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.

Your Checklist Prior to Surgery

- Complete MyChart, an online personal health record. A presurgical testing scheduler will provide instructions and log-on information.
- 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 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.

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).
- Advance Directive, Living Will or Durable Power of Attorney, if available.

Special Instructions

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

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.
**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.

**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 co-insurance clause, copay, and/or 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 co-insurance 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 MedCredit 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 703.423.5750.

**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

**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 interferes 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 is also 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) 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.

**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 co-insurance clause, copay, and/or 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 co-insurance 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 MedCredit 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 703.423.5750.

**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 antibacterial 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 interferes 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 is also 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) 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.
Inova Mount Vernon Hospital
703.664.7000
2501 Parkers 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. Turn 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. Turn 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).