

## A Guide for Patients

Your health is our priority. When you need outpatient surgery to help you maintain, improve, or restore your health and physical well-being, the board certified surgeons, anesthesiologists, and medical professionals of Adams Memorial Hospital are available.

The staff of Adams Memorial Hospital is dedicated to providing adults and children with the best care possible. Working as a team, we combine our years of medical training and experience with the most advanced technology currently available for complete and effective outpatient surgery.

## Your Outpatient Surgery

Outpatient surgery is a safe, comfortable option for your procedure. Adams Memorial Hospital is equipped with the latest technology and equipment and is dedicated to meet the demanding standards of outpatient medical care and service.

Outpatient surgery means you can return home the same day. At home, you can rest and feel better surrounded by the people and things that are familiar and comfortable to you during your recovery. Of course, hospital admission is immediately available if it becomes necessary. You will never be dismissed from the hospital until you are medically ready.

## Your Inpatient Surgery

Some procedures require an inpatient stay of two or more days in the hospital. Your surgeon will inform you if you will need to stay longer than overnight. The experienced nursing staff will care for your needs until you are discharged home.

## Pre-Registration

Pre-registration can be completed anytime before the day of surgery. Please stop by the admitting department to pre-register or call 260.724.2145 with questions.

## Laboratory Testing

Laboratory testing may be ordered by your physician or surgeon to ensure that you are physically prepared for your surgery. These tests should be completed 1-3 days **before** your scheduled surgery. That enables the test results to be processed and reviewed by the surgeons and staff in the hospital before your procedure. Please schedule your laboratory testing through your physician's office in advance of your surgery. **If you do not have these tests before** you arrive for your surgery, we may need to reschedule your surgery.

## Your Scheduled Surgery

Your surgery has been scheduled to provide ample time for your procedure and recovery. For this reason, most of the surgeries in the hospital are scheduled for the morning. If you become ill within 1-2 days of your scheduled surgery, call your physician or the hospital. We want you to be in the best of health at the time of your surgery. An illness may require a change in the surgery schedule.

When you arrive for your surgery, please bring these items with you:

- A list of your current medications
- A list of any over-the-counter or herbal medication taken on a regular basis
- Your insurance/medical verification card

If for any reason (such as a change in your health or weather conditions) you are unable to arrive for your scheduled surgery, please call the hospital at 260.724.2145 ext. 1876, 260.589.3913, or 260.639.3809.

## Preparing for Your Surgery

To prepare for your surgery, you must:

- Not eat or drink, not even water, after midnight the night before your surgery unless your physician instructs you to do so
- Avoid taking aspirin or products containing aspirin two weeks before surgery, unless otherwise directed by your physician. Regarding other medications, check with your physician
- NOT smoke or chew tobacco, after midnight the night before your surgery
- Leave your valuables/jewelry at home
- Wear comfortable clothing
- Make arrangements for someone to drive you home. You will only be dismissed in the care of a responsible adult.
- Do not wear nail polish on fingers or toes. Keep make-up to a minimum, none is preferred if possible
- If you are admitted to the hospital please bring your own toiletries such as: toothbrush and toothpaste

Before your surgery, your family or other loved ones will be able to remain with you in the pre-operative area. Please limit the number of family members to two or three in the pre-admission area. Throughout your surgery, you will have medical care provided by a professional nursing and clinical staff.

A private waiting area for family and friends is provided while you are having your procedure. Please leave young children with a responsible adult in the waiting area provided. After your procedure, young children will be permitted to see you for a short time.