THE UNIVERSITY OF CHICAGO MEDICAL CENTER

PREPARING FOR YOUR SURGERY OR PROCEDURE
We appreciate your choosing the University of Chicago Medical Center (UCMC) for your surgery or procedure. UCMC has been at the forefront of medicine for more than 75 years — delivering extraordinary care to patients from all parts of the world. Our surgeons have extensive experience and in-depth expertise in the surgical procedures they perform. Whether your surgery is simple or complex, inpatient or outpatient, you can be certain you are in excellent hands.

The guidelines that follow can help you have a safer and more comfortable experience by preparing you for what to expect the day of your surgery. Please be sure to follow them carefully, unless your surgeon directs you otherwise. If you have any questions, please contact your surgeon’s office.
GETTING READY FOR SURGERY

Pre-surgery appointments Be sure to go to any pre-surgery appointments your surgeon sets up for you. If you fail to show up for these appointments, your surgery may be cancelled.

Hospitalization If you will be hospitalized for your surgery, please ask for a copy of the brochure Preparing for Your Hospital Stay and read it carefully prior to arriving.

Insurance Please contact your insurance company to ask about obtaining authorization for your surgery and how much of the cost will be covered. Please call (773) 702-6000 if you are being admitted and require any assistance before or after your surgery. Please call (773) 702-3384 if you are having outpatient surgery.

IMPORTANT PRE-SURGERY INSTRUCTIONS

Your surgeon’s office should have specified a time-frame prior to surgery in which you should not eat or drink. Do not eat food or drink liquids during the number of hours prior to surgery instructed by your surgeon’s office. If you have questions, please contact your surgeon’s office.

Do not drink alcoholic beverages or take any drugs not authorized by your surgeon for 24 hours prior to surgery.

Do not smoke after midnight prior to having surgery. Smoking can cause gastric secretions that interfere with the anesthetic you take to go to sleep during surgery. It is also a good idea not to smoke after surgery as it can impede healing.
Several weeks before your surgery, ask your surgeon if you should stop taking:

- pain medications such as Advil (ibuprofen), Motrin (ibuprofen), Aleve (naproxen), Tylenol (acetaminophen), and aspirin
- anticoagulants such as Coumadin (warfarin), Plavix, Levnox, and heparin
- allergy medications
- herbs and vitamins
- birth control pills

Be sure to ask your surgeon’s office before discontinuing use of any of the above medications.

On the day of your surgery, bring a written list of the medications you are taking, as well as the dosages and frequency with which you take these medications.

To reduce the chance of infection, shower or bathe within 12 hours of your surgery. If possible, you should use antimicrobial soap, such as Hibiclens antiseptic skin cleanser, available at your local pharmacy. If your surgeon’s office instructed you to use disposable wipes or a special soap, please do so according to those instructions.

Obtain prescriptions for post-operative medications before surgery, if possible, and take your medications as prescribed.

Post-operative follow-up is very important. If you are having surgery on an outpatient basis and do not already have a post-operative appointment scheduled, ask your surgeon’s office whether you should make your appointments before your surgery or immediately after. If you are being admitted to the hospital after your surgery, make your post-operative appointments at the time you are discharged.

Contact your surgeon’s office if you develop a cold, fever, or other illness before surgery because your surgery may need to be postponed.
We understand that your time is important. Therefore, only when another patient is in imminent danger and requires surgery immediately will we delay or cancel your surgery. We appreciate your understanding in case of such an emergency. Arrange to have a responsible adult — a family member or friend — accompany you the day of surgery, remain in the hospital during your surgery, and, if you are an outpatient, take you home after your surgery. If you are an inpatient, arrange to have a responsible adult take you home when you are discharged.

Have the responsible adult who accompanies you to the hospital hold on to your eyeglasses, dentures, and/or hearing aid while you are in surgery. Ask him or her to find out when you are expected to be out of surgery and to be there for you at that time. You should not wear jewelry of any kind to your surgery (including rings). If you do wear jewelry to the hospital by accident, ask the adult who accompanies you to hold onto it.

AFTER YOUR SURGERY OR PROCEDURE

Your surgeon will provide you with instructions to follow at home. Please follow them carefully to assure a smooth recovery.

NEVER drive an automobile, operate dangerous machinery, or undertake business matters that require totally clear thinking on the same day as your surgery or procedure. In fact, you should NOT engage in any of these activities until your surgeon has cleared you to do so.

