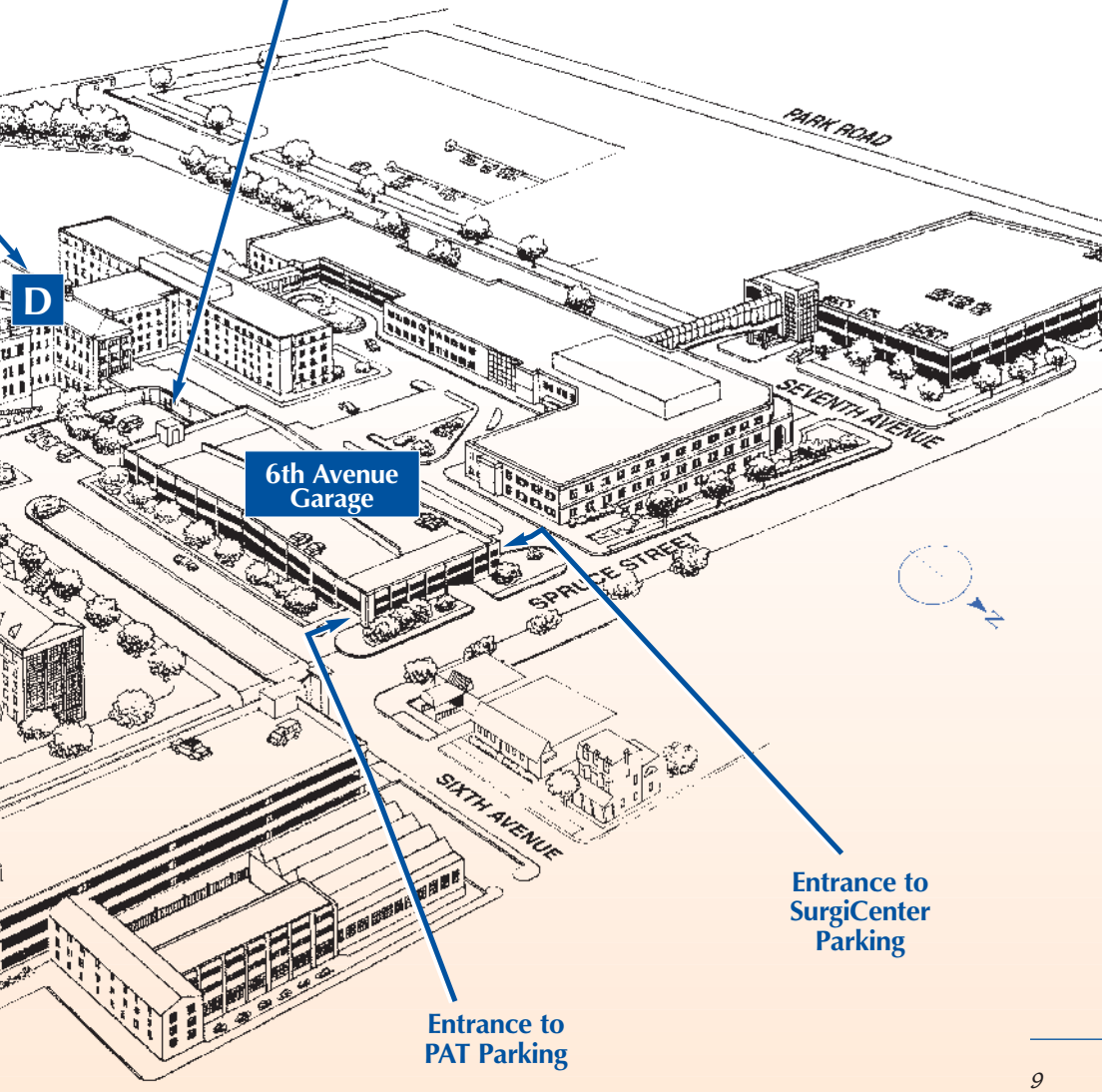
NOTES FOR YOUR FAMILY

- Ask how long the surgery will take.
- Ask where you should wait.
- If you will be driving the patient home the day of surgery, ask if you must wait at the Hospital during surgery. If not, be sure to leave a telephone number where you can be reached.

