

Preparing for Your Surgery at Inova Mount Vernon Hospital

Welcome to Inova Mount Vernon Hospital

Thank you for choosing our hospital. Our entire staff has a commitment to provide world-class healthcare. We look forward to ensuring your experience here is excellent. Please carefully read through this brochure, which should answer most of your questions about your upcoming procedure.

Surgery Date/Time: _____

Arrival Location, Day of Surgery: Please refer to the map on the back cover of this brochure. Use the Yellow Entrance and check-in at the registration desk. Parking is available at the Yellow Entrance; free valet parking is available at this entrance.

Your Checklist Prior to Surgery

- Complete on-line medical history at www.inova.org/omp
- Schedule your pre-surgical interview appointment at least two weeks before your surgery, if possible.
- Pre-surgical interview completed.
- Laboratory tests, EKG, X-ray results, history and physical etc, completed (if applicable).
- Fax results of any of the above tests to **703-664-7095**.

Your Checklist the Day Before Surgery

- If you are scheduled for outpatient surgery, verify arrangements for a responsible adult to accompany you home. Public transportation (i.e., bus or taxi) is not a satisfactory method of transportation.
- Review and follow the dietary restrictions provided in this brochure or per your surgeon's instructions.

Your Checklist on the Day of Surgery

Please arrive 2 hours before your surgery time.

- Please leave your valuables at home. Remove all jewelry, including any body piercings. The hospital is not responsible for valuables.
- You may wear glasses (no contacts), dentures and hearing aids as needed. They will be removed before your surgery, so please bring your storage case(s) for these items.

- Shower with an anti-bacterial soap.
- Do not shave your surgical site.
- Shampoo your hair but do not apply any extra hair-care products.
- Do not use any perfume, hair-care products or body lotions.

Please remember to bring:

- Drivers license or other current legal photo ID.
- Insurance card(s) — To avoid billing issues and delays, be sure your legal picture ID card matches the name on your insurance card(s).
- Insurance co-pay (cash, check, VISA, MasterCard or money order).
- Previous X-rays, MRIs or CTs (if necessary).
- Advanced directive, living will or durable power of attorney, if available.

Special Instructions

Welcome to Surgical Services at Inova Mount Vernon Hospital

Our goal is to provide excellent, safe care, and make you as comfortable as possible before, during and after your surgery.

This brochure explains how to prepare for, and what to expect from, your surgical experience. There are certain diagnostic tests that may be required before your surgery date. Please follow your physician's instructions.

Patient Interview

Once your surgery/procedure date is known, call the Inova Pre-surgical Scheduling office at **703-664-8385** to schedule your interview appointment. Have the following information available:

- Surgeon's name
- Type of surgery
- Surgery date

Have available the name and phone number of any physician you have seen for a medical problem in the last three years. (Cardiologist, Nephrologist, Gastroenterologist, etc.) At this time, you will be scheduled to speak with a nurse for either a telephone interview or in-person interview, based on your particular surgical needs. During this interview we will review your medical history and provide important information needed to properly prepare you for your surgery.

Please have a list ready of your previous surgical history and all medications you are taking, as well as how often and what dose you take. Be sure to include your blood-pressure medications, diet pills, herbal supplements, vitamins or any other types of medication/pills. Please tell your surgeon about medications you are taking before you go for your lab tests.

You may be asked to either visit Inova Mount Vernon Hospital or go to your primary-care physician so that additional tests may be performed.

We can perform tests that your physician orders if your insurance carrier allows the hospital to do so. Have all laboratory, radiology, EKGs and consults (cardiac, renal, respiratory) and history and physical completed by your primary care physician and faxed to **703-664-7095** or bring them with you for your pre-surgical interview.

If a phone interview is scheduled, it still may be necessary to have labs, EKG, etc., faxed to presurgical testing for review. To ensure adequate time to review, please fax all pre-op history (i.e., EKG, labs, consultations) to the Surgical Liaison Office as soon as it is available, or at least three working days prior to your surgery date (excluding holidays and weekends). This will allow time for follow-up and avoid delaying your surgery.

Registration and Financial Arrangements

A member of the financial coordinator team will:

- Contact your insurance carrier to verify benefits. Please contact your carrier regarding its requirements for pre-certification or pre-authorization.
- Telephone you to complete the registration process and confirm your contact and insurance information.
- Discuss and make arrangements with you for any financial responsibilities not covered by your insurance carrier.

Most health insurance policies have a coinsurance clause, co-pay, and/or a deductible, which are the amounts not covered under insurance that you are required to pay toward your bill. We will try to contact you before your surgery to let you know what your cost may be. If we are unable to reach you, you should be prepared to pay any applicable coinsurance and/or deductible before your surgery.

Payment on the day of service may be made by cash, VISA, MasterCard, check or money order.