Follow your surgeon’s instructions regarding bathing and showering, lifting restrictions, and follow-up exercises or physical therapy, if any.

Notify your surgeon’s office immediately if you experience any bleeding or drainage from the operative site, have unusual redness or pain, or start running a temperature over 101°. Be on the lookout for other “danger signals” to which your surgeon may alert you.
WHENEVER YOU HAVE QUESTIONS

From Monday through Friday, 8:30 a.m. to 4:30 p.m., call your surgeon’s office. On weekends and after business hours, call (773) 702-6800 and ask the operator to page the physician on call.

WHEN YOU COME FOR SURGERY

PARKING AT THE MEDICAL CENTER

Valet Valet parking is HIGHLY recommended. The cost of valet parking is similar to the cost of self parking.

• If you are having surgery at the Bernard Mitchell Hospital (also known as the General Operating Rooms), you may leave your car with the attendant at the Maryland Avenue entrance to the Mitchell Hospital, directly across from the garage, from 5:30 a.m. to 6 p.m.

• If you are having surgery at the Duchossois Center for Advanced Medicine (DCAM), you may leave your car with the attendant on the circle drive in front of the DCAM at 5758 S. Maryland from 6 a.m. to 6 p.m.

Cars are delivered up to 9 p.m. Monday through Friday and up to 4 p.m. on Saturday. Please do NOT tip the parking attendant as this is against Medical Center policy.

Self park Self parking at the University of Chicago Medical Center can be difficult. It may take you a very long time to find a parking space. If you choose to self park, please arrive at least 20 minutes earlier than instructed by your surgeon’s office to allow time to find a space. If you are unable to find a parking space, we recommend that you bring your car back to the valet to be parked.

Discount sticker Be sure to ask a Mitchell Hospital or DCAM staff member for a discount sticker as it will reduce your cost. Discount stickers are available throughout the clinics and in the surgery family waiting rooms.

Parking coupon books containing 10 parking coupons are also available at the Parking Office in the garage at 5840 S. Maryland Avenue or at the valet cashier’s window on the far right-hand (east) side of the DCAM lobby. These will reduce parking costs if you or your family are returning for multiple visits. A Patient and Visitor Parking flyer, which includes current parking rates and other detailed information, may be obtained at either of these locations or online at www.uchospitals.edu/pdf/uch_006371.pdf.

If you have additional questions about parking, please call the parking manager at (773) 702-4381 from 7 a.m. to 4:30 p.m., Monday through Friday.
ENTERING THE MITCHELL HOSPITAL OR DCAM

For patients having surgery in the main Mitchell Hospital Operating Rooms (also known as the General Operating Rooms (GOR)):

Patients should enter through the Mitchell Hospital entrance on Maryland Avenue (near the intersection of 58th Street). Mitchell Hospital’s doors are open 24 hours a day, seven days a week. Take the elevator from the ground level up to the lobby on the second floor. If you self park in the garage, you may walk through the enclosed pedestrian bridge which links the garage “bridge level” floor to the second floor of Mitchell Hospital.

PLEASE NOTE: The walk from the Mitchell Hospital entrance to the Surgery Family Waiting Room check-in point is more than 1/8 mile. For wheelchair assistance, please ask the valet attendant or the security attendant at the Mitchell Lobby Information Desk.

For patients having surgery in the Duchossois Center for Advance Medicine (DCAM) Operating Rooms:

Patients should enter the DCAM through the main entrances on 58th Street by the circle driveway. A curbside attendant can provide a wheelchair if you need one. If you park in the garage, you may prefer to walk through the enclosed pedestrian bridge, which links the “bridge level” of the garage with the second floor of the DCAM.

CHECKING IN AT MITCHELL HOSPITAL OR DCAM

Upon arrival at the Mitchell Hospital on the day of surgery, please stop at the Information Desk at the Mitchell Lobby for directions to the Surgery Waiting Room or Admission Services. If you are being admitted to Mitchell Hospital, you will need to register at Admission Services (773) 702-6233 in room TS-200, located off the second floor lobby, or in Surgery Waiting Room P-211. The Mitchell Hospital P-211 Surgery Waiting Room is open Monday-Friday, from 5:30 a.m. to 7:30 p.m.

Upon arrival at the DCAM on the day of surgery, please go directly to 2C. The DCAM 2C Waiting Room is open Monday-Friday, from 5:30 a.m. to 6 p.m.
FAMILY WAITING AREAS

While you are having surgery, family members may wait in lounge areas. If you are having surgery in Mitchell Hospital (also known as the General Operating Rooms or GOR), they may wait in Surgery Waiting Room P-211 — (773) 702-6545. If you are having surgery in the DCAM surgical unit, they may wait in DCAM Surgery Waiting Room 2C — (773) 702-3131.

