

Welcome to Bronson Methodist Hospital



Thank you for choosing Bronson for your surgery. This booklet will help you and your family know what to do before surgery. It will also help you take care of yourself after surgery. It's okay to ask questions and share your concerns. Together we will strive for the best results!

Three Key Questions

1. What is your main problem?
 - You are having surgery. You need to know what to do to prepare for your surgery and recovery.
2. What do you need to do?
 - Read this booklet. Follow the instructions. There is information for before and after your surgery. Fill in the blanks. Bring this booklet with you to your appointments.
3. Why is it important for you to do this?
 - There are certain directions you need to follow before and after your surgery. These will ensure your safety, avoid cancellation, prevent infection, and help you heal. We want to partner with you to have the best experience possible. Our "It's OK to Ask" program means we want you to ask questions and be involved in your care.

Bronson Frequently Called Numbers

Bronson Main Phone	(269) 341-7654
Preadmission Testing Nurse	(269) 341-7940
Registration	(269) 341-6600
Outpatient Testing	(269) 341-8450
Pharmacy	(269) 341-6990
Health Answers	(269) 341-7723
Patient Accounting	(269) 341-6120

Before Surgery Patient Checklist

Use this checklist to mark off each step. Fill in the blanks to make sure you know the plan for your surgery. It's okay to ask questions. We want to partner with you to provide the best care possible.

- You and your doctor decide surgery is the best option for you.
- Your surgeon's office will tell you the date and time of your surgery.
Date: _____ Time: _____ AM / PM
- Write down the medicine you take, how much, and when. Use the medication record on the last page. Include vitamins, over-the-counter medicine, and herbal supplements.



You may receive two calls:

- You will review your health history and medications with the Bronson preadmission testing nurse. The nurse will call you and give you specific instructions about your surgery. Share your health history, allergies, past surgeries, and medications. The nurse will tell you if you need more tests. The call will last about 40 minutes. There is always time for questions. If you do not hear from a Bronson preadmission nurse one week before your surgery, call your preadmission testing nurse at 341-7940. We may cancel your surgery if we do not have your medical history.
- Bronson registration will call you. If you have insurance, share your policy information. We will discuss your co-pays, deductibles and other out-of-pocket costs. Bronson bills most insurance companies. Call your insurance company about pre-authorization or pre-certification requirements several days before your surgery. Call Bronson HealthAnswers at (269) 341-7723 for questions about the cost of your surgery.



Take Notes During Your Call with Your Bronson Preadmission Nurse:

When is my surgery? _____ What time should I be there? _____

Where do I report? _____

Are there medications I need to stop? _____

Are there any medicines I need to take on the day of surgery?

What testing do I need? _____

Where? _____ When? _____

Are there any special preparations I need to do? _____

Time to stop eating _____

Time to stop drinking clear liquids (black tea and coffee) _____

What should I bring to the hospital? _____

- Decide who will pick you up from the hospital. If you are going home the same day as your surgery, someone needs to drive you home. You also need an adult to stay with you for 24 hours after you leave. The drugs or anesthesia you will get make it unsafe for you to drive a car for 24 hours or to return home alone.



Name of Friend or Family Member

Friend or Family Member's Phone Number

(Note: For children, one parent or guardian must stay in the surgery waiting room at all times. It is best for two adults to come with a child having surgery.)

- Make plans for when you return home. For example, get help preparing meals. Ask someone to help with daily chores. Have someone available to run errands.

One Day Before Surgery

- No food after midnight the night before surgery. This means no gum, candy, cough drops, or chewing tobacco. If your stomach is not empty, you may vomit when we put in the breathing tube. The vomit could get in your lungs. This may cause pneumonia or death.
- No smoking 24 hours before surgery. Smoking makes it harder for you to heal.
- Call your doctor if you have a sore throat, fever or cold. We may need to reschedule your surgery.
- Do not sleep with your pet.
- If you have questions or concerns, please call your surgeon's office or Bronson's preadmission nurse.

Shower Instructions

1. Shower the night before your surgery and again just before you come to the hospital. This helps prevent infection.
2. **Do NOT** shave the area of your surgery.
3. With each shower, wash your hair as usual with your normal shampoo.
4. Dry with a freshly washed, clean, dry towel.
5. **Do NOT** use lotion, powder, perfume or aftershave.
6. Put on freshly washed, clean clothes.
7. Sleep in freshly washed, clean sheets.



