

# Preadmission Testing

Your care is our highest priority. While you are in the hospital, we make every effort to ensure that you are as comfortable as possible during your surgical experience.

## BEFORE SURGERY

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The preadmission testing department (PAT) assesses, evaluates, educates and prepares patients for surgery. Preadmission testing is authorized prior to surgery by your surgeon or anesthesiologist.

A registered nurse coordinates your tests. Your surgeon receives the results of pre-surgical tests and procedures prior to your scheduled procedure. Hours are: Monday through Friday, 7 a.m. - 5 p.m.

## Hospital Registration

A staff member will call you to verify insurance coverage. If you have not received a call within 48 hours of your scheduled procedure, please contact the admitting department at 251-435-2547.

## Preadmission Testing

Please come to the preadmission testing department within 72 hours prior to your scheduled procedure. A nurse will review your medical history, discuss pre-surgical instructions and coordinate testing. You will also complete admission registration requirements at this time. Bring your insurance card and photo ID. For more information, call 251-435-4123.

## Diet

- DO NOT EAT OR DRINK anything after midnight before surgery unless your physician instructs otherwise (this includes liquids, mints, chewing gum and tobacco).
- DO NOT drink any alcoholic beverages for at least 24 hours prior to your procedure.
- Refrain from smoking for at least 24 hours before your procedure.

## Medication

Bring an accurate list of medications and dosage taken daily. A medication list form is available to download under "Patient Forms" at [infirmiryhealth.org](http://infirmiryhealth.org). Please complete and bring to the hospital.

- If you take blood thinning medicines such as Coumadin®, Plavix®, Pradaxa®, Effient®, Aggrenox®, Xarelto®, Pletal®, aspirin, ibuprofen, Excedrin and BC Powders, ask your doctor if you should stop taking them prior to surgery.
- If you take herbal or weight loss-supplements, or MAO inhibitors (Rasagline® or Azilect®), notify your physician before your scheduled procedure.
- Unless otherwise instructed by your doctor or a member of the anesthesia team, morning blood pressure, seizure and heart pills should be taken the morning of surgery with only a small sip of water.
- Do not take oral diabetic medicines on the day of surgery. If you take insulin for diabetes, ask your doctor if you should take it or how much you should take the day of your surgery.
- You are expected not to smoke or use tobacco products while you are at Mobile Infirmiry or on any Infirmiry Health property. You must notify your physician about nicotine replacement therapy (NRT).

# Preadmission Testing

## Remember

- If you have experienced problems with latex products or have a known latex allergy, notify your physician before your scheduled procedure.
- Leave all jewelry and other valuables at home. No rings, earrings, navel or nose rings or metal of any kind can be worn during surgery. Any items that you are unable to remove, including your wedding band, will be cut off for safety.
- For your convenience, we strongly recommend that you leave unnecessary items, jewelry and valuables at home; luggage may be left stored in your vehicle until your room assignment is made postoperatively.
- **Cardiac patients:** If you have coronary artery stents, an implanted cardiac device or heart valve disease, your cardiologist should be consulted prior to your scheduled procedure. The surgeon and cardiologist can advise you on continuing or discontinuing specific medicines. It is important for the anesthesiologist to know the type of stent or implanted device.
- Dentures, hearing aids, glasses and contact lenses must be removed before surgery (bring appropriate containers).
- If you are having outpatient surgery with anesthesia or IV sedation, arrange for a licensed adult to drive you home. You must have a family member or friend with you to review your instructions and take you home or your surgery may be canceled.
- Call your doctor before the day of surgery if you develop a fever, cold, rash or an open wound.
- Bathe with an antibacterial soap the night before and the morning of your surgery. Do not apply lotions, creams, powders, perfume, cologne, make-up or deodorants after bathing. Do not shave your surgical site at home.
- Remove all nail polish.
- Help us provide a safe and healthy environment for our patients, visitors and employees by adhering to our tobacco-free and weapon-free guidelines.

## MORNING OF SURGERY

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### Checking In

- Bring your insurance card and photo ID.
- Wear loose fitting and comfortable clothing.
- Bring all forms or records from your personal physician concerning preparation for surgery and/or post-operative care. If you use a CPAP machine at home, bring it with you. Your physician may provide a copy of your X-rays on a CD. If so, bring it on the day of surgery. You may also bring a copy of your personal advance directives. This may include a living will and durable power of attorney for healthcare. Advance directives are given to doctors and family in case you become unable to make decisions for yourself.
- Check in at the time that your surgeon asked you to arrive. This should be two hours prior to the scheduled procedure. Main surgery patients register in the main lobby admissions. Patients having surgery in outpatient surgery department should register in the outpatient surgery registration adjacent to the atrium.
- When paperwork is complete, you are escorted from the admissions desk to change clothes and have your vital signs, height and weight measured and recorded. Family will wait in the atrium. One visitor will be escorted to stay in the pre-op area after preparation is complete.