CAMPUS MAP


D
D-Building
✦ SurgiCenter
✦ PreAdmission Testing Center
PARKSIDE DRIVE SOUTH
PARKSIDE DRIVE NORTH
MUSEUM ROAD
FIFTH AVENUE
FIFTH AVENUE
SPRUCE STREET

D-Lobby entrance for both
PreAdmission Evaluation and Surgery



DURING SURGERY

ABOUT THE OR

- The operating room is a special area where your surgery will take place. You will be taken there on a patient litter.
- Your surgeon will be helped during the surgery by a team that includes an anesthesiologist or nurse anesthetist, surgical nurses, and technologists.
- You may be connected to some equipment during your operation to help the staff monitor you.
  - A blood pressure machine may record your blood pressure.
  - An intravenous line, a small plastic tube inserted into a vein in your hand or arm, may give you fluid or medicine.
  - A heart monitor watches the rhythm of your heart during the surgery.
  - An oxygen monitor measures the oxygen in your blood.
  - A machine may be used to help you breathe.
- When the surgical team is ready, the anesthesia medicine will be administered.

NOTES FOR YOUR FAMILY

- This is a good time to have a snack. A restaurant and vending machines are nearby. Ask for directions.
- Please do not bring food into the waiting room, nor food or beverages into the recovery area. This courtesy makes it easier on fasting patients awaiting surgery, and prevents distress from aromas for patients following surgery.

WAKING UP

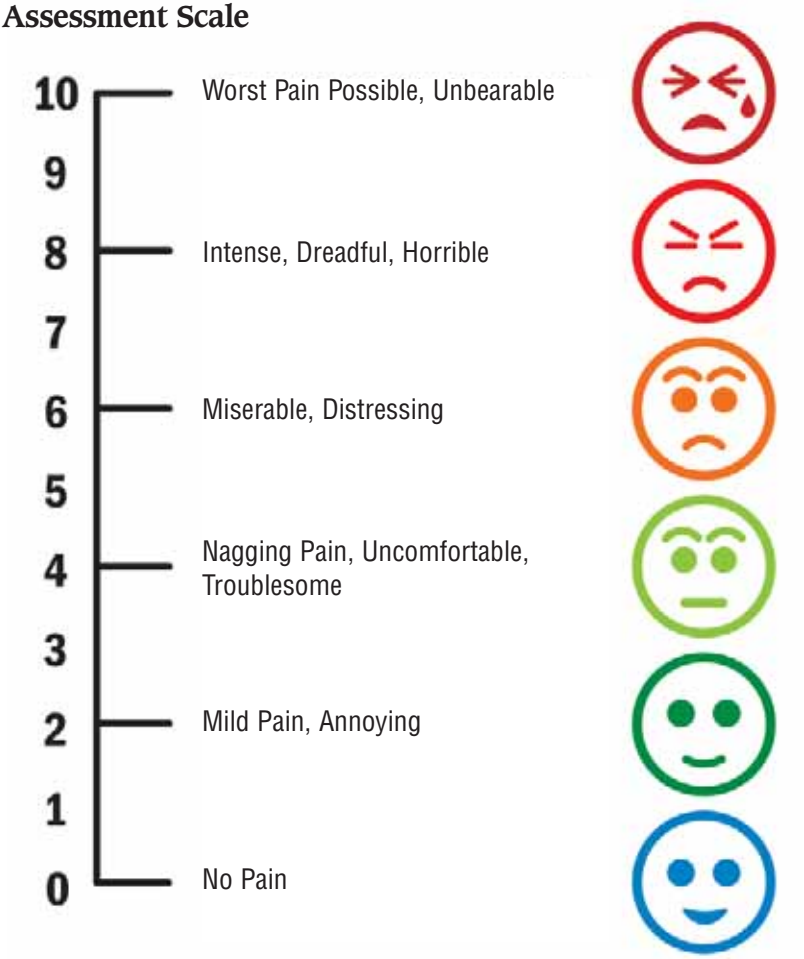
After your operation, you will be taken to a recovery area. While recovering, you will be closely watched as the anesthesia wears off. This may take several hours based on your surgery.

When you are ready, you will either be moved to your Hospital room, or return to the SurgiCenter until you are ready to dress and be sent home.

PAIN CONTROL

Your comfort is very important to us. As part of your care, nurses will routinely ask you to rate your pain on a scale of 0-10.

Pain Assessment Scale



If you need more pain medication, ask your nurse immediately. You may have a pain pump which allows you to give yourself medicine as needed.