Day of Surgery

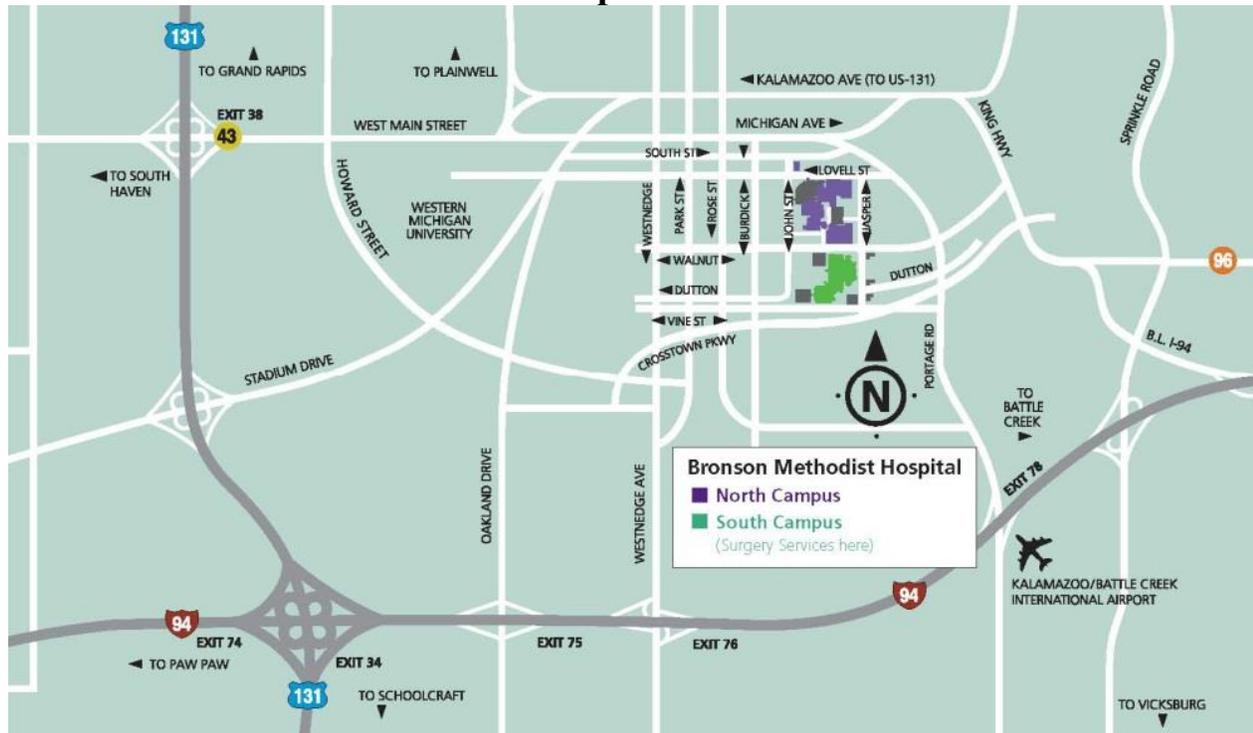
1. Take a shower the day of surgery. **Do NOT** shave the area of your surgery. This helps prevent infection.
2. Brush your teeth or dentures.
3. **Do NOT** eat after midnight before your surgery. The Preadmission nurse will let you know how long you may continue to drink clear fluids.
4. Take your medicine as instructed by the preadmission nurse. .

5. **Do NOT** wear makeup or nail polish.
6. Wear comfortable, loose-fitting clothes.
7. Leave all valuables at home. Remove all jewelry. This includes all piercings and implanted jewelry. This is for your safety. The presence of jewelry anywhere on your body can cause serious injury if it is left in place.
8. Plan to leave with plenty of time to get to the hospital on time.