## Anesthesia

An anesthesiologist visits you and discusses choices for anesthesia care, along with the risks and benefits associated with different anesthetic options. You and your anesthesiologist determine the type of anesthesia best suited for you.

## Surgery Case Time

Unplanned emergency cases may occur and cause changes in the operating schedule. These unexpected delays cannot be prevented. We appreciate and ask for your patience. We will keep you and your family updated on changes.

## AFTER SURGERY

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After surgery, you are taken to the post-anesthesia care unit (PACU) or the surgical intensive care unit (SICU), where you are closely monitored until you are discharged or moved to an inpatient room. The patient representative in the family waiting area (Atrium) relays information to your family about your condition.

## Outpatients

With outpatient surgery, visitors are permitted once you are awake, alert and preparing for discharge.

## Inpatients

Your family may visit when you are transferred to your room after surgery. However, if you are in the PACU for a longer period of time, your family may be allowed to visit at specified times. Visitation is limited. If you have a large family, please designate two family members to visit. At times, due to unforeseen circumstances, visitation may be delayed. Children under the age of 12 need special permission to visit from the nurse in charge of your care.

## Visitation

**Visiting hours, PACU:** noon, 4 p.m. and 6 p.m.

**Visiting hours, SICU:** We encourage visitation from 8 a.m. to 8:30 p.m. Decisions concerning visitors are coordinated with the patient, family and staff to meet the patient's needs.

## RECOVERY

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After surgery, you may be confined to bed for a period of time. As a result, your body, including the blood system and lungs, require exercises to remain in the best possible condition. You should gradually increase your activity level.

Staff members may ask you to take deep breaths and cough. Deep breathing and coughing help prevent mucous from building up in your lungs, which can lead to pneumonia.

## Outpatients

Most outpatients are discharged two to three hours after surgery, however your doctor will decide when you are ready for discharge. Your nurse will provide instructions for care at home, and it is important to follow these instructions. Please ask questions to ensure that you understand all instructions. Follow the doctor's orders for your diet at home.

## Inpatients

Once in your room, the nurse encourages you to cough and take deep breaths. You are given a device called an incentive spirometer, which assists you to take deep breaths. Taking deep breaths and coughing help to keep your lungs in shape and prevent pneumonia.

- Breathe in through your mouth (moving your chest out as far as possible); then breathe out through your nose slowly (try to blow all of the air out of your lungs)
- Begin as soon as you wake up in PACU
- After taking deep breaths, try to cough up mucous
- Cough deeply from your lungs, not the back of your throat
- One or two deep breaths are better than shallow ones
- Complete exercise every two hours for the first few days until you are able to get up and walk around

Lying in one position may cause blood circulation to slow in your legs. Walking and turning in bed help blood flow return to normal and keep your muscles strong. Your caregiver may also instruct you on the use of equipment to prevent complications such as blood clots. This equipment should not be removed from the hospital. While in the hospital, you may receive intravenous fluids. Your doctor decides when to progress your diet back to normal. Once admitted, you are given a managing pain brochure.

## Exercises

- Make circles with both ankles—first one way, then the other
- Flex and release ankles
- Tighten buttocks
- Complete exercise every two hours, repeating each exercise 10 times

The nurse explains how to perform the exercises. There may be certain circumstances when these exercises should not be performed. If so, you are informed by your nurse.

## CONTACT YOUR DOCTOR

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You should contact your doctor if any of the following occur:

- A fever higher than 101°F
- A rash around the incision
- Unusual redness or drainage around the incision
- Bleeding from the incision or an open incision
- Medicine fails to control the pain

*MyiH*chart.com

Access your online health records through a web browser or smartphone app.