WHAT TO EXPECT

- If you are nauseous or vomiting after surgery, medicine can be given to help you feel better.
- You may have a sore throat because of a breathing tube used during the operation.
- If you have had an intravenous line, your hand or arm may be tender.

GUIDELINES FOR VISITORS

- No food or beverages.
- No personal belongings except your wallet or purse.
- If you feel faint, let us know.
- If you need to leave, let us know.
- Notes for parents
  - ✦ If the patient is age 12 and under, or has special needs, then ***one*** adult is welcome to visit in our recovery area. This person must wear a Hospital-provided ID bracelet at all times.
  - ✦ Children under 12 who accompany or visit a patient must be with another adult responsible for their safety at all times. Hospital staff members are not available to watch children.

TIPS FOR RECOVERY

Follow your doctor's instructions. If you do not understand them, please ask for help before you go home.

These three general tips will also help you get better faster.

- Coughing and deep breathing: please do this several times each hour after you wake up. It helps prevent lung problems like pneumonia. Using a pillow against your incision may help.
- Walking and moving your legs: most times, you will get out of bed the same day or the day after your surgery.
  - ✦ If you are recovering at home, change your position slowly, and increase your activity as you are able.
  - ✦ If staying in the Hospital, you will be helped the first time you walk.
- Eating healthy foods: begin with liquids after your surgery. If you tolerate drinking, then you may advance to solid foods.
  - ✦ If you are recovering at home, start with light meals.
  - ✦ If staying in the Hospital after your surgery, you will be given a menu and asked to choose your selections.

Be sure you and your driver listen to your discharge instructions. You will be given written instructions to help you remember what to do. Please ask questions if anything is not clear.

You may also call your surgeon's office after surgery if you have questions during your recovery.

PATIENT CHECKLIST

✓ Be Sure to Ask About:

- ☐ Stitches, staples, incision care, bandages, and dressings.
- ☐ Bathing and showering.
- ☐ Pain: what to expect, what to do.
- ☐ Signs of infection.
- ☐ What to eat.
- ☐ Physical activity.
- ☐ Resuming sexual relations.
- ☐ Driving.

INCISION CARE

- Follow your surgeon's instructions about caring for your incision, the area where the surgeon cut into your body.
- Keep the incision clean and dry.
- Wash your hands before and after any incision care.
- Some oozing is normal from the incision.
- Slight redness and swelling of the incision are also normal.

CALL YOUR SURGEON IF:

- You have a fever higher than 101°F (39°C).
- The incision becomes redder, swollen, painful, or has a foul-smelling discharge.
- The incision bleeds a lot (remember: a pink to dark red discharge is normal).
- Your incision opens. Lightly press a clean cloth to the incision to control bleeding.
- You feel too sleepy, dizzy, or groggy; this may mean the pain medication is too strong.
- You have pain an hour after taking pain medication; this may mean it is not strong enough.
- You have side effects from your medication, such as nausea, vomiting, or an allergic skin reaction.
- You are not getting adequate pain control.

If you cannot reach your surgeon,
call the Emergency Department
at The Reading Hospital and Medical Center
610-568-EMER (3637)

IMPORTANT TELEPHONE NUMBERS

Surgeon's Office . . . . . _____

- *Call the previous business day to confirm time of surgery, or if you have any medical questions about your surgery.*
- *Call if you need to cancel the surgery or PAT appointment.*
- *Call for questions about either appointment.*

Hospitality Lounge **610-988-8679**

Call for updated information if the patient is staying overnight and you cannot wait at the Hospital until surgery is over.

Billing Questions **610-988-5820**

Call if you have any questions about your Hospital bill.

Patient Advocate. **610-988-8663**

Let us know how you feel about your experience in our SurgiCenter.

Emergency Department **610-568-3637**

Call if you cannot reach your surgeon and you experience any of the problems listed on page 14.

PATIENT RIGHTS AND RESPONSIBILITIES

YOUR RIGHTS

We believe that our patients, their families, friends, and support persons should be treated with respect, understanding, and compassion. These are your rights as our patient, reflecting our commitment to maintaining your personal dignity.