What to Bring

- This booklet
- Photo ID
- Insurance card
- Prescription card
- Eyeglass, contact and/or denture case
- Medication list (see page 15 of this book)
- Continuous positive airway pressure (CPAP) machine, if you use one.
- Other , (proof of guardianship papers, advanced directives, medical records, X-rays, lab reports, or other items you were asked to bring):

Directions to Bronson Methodist Hospital



From the EAST (Battle Creek, Detroit) via I-94

Take I-94 west to the Kalamazoo exit #78 (Portage Road). Merge on to Kilgore Street. Turn right (north) on to Portage Street. Follow Portage Street to Vine Street. Turn left (west) on to Vine Street. Follow Vine Street to the Bronson Methodist Hospital Campus.

From the East (Richland) via M-43

Take M-43 west, which becomes Gull Road. Follow Gull Road to Riverview Drive and turn left. Keep right as Riverview becomes Kalamazoo Ave. Follow Kalamazoo Ave. several blocks, moving into the far left lane. At Rose Street, turn left (south). Follow Rose Street to Vine Street. Turn left (east) on Vine St.

From the NORTH (Plainwell, Grand Rapids) or SOUTH (Schoolcraft, Three Rivers) via US-131

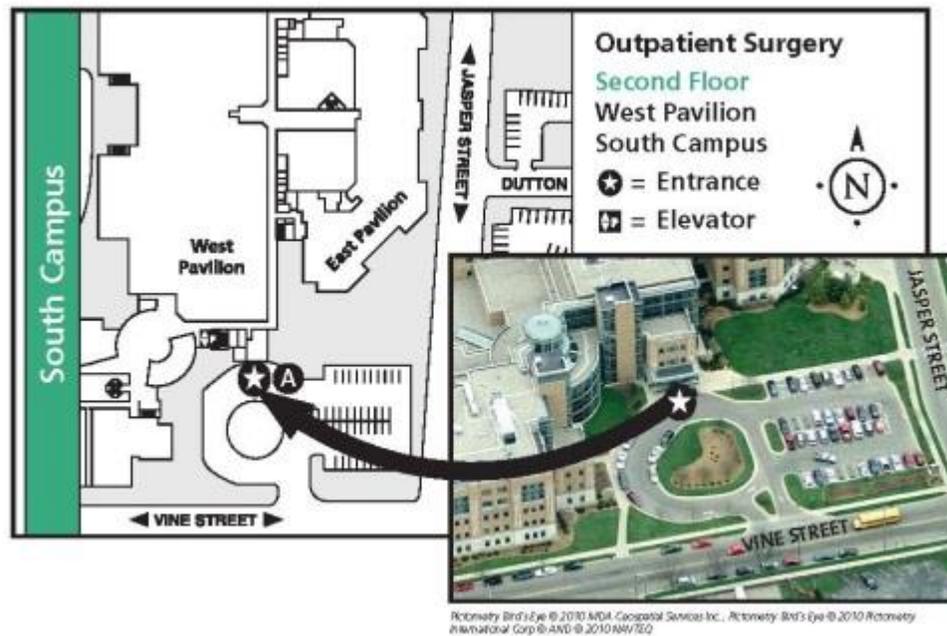
Take US 131 to the M-43 East (West Main Street) exit #38. Follow the directions from West (South Haven).

From the WEST (South Haven) via M-43 Follow M-43 east, which turns into West Main Street and then Michigan Avenue at the intersection of Stadium Drive. Stay on Michigan Avenue three blocks farther, to Rose Street. Turn right (south) on Rose. Follow Rose Street to Vine Street. Turn left (east) on to Vine Street. Follow Vine Street to the Bronson Methodist Hospital Campus.

From the WEST (Chicago, Paw Paw) via I-94

Take I-94 east to the Westnedge Avenue North exit #76. Follow Westnedge north through five lights. At the top of the hill, Westnedge splits and becomes Park Street (one-way street). Follow Park Street to Crosstown Parkway and turn right. Follow Crosstown Parkway several blocks to Burdick Street. Turn left (north) on to Burdick. Go through the first stoplight, stay right.

Outpatient Surgery



Free Valet Parking

- Bronson Outpatient Surgery offers valet parking at no charge to surgery patients from 6 a.m. to 5 p.m.
- Valet parking is available at the Garden Entrance on the corner of Jasper and Vine Streets.
- Let the parking attendant know you have an outpatient surgery appointment.

