

Preparing for Your Procedure

Inova Loudoun Hospital

Welcome

Thank you for choosing Inova Loudoun Hospital for your upcoming procedure. We take pride in providing the highest quality care in a safe environment. At Inova Loudoun Hospital, you will always be treated with compassion and concern for your well being.

This guide will provide information on how to prepare for your procedure, what to expect once you arrive at the hospital and how to plan for your care after surgery.

Sincerely,

**Inova Loudoun Hospital's
Surgical Services Team**

Arrival Time: _____

Procedure Date: _____

Procedure Time: _____

Important Phone Numbers

Main Hospital Operator	703.858.6000
Presurgical Services Nurse.....	703.858.6768
Presurgical Services Fax	703.858.6425
Operating Room Reception Desk.....	703.858.6490
Financial Counseling	703.858.8091
Central Billing Office	571.423.5750
Medical Records Office.....	703.858.6625

Important Pre-Operative Instructions

The following instructions are designed to provide you with a safe and comfortable surgical and anesthesia experience. Please follow all instructions carefully.

- You may brush your teeth and gargle on the morning of surgery, but do not swallow any water.
- Please shower or bathe the night before or the morning of surgery **with an antibacterial soap**.
- Notify your doctor if you develop any sign of illness before the date of your surgery. Report symptoms such as high fever, sore throat or other infection, breathing problems, or chest pain.
- Please arrange for someone to drive you home.** For your safety, you will not be allowed to drive home after sedation or anesthesia. **A responsible adult must be present to accompany you home when you are ready to leave.**
- We strongly recommend that all patients have an adult at home with them for the first 24 hours after surgery.
- Valuables and jewelry should be left at home. If you wear contacts, please leave them at home. If you wear glasses, please bring a case for their safekeeping.
- Wear casual loose-fitting and comfortable clothing. A gown will be provided.

- Please remove makeup before you arrive.
- For pediatric patients, please bring a toy.

Other instructions:

Special medication instructions from anesthesiologist:

STOP the following medications 7 days prior to your procedure:

Fasting Instructions for Procedures Requiring Anesthesia or Sedation

<i>Solids</i>	<i>Clear Liquids or Ice Chips</i>	<i>Breast Milk</i>	<i>Infant Formula</i>	<i>Nonhuman Milk</i>
No solids for 8 hours prior to the scheduled procedure time.	You may have “clear” liquids or ice chips up to 2 hours prior to the specified arrival time. Examples of clear liquids include water, apple juice, sports drinks such as Gatorade, and coffee or tea without cream or milk. Sugar or sweetener may be added.	Feeding must end 4 hours prior to the scheduled procedure time. DO NOT add cereal or thickeners.	Feeding must end 6 hours prior to the scheduled procedure time. DO NOT add cereal or thickeners.	Feeding must end 8 hours prior to the scheduled procedure time. DO NOT add cereal or thickeners.

Other Notes:

On the Day Before Your Procedure

You will:

- Receive a confirmation call: On the business day before your surgery, a hospital team member will call you to confirm your surgery, arrival time and location.
- Prepare what to bring with you. Please pack lightly.
- Follow eating and drinking restrictions as instructed by surgeon and/or presurgical services nurse. Failure to do so may result in cancellation of your procedure.

The following is a checklist to help you prepare:

- The legal ID you used when scheduling surgery with your doctor
- Your health insurance card
- Telephone numbers of people you wish to call
- Eyeglasses (do not wear contact lenses) and case
- Dentures (we will provide a case)
- Comfortable loose-fitting clothing that will be easy to put back on after surgery
- Hearing aides (you will be asked to remove them before surgery)

On the Day of Your Procedure

To Reduce Bacteria on Your Skin:

1. Bathe or shower the morning of the procedure with an antibacterial soap before arriving.
2. Do not apply lotion, perfume, cologne or spray-on products.
3. Do not shave your surgical site at home.
4. Do not wear makeup, jewelry (including body piercings), watches, earrings, or rings.

Special Instructions for Children:

- Bring a favorite small toy.
- Follow your doctor's dietary restrictions – especially the morning of the procedure.

Patients under 18 must be accompanied by a parent or legal guardian for any required presurgical testing. On the day of surgery, a parent or legal guardian must be present to sign an informed consent form prior to surgery and must remain in the hospital throughout the procedure.

Understanding Your Procedure Bills and Fees

Expect to receive several bills after surgery.