- You, or your representative when appropriate, have the right to be informed of all your rights at the earliest possible moment in the course of your Hospital stay.
- You have the right to receive respectful health care from competent professionals without unnecessary delay, no matter your race, color, national origin, age, language, religion, handicap, sex, sexual preference, gender identity or expression, or source of payment.
- You have the right to receive complete information about your illness and treatment in words you can understand so that you can be involved in your care planning and treatment. Your entire healthcare team is committed to giving you information and answering your questions. When not medically advisable to communicate this information to you, this information will be provided on your behalf to your next of kin or other appropriate person.
- You have the right to know the names of all the people taking care of you and their functions.
- You have the right to have a family member, friend, or support person notified promptly about your admission to the Hospital.
- You have the right to have your personal doctor notified promptly about your admission, and be kept up-to-date about your illness and treatment.
- You have the right to be told by your doctor of any test, procedure, or treatment that has risks, and to give informed consent for this test, procedure, or treatment to be done. In emergencies, or if you are too ill or otherwise cannot understand this information, you have the right to have your family member or friend told.
- You have the right to say “no” to any treatment, and to leave the Hospital at any time. You have the right to hear from your doctor what may happen if you refuse the treatment or leave.
- You have the right to be told by your doctor about any research or donor program that may be helpful to you. You have the right to have all of your questions answered, and then to give informed consent if you wish to become part of the research or donor program. You also have the right to refuse to continue in such a program at any time. If you are too ill or otherwise unable to understand this information, your representative will receive the information, provide consent, and/or discontinue your participation in the research or donor program.

- You have the right to make choices now and to document those choices in case you become too ill to speak for yourself later. This right to choose is called an Advance Directive. You may choose someone to make healthcare decisions for you. You may also choose what treatments you would like or not like to have done.
- You have the right to see all information in your medical record within a reasonable time of your request. If your doctor feels you should not see this information for medical reasons, you have the right to have someone else review your record.
- You have the right to keep your medical record and other healthcare information confidential. You need to know that we are required by law to share some types of information. Also, we need to provide information to your benefits plan in order for your care to be covered.
- You have the right to be informed about continuing healthcare needs to be addressed following your discharge, as well as about recommended methods for addressing those needs.
- You have the right to personal privacy.
- You have the right to visitation from family members, friends, or support persons. You have the right to restrict or limit your visitors. Visitation may be restricted or limited when visitors would interfere with your care or the care of other patients.
- You have the right to receive care in a safe setting and to be free from all forms of abuse, harassment, neglect, or mistreatment.
- You have the right to be free from restraints or seclusion of any form imposed as a means of coercion, discipline, convenience, or retaliation by staff.
- You have the right to get information about the pain you may experience and ways to prevent or reduce your pain. You also have the right to prompt response when you tell us about pain you are having.
- You have the right to have interpreting services, when possible, provided at no charge if you do not speak English.
- You have the right to full information about your Hospital bill if you request it.
- You have the right to full information and counseling on the availability of known financial resources for your health care.
- You have the right to know what Hospital rules and regulations apply to your conduct as a patient.
- You have the right to expect emergency procedures to be implemented without unnecessary delay.
- You have the right to assistance in obtaining consultation with another physician at your request and your expense.

- You have the right to expect good management techniques at the Hospital to use your time effectively and avoid personal discomfort.
- You have the right to good quality care and high professional standards that are continually maintained and reviewed.
- You, when medically permissible, have the right to be transferred to another facility only after you or your representative have received complete information concerning the need for and alternatives to such a transfer. The institution to which you would be transferring must first accept you for transfer.
- You have the right to access an individual or agency authorized to act on your behalf to assert or protect your rights as set forth in this document.
- You have the right to be informed about unanticipated outcomes of care, treatment, and services.
- You have the right to access and receive an accounting of disclosures regarding your own health information as permitted by law.
- You have the right to share your concerns about the care or services you are receiving. If you have a problem or complaint, you may talk with your doctor, nurse, or any member of your healthcare team. You may also call our Patient Advocate at **610-988-8663**. You have the right to contact the Pennsylvania Department of Health, PO Box 90, Harrisburg, PA 17108. *Phone:* **800-254-5164**.
- You have the right to contact Hospital management if a concern you have about patient care or safety has not been addressed. If your concerns cannot be resolved through the Hospital, you may also contact the Joint Commission. *Phone:* **800-994-6610**. *Email:* **complaint@ jointcommission.org**

OUR RESPONSIBILITIES TO YOU

The Reading Hospital accepts these responsibilities as part of our mission to provide you with the healthcare services you need.