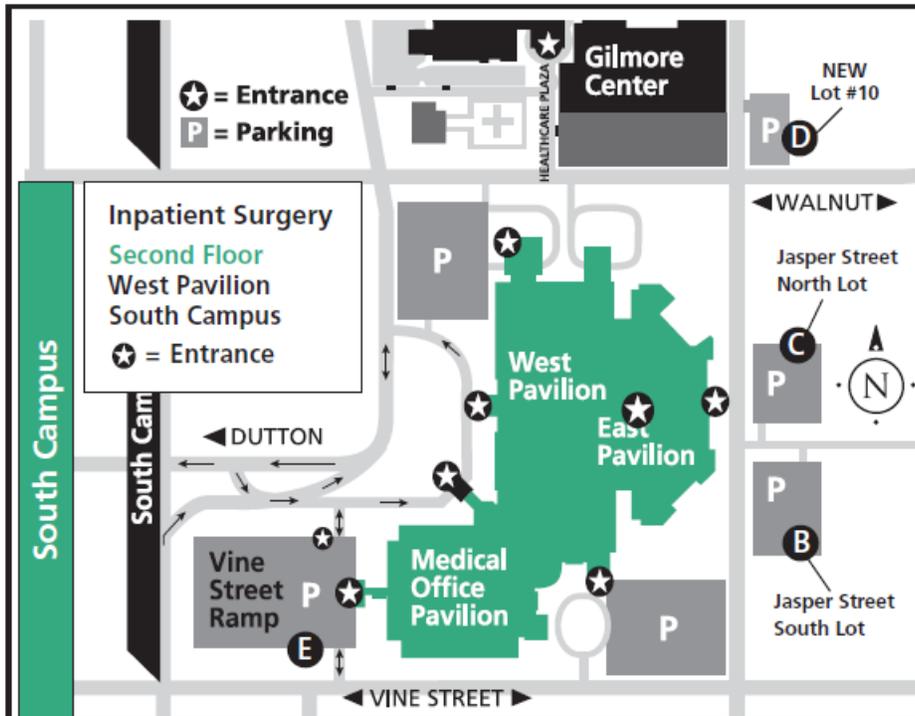
Self-Park

- Pull your vehicle up to the Garden Entrance and the valet will direct you to the best parking options.

Finding Outpatient Surgery

- Enter at the **A Garden Entrance**. Wheelchairs are available at each entrance.
- Turn left and turn left again. The elevators will be on your left. Go to the second floor. Look for the desk to your right.
- If you need help anywhere in Bronson, escort services are available Monday through Friday; 8 a.m. – 8 p.m. Dial “0” on any house phone or call (269) 806-1394.

Inpatient Surgery



Parking

- Park in any of the three lots on Jasper Street across from the East entrance: **(B)** Jasper Street South Lot, **(C)** Jasper Street North Lot, **(D)** Lot #10

Additional Parking

- Parking is also available in the **(E)** Vine Street Parking Ramp at the corner of Vine and Burdick.
- From the second floor of the ramp, walk through the Medical Office Pavilion, across the Garden Atrium, past the outpatient surgery waiting area, and to the inpatient surgery waiting area desk.

Finding Inpatient Surgery

- The waiting room for Bronson Inpatient Surgery is located on the second floor of the West Pavilion on the South Campus.
- Enter through the East Pavilion entrance (Jasper Street).
- Take the elevator to the second floor. Turn left (west) out of the elevator, through the bridge waiting area, to the inpatient surgery waiting area desk.

Your Surgery Experience at the Hospital

Before Surgery

- Please check in at the Surgery Family Waiting Room. This is on the second floor of the West Pavilion.
- Once you are signed in, your family member, friend or visitor will be asked for a cell phone number or will be offered a pager. The pager flashes and vibrates, letting you and your family members know when:
 - It is time to leave the waiting room and get ready for surgery
 - Your family can come back and sit with you while you wait for surgery
 - Your surgery is finished and the doctor can talk with your family
 - You are in the recovery room
- You, your family member, friend or visitor will get a business card with information. The information on the card allows the cardholder to track your progress through surgery. The waiting room staff will explain how to use the information on the card.
- You may receive a packet of information. Please look it over while waiting.
- A staff member will notify you when it is time for you to come back to the pre-op room. This is where you will change into a patient gown. You may also sign consent forms.
- You will be asked your name, date of birth, type of surgery, and name of surgeon many times. This is for your safety. We want to make sure we have the right patient for the right procedure.
- The nurse will go over your medicine list and ask when you last took each medicine.
- You may be asked to do one or more of the following three things to prevent infection:
 - Wipe down all of your skin with special Chlorhexidine Gluconate (CHG) cloths
 - Swab your nose with iodine
 - Brush your teeth and rinse your mouth with a special CHG mouthwash
- A nurse will start your IV. You may receive antibiotics, nausea or pain medicine before the surgery. We may also check your blood sugar, even if you do not have diabetes.
- A nurse will talk with you about questions or concerns you have before surgery. Please let us know if you have questions for your surgeon.