- Your surgical care providers will first bill your insurance company for the costs associated with the procedure/surgery.
- You will receive a bill for any remaining balance, such as a deductible cost, copay or co insurance.
- You will receive separate bills from providers of the surgical team. They may include:

Your hospital bill:

- A facility bill from the hospital or surgery center at which the procedure or surgery is performed. This bill will reflect expenses for staff, supplies and equipment used for the surgical services provided.
- Questions and payments regarding the bill should be addressed directly to the hospital/facility named on your bill. Or, you may call Inova's Center Billing Office at **571.423.5750**.
- For questions on estimates, please call **703.858.8894** or **703.858.8899**. Both offices have team members able to assist you Monday – Friday, 8:30 a.m. to 4:30 p.m.

Your surgeon's bill:

- A bill for the surgeon's services.
- Questions regarding this bill should be addressed to the specified surgeon named on your bill.

Your anesthesiologist's bill:

- A bill for the anesthesia services you receive during a procedure, provided by an anesthesiologist with American Anesthesiology Associates.
- Questions regarding this bill should be addressed to the specified anesthesiologist named on your bill or by calling **1.888.280.9533**.

On the Day of Your Procedure

You will:

- Arrive at the facility at least 1 ½ hours prior to your scheduled procedure unless instructed otherwise by hospital staff. Ample free parking is available.¹

When You Arrive

Enter through the south hospital entrance, proceed to the registration area and sign in at the desk.

You will need to have your:

- Valid photo ID
- Insurance card

After You Sign In

1. One of our registration team members will escort you to the Surgical Services waiting area, where you will wait to be called back to the pre-op area by a member of our clinical team. A member of your family or a companion may accompany you and will be asked for a good contact number.
2. When you reach your room, you will change into a hospital gown.
3. You will meet the following members of our surgical team who will verify your name and the procedure, review your medical information, and obtain your surgical consent.
 - Pre-operative nurse and clinical technician
 - Anesthesiologist and certified registered nurse anesthetist (CRNA)
 - Surgeon
 - Operating room nurse

Please ask any questions or identify any concerns you may have at this time.

¹ Please refer to the campus map for parking locations.

² Complimentary coffee and water are available for waiting family and friends at the waiting area.

When Your Procedure Is Ready to Begin

- You will be wheeled on a stretcher to the operating room.

At this point, your companion or family member will be directed to proceed to the Surgical Services waiting area.² Your family and companions can keep track of your procedure's progress with status updates on a flat-screen monitor in the waiting area.

When Your Procedure Is Complete

- You will be taken to the Phase I recovery area.
- If you are admitted to the hospital after surgery, the recovery room nurse will call your family members/companion(s) when you are ready for transfer to the inpatient nursing unit. They may then proceed to your room and will see you once you are on the nursing unit.
- If you are going home after your procedure, you will be moved to the Phase II recovery area when awake from surgery.

Phase II of Recovery and Discharge

- Once you are settled, comfortable and ready, the family member or companion you listed as your contact will be called to your Phase II recovery room.
- While in Phase II, you and your family member or companion will be provided discharge instructions and any prescriptions the surgeon has written. We will review your discharge instructions thoroughly with you and your companion. We will ensure that you are well prepared to continue your recovery at home.
- You will be ready to go home when certain discharge criteria are met, such as:
 - No nausea or vomiting
 - Stable vital signs
 - Able to tolerate oral liquids
 - Able to maintain desired comfort level
- It is normal to feel tired when you go home. The effects of anesthesia will usually wear off by the next morning.

Notes

Inova Loudoun Hospital
44045 Riverside Pkwy.
Leesburg, VA 20176
703.858.6000

Driving Directions

From Leesburg and points west: Take Route 7 East. Exit onto Lansdowne Boulevard. Turn right at the first stop light onto Riverside Parkway. Take the first right into the hospital's main entrance. Upon entering the campus, please turn **left and follow signs for the south hospital entrance (44045).**

From Tysons Corner and points east: Take Route 7 West. Exit onto Lansdowne Boulevard. Turn right at the first stop light onto Riverside Parkway. Take the first right into the hospital's

main entrance. Upon entering the campus, please **turn left and follow signs for the south hospital entrance (44045).**

From Dulles and points south: Take Loudoun County Parkway. Turn left onto Evergreen Mills Road. Turn right onto Belmont Ridge Road. Turn right onto Route 7 East. Exit onto Lansdowne Boulevard. Turn right at the first stop light onto Riverside Parkway. Take the first right into the hospital's main entrance. **Upon entering the campus, please turn left and follow signs for the south hospital entrance (44045).**

For campus maps and additional parking information, please visit [inova.org/LoudounParking](https://www.inova.org/LoudounParking)