- We will provide the best health care possible in a safe, clean, quiet, and pleasant environment.
- We will provide education to help patients and their families understand the illness, what they can do about it, and, when possible, how to stay healthy after recovery.
- We will provide you with options for treatment that may be needed at another facility, as an outpatient, or at home.
- We will provide mental health, spiritual, and social services if requested by you or your doctor.
- We will provide a sign language interpreter at no charge. We will also provide other devices at no charge to assist our deaf and hard-of-hearing patients.

- We will provide a Patient Advocate to receive suggestions on how we can improve our services.
- We will provide you with a Patient Information booklet to help you and your family learn what to expect during your Hospital experience.

YOUR RESPONSIBILITIES TO THE HOSPITAL

To help us help them, our patients have responsibilities to provide the Hospital with certain information and support.

- Please keep your appointments with us.
- Please play an active role in your care.
- Please be open and honest with us about the health and pain management information we give you. Let us know immediately if you do not understand it, or if you feel that you cannot follow the instructions we give you.
- Please tell your doctor and healthcare team about any changes in your health, including any pain you may be experiencing.
- Please report any concerns you may have regarding your safety to any member of your healthcare team or to Hospital management. If your concern cannot be resolved by the Hospital, please contact the Joint Commission. *Phone:* **800-994-6610**. *Email:* **complaint@jointcommission.org**
- Please be considerate of our other patients by following our guidelines on the number of visitors, visiting hours, noise level, and tobacco-free environment. Please be sure that your visitors are considerate also.
- Please help us protect confidentiality and personal privacy – yours and that of our other patients.
- Please provide the benefits plan information necessary to process your Hospital bill.
- Please pay your part of the Hospital bill as soon as possible. If you think you will have problems with your bill, please let us know.

These rights and responsibilities apply to all patients, including children.

- When the patient is a minor, the parent or guardian assumes these rights on behalf of the child.
- When an adult patient is unable to exercise these rights, that patient's legally responsible representative may exercise these rights on behalf of the patient.

Revised 12.10

GLOSSARY OF USEFUL TERMS

Advance Directive — formal document that states your choices for health care if you are unable to speak for yourself, or that names someone to make those choices for you.

Ambulatory Patient — see *Outpatient*.

Anesthesia — medication to prevent pain during surgery and medical procedures. There are three different types: general, regional, and monitored sedation.

- **General Anesthesia** — medication that puts the entire body "to sleep" for surgery.
- **Regional Anesthesia** — medication that numbs certain areas of the body so pain cannot be felt during surgery.
- **Monitored or Conscious Sedation** — anesthesia that allows you to remain conscious, or to sleep lightly during a procedure.

Anesthesiologist — a medical doctor who specializes in administering anesthesia medications.

Blood Transfusion — giving you blood to replace any that may be lost during surgery.

Consent to Procedure — this is a legal form that the patient signs before the operation agreeing to have the surgery and anesthesia recommended. This form is signed only after the patient discusses the risks, benefits, and possible alternatives with the doctor.

ECG or EKG — electrocardiogram, a test that gives basic information about how your heart is working.

Inpatient — patient who stays at the Hospital a day or more before or after surgery.

Intravenous or IV Infusion — the delivery of medications, fluids, or blood directly into the body through an IV line that is inserted under the skin.

IV — abbreviation for intravenous.

OR — abbreviation for operating room.

Outpatient — patient admitted and discharged from the Hospital on the day of surgery.

PACU — post-anesthesia care unit. The PACU is an after-surgery recovery room where patients stay until the anesthesia wears off.

PCA — patient-controlled analgesia. The patient pushes a button to get pain medication through an IV line.

Pneumonia — a serious lung disease that sometimes follows surgery. Controlled coughing can help to prevent it.

Same-Day Surgery — Surgical procedure for an outpatient under either local or general anesthesia or conscious sedation; you will go home the same day of your operation.

Walk-In/Walk-Out Surgery — Outpatient surgical procedure under local anesthesia; you will go home the same day of your operation.

This booklet was written to answer your questions, and explain what will happen before, during, and after your surgery.

Use this space to list any question you may have. Be sure to ask your doctor or nurse.

culture

OF EXCELLENCE

Courtesy • Attitude • Safety • Communication • Compassion

We share our passion for excellence with everyone...every day.

The Reading Hospital and Medical Center
PO Box 16052
Reading, PA 19612-6052

located at: Sixth Avenue and Spruce Street
West Reading, Pennsylvania 19611

www.readinghospital.org

4-4348 Revised 2.11