- If your surgery requires anesthesia, you will meet the anesthesiologist before your surgery. The anesthesiologist will talk with you and answer any questions you may have about anesthesia.
- Once you are prepared for surgery, your family may join you in the pre-op room until it is time for your surgery.

During Surgery

We will give updates to your family. A television monitor will inform your family and friends where you are in the surgery process. It is best to have one person present in the waiting area at all times. If your family member or friend needs to step away, please ask them to tell the person at the desk. We want to make sure your family member or friend may be reached quickly if needed.



After Surgery

After your surgery, the doctor will talk with the family and friends who came with you about your surgery in the Surgery Family Waiting Room. You will go to the Post Anesthesia Care Unit (PACU) to recover. Your family will be notified when you arrive to the PACU. We will closely monitor you until you wake up. When you are ready, we will ask your family to join you.

Going Home Same Day

- We will continue to check on you and ask how you feel.
- You will be offered a light snack.
- The nurse will go over what you and your family member should do to care for you at home.
- The nurse will prepare you to go home.
- The nurse will make sure there is someone to drive you home.
- Bronson has a pharmacy. You may fill your prescription before you leave.
- There may be other patients in this area. We ask that only one or two people visit at a time.
 - Parents are encouraged to stay with their child.
 - Family members, friends and visitors must be 12 years old or older.
 - Family and friends must stay within the patient's curtained area and speak quietly.
 - Please use your cellular phone in the hallway or waiting area. Other people are trying to heal and need silence.



Staying the Night

- If you plan to stay the night at the hospital, we will continue to check on you and ask how you feel.
- The nurse will give you your medicine.
- We may test your blood sugar even if you do not have diabetes. A healthy blood sugar level helps your body recover faster and fight infection better.
- Once you are comfortable, the nurse will prepare you to go to your hospital room.
- Your family will be told when you are going to your hospital room. They can meet you there.

Taking Care of Yourself in the Hospital and Home

Prevent Infection

- Wash your hands before eating and after you use the bathroom.
- Ask staff, family, friends and visitors to wash their hands.
- Avoid touching your incision or bandage.
- Ask people not to visit if they are sick.
- Take antibiotics if your doctor orders them.



Control Your Pain

You will have some pain after surgery. We will do everything we can to help you manage your pain.

Pain levels will be different depending on the type of surgery you are having and how your body handles pain. It is important to manage your pain. Doing so allows you to recover sooner and return to normal activities. Being active decreases your risk of problems such as blood clots, pneumonia and constipation.

Pain Medicines

There are a variety of pain medicines that can be used while you are in the hospital and after you go home. The two types are opiates and non-opiates. One way to address your pain is to use both of these types of medicine together.

Opiate medications such as morphine, fentanyl and Dilaudid[®] are given through an IV. These are generally used for severe pain. Oral medicines such as Norco[®], Vicodin[®] and Percocet[®] are given for less severe pain. They are generally longer lasting. Although opiate medications are useful in pain control, they have risks and may have side effects.

Non-opiate medicines such as Tylenol[®], Motrin[®], Toradol[®], Celebrex[®] and Neurontin[®] are used for mild to moderate pain. They provide long lasting pain relief with fewer problems than opiates. They are easily used at home as well. There are fewer side effects such as upset stomach, constipation, dizziness, sedation and overdosing.

Pain Blocks

Depending on the type of surgery you are having, a nerve block may be performed by an anesthesiologist. Nerve blocks decrease your sense of pain for a longer period of time. Depending on the type of block, you may have relief for 6 hours to 3 days. Nerve blocks also have the benefit of decreasing your need for pain medicines. This decreases the side effects you may have while keeping you comfortable. The anesthesiologist will talk to you about your options, how it will be performed, side effects and problems that can occur. You can then decide if a nerve block is right for you. If you have any questions about this before you come in for surgery, you can call Kalamazoo Anesthesiology at 345-8618 and ask to speak with a Physician's Assistant.