Progress Updates Our goal in the surgery waiting rooms is to keep your family and friends updated on the status of your surgery. Please ask your family to tell the attendant in the waiting area where they will be waiting, so the surgeon or nurse can give them information on your status during and after your surgery. Pagers are available to them should they need to leave the waiting area for an extended period of time.

Food Food and drinks are not allowed in the waiting areas. However, there are a variety of food options in the Medical Center as well as across the University campus. Your family can ask the receptionist in the waiting room for the nearest dining locations.

Internet The Mitchell Hospital Waiting Room P-211 has two Internet accessible computers for your use free of charge. Wireless Internet access is available free of charge in Mitchell Hospital and the DCAM (including both surgery waiting rooms), should your family choose to bring a laptop while they wait.

For additional information, visit our Web site: www.uchospitals.edu/visitor/resources/internet.html.
CREATING AN ADVANCE DIRECTIVE

You have the right to make informed decisions about your healthcare, including the right to refuse treatment offered to you. You may also give directions, in advance, about your wishes for healthcare should the time come when you cannot communicate your wishes to others.

If you have an advance directive, such as a living will or durable power of attorney for health care, please bring a copy of it with you at the time of surgery.

If you do not have an advance directive and wish to create one in advance of your visit, please call Social Work at (773) 702-1807 or Spiritual Care at (773) 702-6246 and ask them for help.

You may download the forms for advance directives by visiting our Web site at www.uchospitals.edu, clicking on Patient & Visitor Information on the left-hand side, clicking on For Your Appointment on the left-hand side, and clicking on Things to Consider.

If you are being hospitalized prior to your surgery and wish to create an advance directive while you are here, look for the booklet Planning for Your Medical Care in your admissions packet when you arrive. If you do not receive this booklet in your admissions packet, please contact Admission Services at (773) 702-6233 and ask them to send it to you. To obtain help in creating an advance directive with this booklet, please call Social Work or Spiritual Care. A trained professional from either of these departments can talk you through your options and witness your advance directive for you.

PRIVACY ISSUES

Due to patient privacy regulations, staff at the Medical Center cannot release any information about you to your family and friends without your permission. When you are being admitted for surgery, a staff member will write down your access code on a blue, business-size card. Give this access code to the people you want to be able to obtain information about you. Family members who have your access code and are waiting in the Mitchell Hospital or the Duchossois Center for Advanced Medicine (DCAM) will be given information in person as soon as possible.
PLANNING AHEAD FOR YOUR DISCHARGE FROM THE HOSPITAL

Most of our patients are able to return home after discharge. Some, however, may require help at home or need to be transferred to another facility, such as a physical rehabilitation center or skilled nursing facility. Your care team will review your needs while you are in the hospital to make sure that you are safe and well enough to be discharged. It is important that you tell your doctor or nurse of any concerns you have about your discharge. The more you and your family are involved in planning for your discharge, the more ready you will be when it is time for you to leave the hospital.

If you have questions about discharge plans before you come into the hospital, ask your doctor or call the Social Work Department at (773) 702-1807 or the Case Management Department at (773) 795-5500. Once you are in the hospital, tell your nurse or any other member of your care team that you would like to speak to a social worker or a case manager about your discharge.

WE APPRECIATE YOUR CONFIDENCE

All of us here at the Medical Center appreciate your trust in us and will do everything possible to assure you receive the top quality care and courteous treatment you expect. We welcome your comments.

Please ask any staff member for a comment card. If you receive a patient satisfaction survey in the mail, please be sure to fill it out and send it back to us.

PLEASE NOTE: In addition to this brochure, your surgeon’s office likely provided you with other materials with instructions. If any instructions in these materials differ from the information contained in this brochure, the instructions in the other materials should take priority.

PRE-SURGICAL CHECKLIST

(Complete before leaving home)

☐ No jewelry is being worn
☐ A responsible adult is accompanying you and a ride home has been arranged
☐ Instructions for not eating/drinking have been followed
☐ Special wipes or soaps have been used to cleanse site of surgery (if instructed by surgeon)
☐ Bring a copy of your durable power of attorney for health care or living will if you have one

For more information, go to www.uchospitals.edu or contact your surgeon’s office.
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