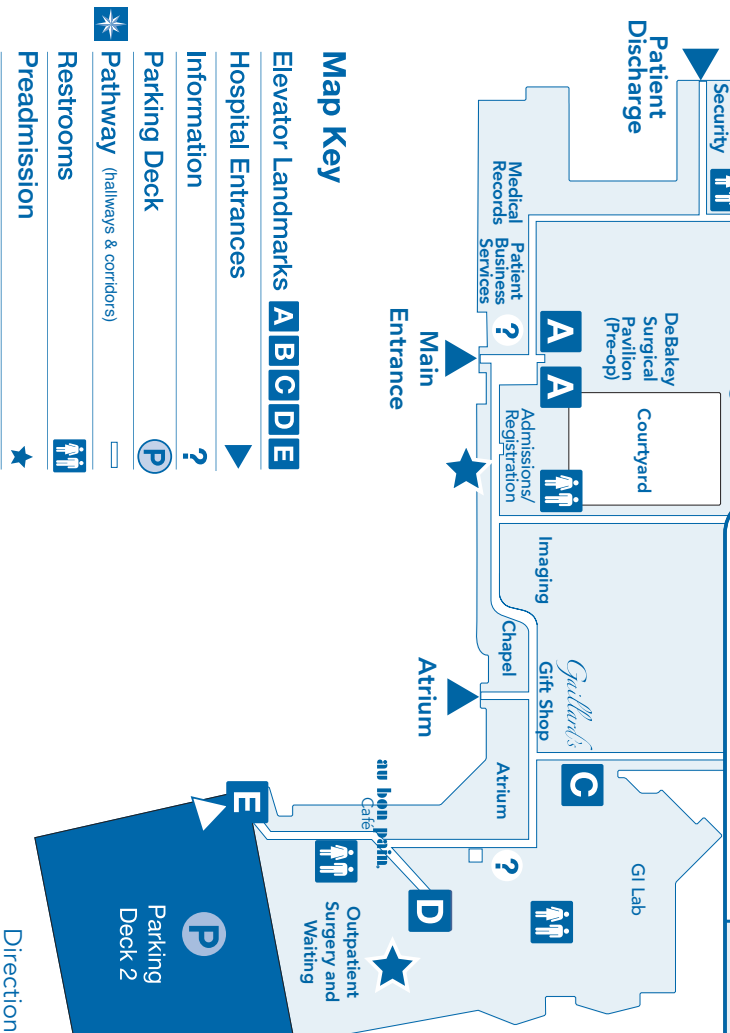
For directions to Mobile Infirmary, call 251-435-6915.



**More, devoted to your care.**

5 Mobile Infirmary Circle, Mobile, AL 36607  
251-435-2400

Location	Floor	Location	Floor
Auditorium	Ground Floor	MRI/CT Scan	Ground Floor
Childbirth Education Classroom	Second Floor	Neurodiagnostics	Second Floor
Coronary Care Unit (CCU)	Third Floor	Neuro Intensive Care Unit (NICU)	Second Floor
Dialysis	Third Floor	Oakhill Café	Ground Floor
Electrodiagnostics	Third Floor	Post-Anesthesia Care Unit (PACU)	First Floor
Emergency Room	Ground Floor	Patient Rooms 2100-2700s	Second Floor
Heart Cath Lab	Third Floor	Patient Rooms 3100-3800s	Third Floor
Infirmiry Guesthouse	Fifth Floor	Patient Rooms 4100-4600s	Fourth Floor
Infirmiry LTAC Hospital	Fourth Floor	Patient Rooms 5100-5800s	Fifth Floor
J.L. Bedsole/Rotary Rehabilitation Hospital	Third Floor	Pediatrics	Second Floor
J.L. Bedsole/Rotary Rehabilitation Hospital - Therapy Area	Second Floor	Pulmonary Services	Ground Floor
Labor and Delivery & Newborn Nursery	Second Floor	Radiation Oncology	Ground Floor
Medical Intensive Unit (MICU)	Fourth Floor	Sleep Lab	Fifth Floor
		Surgical Intensive Care Unit (SICU)	First Floor



### Map Key

Elevator Landmarks **A B C D E**

Hospital Entrances **▶**

Information **?**

Parking Deck **(P)**

**\*** Pathway (hallways & corridors)

Restrooms **♿**

Preadmission **★**

**BREATHE EASY**

We are tobacco free

**INFORMARY HEALTH**

*myHchart.com*

Access your online health records through a web browser or smartphone app.

Directions to Mobile Infirmiry: 251-435-6915

## Medication List

For your convenience, a universal medication list is located on our website. Log on to infirmarhealth.org. Click on "For Patients," then "Preparing for Surgery" to locate the list.

Name	Dose	Frequency

## Allergies


Patient Name: \_\_\_\_\_