Other pain control methods:

There are other ways to help control pain and decrease anxiety before and after surgery. These ways include guided imagery, deep breathing, music therapy, ice and heat. Activities such as reading or watching TV can also help.

What can you do?

Before surgery, ask your doctor:

- How much pain should I expect after surgery?
- What type of pain will I have?
- When will the pain be at its worst?
- How long will the pain last?

After surgery, tell the doctor or nurse:

- If your pain is above 4 out of 10 and isn't getting better with medicine.
- If you are having a new type of pain.
- If you are experiencing side effects of the pain medicine you are taking.

Before you leave the hospital:

- Your nurse will review your discharge instructions. Be sure to ask these questions:
 - What medicine am I taking?
 - Why am I taking it?
 - How should I take it?
 - What are the side effects I should watch for?
 - When should I stop taking it?

Why is this important?

You can impact how you feel after surgery by actively sharing in your own recovery. What you do can impact how soon you recover and how you feel. Your healthcare team wants to work with you to build a plan to manage your pain. We will ask you about your pain and offer options to decrease your pain. Unrelieved pain can lead to a longer recovery, longer hospital stay, problems sleeping and depression.

Common Medicines, Ingredients and Side Effects

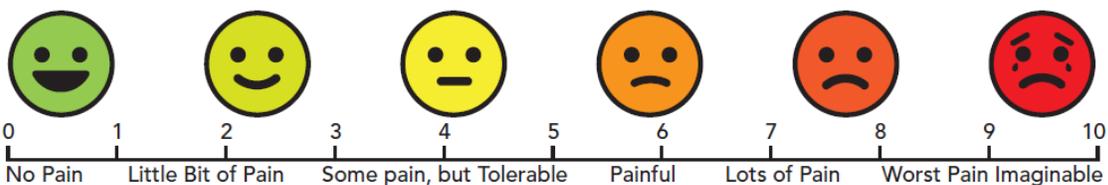
Here is a list of common medicines used to treat pain. If you are given any of these, watch for any of the side effects, and make a note to tell your doctor if you do.

Medicines with Few Side Effects (for Mild to Moderate Pain)			
Name	Active Ingredient	Side Effects	Given by:
Tylenol	Acetaminophen	None	Pills, Liquid, IV
Motrin	Ibuprofen	Some stomach discomfort	Pills, Liquid
Celebrex	Celecoxib	Some stomach discomfort	Pills
Aleve	Naproxen	Some stomach discomfort	Pills
Medicines with Some Side Effects (for Mild, Moderate or Severe Pain)			
Toradol	Ketorolac	Mild bleeding risk	IV
Neurontin	Gabapentin	Sleepy	Pills
Lyrica	Pregabalin	Sleepy	Pills
Local Anesthetics	Lidocaine, bupivacaine, ropivacaine	Numbness	Shot, patch or cream
Steroids	Dexamethasone, hydrocortisone	Can increase glucose levels in diabetics	Pills or IV
Aspirin	Acetylsalicylic acid	Some stomach discomfort, easy bruising or bleeding	Pills
Medicines with More Side Effects (for Severe Pain)			
Morphine	Morphine	Constipation, dizziness, sleepy, nervousness, upset stomach	Pills, liquid, IV or patient controlled IV
Dilaudid	Hydromorphone	Constipation, dizziness, sleepy, nervousness, upset stomach	Pills, liquid, IV or patient controlled IV
Fentanyl	Fentanyl	Constipation, dizziness, sleepy, nervousness, upset stomach, trouble breathing	IV
Vicodin Lortab Norco	Hydrocodone/acetaminophen	Constipation, dizziness, sleepy, nervousness, upset stomach	Pills, liquid
Percocet	Oxycodone/acetaminophen	Constipation, dizziness, sleepy, nervousness, upset stomach	Pills

My Pain Diary

Keeping a pain diary will help me share important information with my medical care team. I can use this chart to help keep track of my pain and any side effects. It is important to note the different types of pain I may be having. It may be dull (D), sharp (S), burning (B), stabbing (ST) or cramping (C). It can be different if I am resting or moving. I will note when I am having pain.

