

NEMAHA COUNTY HOSPITAL
INSTRUCTIONS FOR PATIENTS
SCHEDULED FOR OUTPATIENT SURGERY WITH MONITORED ANESTHESIA CARE

It is wise to be familiar with your insurance policy and its guidelines and to check with your company as to whether they require you to obtain pre-certification prior to your surgery. In order to provide you with the care, the following guidelines apply:

1. Notify your physician's office that surgery has been scheduled and you need an appointment for a short-stay physical. This is an abbreviated form and is less than what is required for major surgical procedures. This must be done within 30 days of your surgery.
2. We request that you have nothing to eat or drink after midnight the evening before surgery. Your surgery will have to be cancelled if this is not done.
3. You should present yourself to the receptionist at the front desk, or the nurses station if the receptionist is not there. You will need to be at the hospital a minimum of two hours prior to your surgery time. Please bring any insurance cards or forms with you. Please wear comfortable clothes and leave anything that is not a necessity at home, such as jewelry, large amounts of money, or other valuables. If you wear contact lenses, please wear your glasses. It would be helpful if you could bring slippers if you have them available.
4. You will be given an antiseptic soap to take a bath or shower with prior to your arrival at the hospital. This may be done the morning of the surgery. The soap is not meant to be used in the eyes or ears. If it accidentally should, rinse out promptly and thoroughly with water. Please put on freshly laundered clothes for the trip to the hospital.
5. Please make arrangements for someone to drive you home from the hospital after your surgery. You will not be allowed to drive yourself home. It is suggested someone stay with you after surgery for the first 24 hours.
6. Ask your physician if you should take your regular medications if you are on any. If you are on any aspirin or blood thinners, please bring that to his attention. This includes anti-platelet medications and synthetic coumadin medications like Plavix, Pletal, Aggrenox, Effient, Brilinta, Xarelto, Eliquis, Pradaxa. These may need to be stopped several days before surgery. Please take any prescribed heart /blood pressure medications. It would be helpful to bring a list of any medications you are taking, including the dosages, when last taken, and a list of allergies. Bring any inhalers with you to the hospital. Please notify us if you are diabetic.
7. We will do everything possible to make your stay a pleasant one. Our nurses will provide you with a post-operative instruction sheet and home going medications, and they will review these with you before you leave the hospital. Be sure to follow your instruction sheet upon returning home. It is normal to feel dizzy and a little sleepy for several hours after your operation, therefore, you should not drive, drink alcoholic beverages, or make any significant decisions until this feeling is completely gone (usually 24 hours).

If you have any other questions, please contact the Surgery Department at the hospital. The number is (402) 274-4366, extension 6137 or voice mail at 274-6137.

SURGERY DATE: _____

ARRIVAL TIME: _____

SURGERY TIME: _____