Patients without insurance should be prepared to pay 50 percent of the estimated cost 30 days prior to surgery, with the balance due the day of surgery. Patients unable to pay the full amount prior to surgery must have a completed and approved MediCredit application on file. For further information, please contact a member of the financial coordinator team at **703-664-7454**. Uninsured joint replacement patients should call **703-664-7079**.

If you need assistance regarding your bill, please contact our Patient Accounts Customer Service department at **703-645-2899**.

Important Phone Numbers You May Need

Inova Pre-Surgical Scheduling Office	703-664-8385
Surgical Liaison Office (pre-operative nurse interview)	703-664-7046
Surgical Liaison Office Fax (testing results)	703-664-7095
Same Day Surgery Office	703-664-7040
Financial Counseling	703-664-7454

If You Need to Cancel Your Surgery

If you develop a cold, fever, persistent cough, infection or become ill within 48 hours of your surgery, or if you need to cancel for any reason, call your surgeon.

Preparation for Surgery

Failure to follow eating and drinking restrictions could increase the risk of complications and lead to cancellation of your surgery. Do not eat or drink after midnight the night before surgery. This includes candy, mints and chewing gum. If your

physician or surgeon has instructed you to take medications the morning of surgery, please do so with a sip of water.

To reduce bacteria on your skin:

1. Bathe or shower the morning of surgery with anti-bacterial soap.
2. Do not apply lotion, perfume, cologne, or hair-care products.
3. Do not shave your surgical site at home before surgery.
4. Do not wear makeup, jewelry (including body piercing), watches, earrings or rings.

Make Plans for Transportation

You must arrange to have someone drive you home after your surgery. Public transportation (i.e., bus or taxi) is not a satisfactory method of transportation after outpatient surgery. In addition, someone should stay with you at home for 12 to 24 hours after your surgery.

Your escort is welcome to wait in our waiting area or may pick you up at the Yellow Entrance after you have had time to recover. We suggest only one person accompany you and we request that your escort does not bring children.

If the surgery will interfere with your vision or ability to use your arms, hands, legs or feet, have someone accompany you when you arrive. Otherwise, you will need to provide us with phone numbers to contact your ride. If you have been using splints, slings or crutches before the operation, bring them with you.

Special Instructions for Children

Children preparing for surgery require special attention. For example, it is reassuring for children to have a favorite small toy or familiar item from home. In addition, parents should be aware of dietary restrictions and make sure children follow them exactly, especially the morning of surgery. You will be given eating and drinking instructions for your child.

Patients under 18 must be accompanied by a parent or legal guardian on the day of surgery or for any required pre-testing during the surgical process. It also is necessary for the parent or legal guardian to sign an Informed Consent for Surgery form for children under age 18 before their surgery takes place.

One parent will be allowed in the Post-Anesthesia Care Unit (PACU), at the nurse's discretion, when your child is awake. When it's time to leave the hospital, we suggest two adults be available in case your child needs comforting or special care.

Day of Surgery

Parking: All parking is free. Free valet parking is also available.

Sign In: When you and your escort arrive at the Yellow Entrance, please report to the registration desk to sign in.

Interview: Several members of our staff will ask you questions to help ensure your safety during surgery. Be sure to ask any questions you may have, as well.

Change Clothes: You will change into a hospital gown, cap and slippers.

Getting Ready for Surgery: Most patients receiving anesthesia will receive intravenous fluids. You will be taken to the operating suite on a stretcher. Again, be sure to ask any questions you may have.

Operating Room: Once you arrive in the operating suite, medical staff will help you move onto the operating table. You will notice many lights over your head. The room will probably feel cool. The operating room nurse and anesthesia provider will explain everything to you, and they will remain with you during surgery.

After Surgery

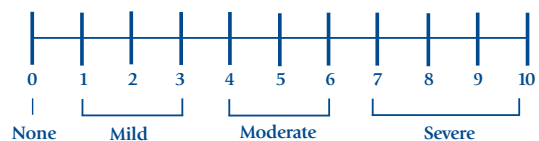
Recovery: After surgery, you will be taken to the recovery room, also known as the Post-Anesthesia Care Unit (PACU). You will be monitored until most of the anesthesia wears off.

After you have recovered in the PACU your escort can join you. If you are to be admitted overnight, you will go to the PACU, then taken to a patient room, and your family will be notified.