Date	Pain Level						Side Effects				
	(From 0-10 with 10 being the most pain)						Constipation	Dizziness	Upset stomach (Nausea)	Itchy/Rash	Sleepy
	Morning		Noon		Night						
	At Rest	With Movement	At Rest	With Movement	At Rest	With Movement					
Day of Surgery	___/10	___/10	___/10	___/10	___/10	___/10					
Kind of pain:											
1 Day After Surgery	___/10	___/10	___/10	___/10	___/10	___/10					
Kind of pain:											
2 Days After Surgery	___/10	___/10	___/10	___/10	___/10	___/10					
Kind of pain:											
3 Days After Surgery	___/10	___/10	___/10	___/10	___/10	___/10					
Kind of pain:											



- I feel some pain.
- I can do anything I need to do.
- I am able to sleep.
- I am in pain but I can do most things.
- Pain keeps me from doing somethings.
- I can sleep but pain wakes me.
- I am in pain and cannot do most of what I need to do.
- I cannot think about anything but my pain.
- I am awake most of the time because of pain.

Prevent Breathing Problems and Pneumonia

- Take a deep breath in and then cough deeply 10 times every one to two hours while awake. If you have pain when you cough, you can hold a pillow or rolled-up blanket against your chest or stomach, and apply pressure as you cough.
- You may be given a device called an “incentive spirometer” to help you take deep breaths and measure your lung capacity. Staff will teach you how to use this.
- Get out of bed and move about as soon as possible after surgery.
- Be active as soon as possible after surgery. You may be helped to walk as soon as four hours after surgery.
- Changing your position helps you breathe deeper. This prevents breathing problems and improves the blood flow in your legs.
- Your doctor will tell you how much you can do.
- Do not smoke. This slows the healing process.
- Get out of bed at least three to four times a day. Call for help first.



Reduce the Chance for Blood Clots

Keep the blood moving in your legs.

- Get out of bed and move about as soon as possible after surgery. Call for help first.
- Do ankle exercises three to five times every one to two hours after surgery:
 1. Lie on your back with legs straight and flat.
 2. Move your ankles by pointing your toes toward the foot of the bed and then point your toes towards your knee.
 3. Trace circles in the air with each foot.
- You may have elastic stockings (TED hose) or inflatable wraps placed on your legs to help your circulation. They will be given to you when you arrive for surgery.



Prevent Falls

- Always ask for help before getting out of bed.
- Wear socks or slippers with rubber soles.
- Keep your call light close by to use when you need help.



Leaving the Hospital

Your doctor will decide when you can go home. We will give you instructions for after surgery, a list of current medicines, and your doctor's phone number. We will also give you information on what to look for and when to seek medical care if your recovery is not going as planned. It's okay to ask questions. Below are some tips to make your hospital stay and return home easier:

Reserve a Ride

You will not be able to drive yourself home after surgery. Before your surgery, make sure you have arranged for a ride home. This includes the day of your discharge if you stayed the night in the hospital.

Plan Ahead for Mealtime

To make mealtime easier, plan ahead. Prepare meals before your surgery and freeze them for easy use when you return home.

Do Your Laundry

It will be hard to do laundry right after surgery. Take care of any major laundry needs before your surgery. Have clean clothes that are loose and comfortable ready for your recovery period.

Get Your Medicines

Fill any prescription the surgeon gives you before your surgery. At home have some extra strength acetaminophen on hand, as well as stool softeners and laxatives.

Increase Fluids and Fibers

A common side effect of surgery is constipation. This stems from decreased activity and the use of pain medications. To decrease your chance of constipation, increase your fiber and fluid intake the week before surgery. If you have not had a bowel movement the week of surgery, you may consider taking a laxative or stool softener a few days before surgery.

Contact Your Insurance Company

If your surgeon's office has not already done so, contact your insurance company. Before your surgery, find out what you need to do in terms of any preauthorizations, precertifications and second opinions.

Billing/Payment

Call Bronson Patient Accounting at (269) 341-6120 for questions about your Bronson bill. You may also discuss payment options.

Call Kalamazoo Anesthesiology, PC at (269) 345-8618 for questions about your anesthesia bill. This is mailed in addition to Bronson's bill.