Pain Control: Although some pain can be expected as your body responds to surgery, your nurse and physician will work closely with you to provide medications to reduce your pain. Because each patient and pain experience is different, your nurse will ask you to rate your pain according to the following scale:

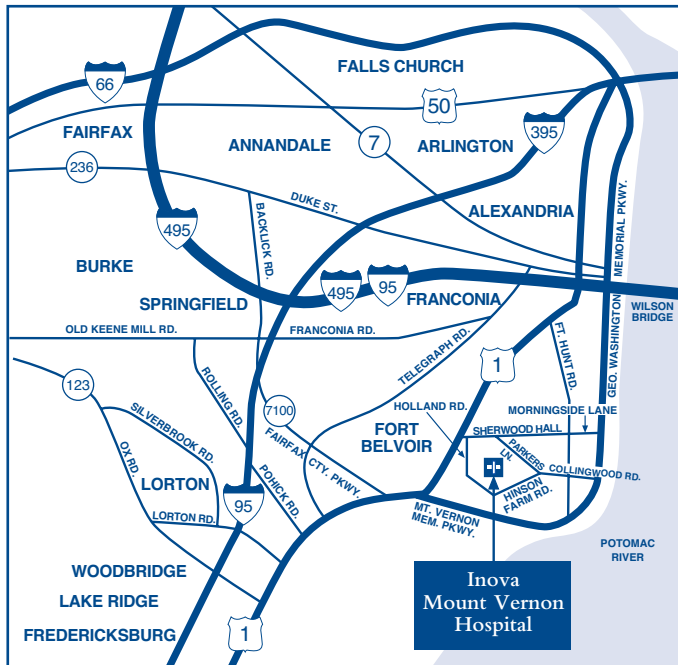
Pain Assessment Scale

Choose a number from 0 - 10 that best describes your pain.



At Home

You will receive a post surgery/discharge phone call from a surgical nurse, usually 24 hours after your procedure. If you do not receive a call, or if you have questions or comments, please call 703-664-8297.



Inova Mount Vernon Hospital—703-664-7000 2501 Parker's Lane, Alexandria, VA 22306

From Virginia: Take 95/495 (Capital Beltway - Outer Loop) toward Baltimore. Follow signs for **Local Traffic 95/495** to Exit 177A South - Route 1, Fort Belvoir. Travel south on Route 1 for approximately four miles, and turn left at Sherwood Hall Lane. Turn right after the first light onto Holland Road. The hospital entrance is on the left.

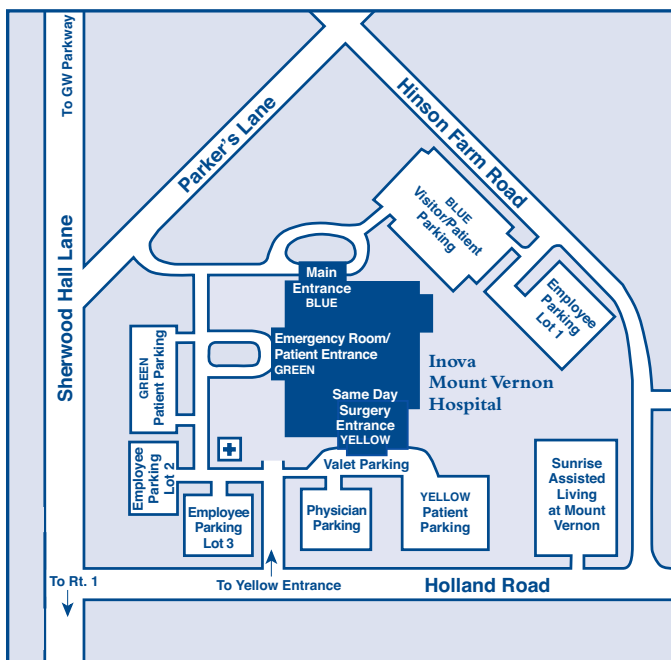
From the George Washington Memorial Parkway: From Old Town Alexandria, after crossing 95/495, drive approximately three miles south on the George Washington Parkway. Exit right onto Morningside Lane. After the first traffic light, this road becomes Sherwood Hall Lane. After the second light, turn left onto Holland Road. The hospital entrance is on the left.

From the Lorton Area: Take Lorton Road to Route 1, Richmond Highway. Turn left and travel north on Route 1 for approximately 7.5 miles. After passing the Multiplex Cinema on the left, take the next right onto Sherwood Hall Lane. Turn right after the first light onto Holland Road. The hospital entrance is on the left.

From the South: Take 95 North to Exit 161. Follow Route 1 North for 10 miles. After passing the Multiplex Cinema on the left, take the next right onto Sherwood Hall Lane. Turn right after the first light onto Holland Road. The hospital entrance is on the left.

From Maryland: Take 95/495 (Capital Beltway - Inner Loop) toward Richmond. After passing Exit 4, Route 414, stay to the right, following signs for **Local Traffic 95/495**. After crossing the Woodrow Wilson Bridge, take the first exit (Exit 177C) to the George Washington Parkway. Drive approximately three miles south and exit right onto Morningside Lane. After the first traffic light, this road becomes Sherwood Hall Lane. After the second light, turn left onto Holland Road. The hospital entrance is on the left.

By Subway or Bus: Take the yellow line subway to Huntington Metro Station and pick up a Fairfax Connector bus number 151, 161 or 162 to the hospital. (Not suitable for ride home after surgery).



Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

inova.org



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Alexandria, VA 22306
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