



www.uclahealth.org/healthforms

IMPORTANT INFORMATION REGARDING YOUR SURGERY

Please read every page thoroughly

Welcome to Santa Monica-UCLA Medical Center and Orthopaedic Hospital. Thank you for choosing us as your health care provider. Our staff looks forward to caring for you or your family member and is committed to ensuring that your hospital stay will be a positive experience. We will be happy to answer your questions or refer you to someone who can assist with your specific needs.

*****These guidelines should be used with your physician's instructions*****

Pre-Admission Procedure:

- If you have not been contacted by a nurse from our Pre-Operative Evaluation Center, please call us at (310) 319-4742 between 9 am and 5 pm on the business day before your surgery. Our nurses will answer your questions and provide pre-operative instructions. (If your surgery is on a Monday, you should call the preceding Friday afternoon.)
- Our PEC staff will give you the time to report to our Admissions Office before your surgery. Our Admissions Office is located on Floor 1, Room 173, in our Tower building. The hospital address is 1225 15th Street in Santa Monica, half a block south of Wilshire Blvd.

On the morning of your surgery, you will meet your anesthesiologist and have the opportunity to have all of your questions answered. In some cases, the Anesthesiologist may call you the night before surgery.

Please be sure to notify your anesthesiologist if you are pregnant or think you might be pregnant!

If your surgery is planned on an outpatient basis, you will be returning home the day of your surgery. If your procedure is an inpatient case, you will stay overnight at our hospital.

Please contact your surgeon's office immediately if you develop a cold, fever or rash (your surgery may need to be postponed) or you must cancel your surgery for ANY reason.

Fasting prior to surgery:

- For your safety and to avoid delays, it is important to follow instructions about eating or drinking before your surgery.
- **Do not drink anything or eat anything** (including chewing gum, candy or water) **8 hours before surgery**. See below for instructions about eating and drinking prior to surgery for infants and children.

Medications:

- Do not bring medications from home unless specifically instructed to do so. Please complete the Admission Medication History Form included in this packet and remember to note your usual dose and frequency for each medication.
- If you are taking blood-thinning or diabetic medications and have not received instructions about when to stop them, please contact your surgeon's office immediately. Continue all other medications as prescribed by your doctor. Remember to take your medications with **ONLY** a small sip of water on the day of your surgery.
- If you have sleep apnea and use CPAP equipment, we advise you not to bring your CPAP device with you on the day of surgery. We will supply one. If you choose to use your own equipment, the following must be completed beforehand: "Physician Order" and "Permission and Release for Use of Outside Equipment." Call our Pre-Operative Evaluation Center at (310) 319-4742 for further information.

- **Bring all relevant medical records**, including imaging studies (CT, MRI or X-Rays), lab results and EKG reports with you on your day of admission.

Personal Items & Valuables:

- We are unable to replace lost or misplaced personal items. As a result, we recommend that you bring *only essential items* to our hospital, such as glasses, dentures, hearing aids, canes, walkers or wheelchairs. Be sure your name and contact information are fully visible on these items. **Leave any valuables, such as jewelry (including rings, watches, earrings, body piercings, etc), cash and credit cards at home or with a family member.**

Your Accommodations:

- Your room assignment at Santa Monica-UCLA Medical Center and Orthopaedic Hospital will be based upon your clinical needs and bed availability on the day of your admission. Private rooms in the current hospital are very limited. We will make every effort to meet your needs, when possible. Requests for private rooms should be made through your surgeon's office. There is an additional fee for private rooms (except in our Postpartum area).

Unanticipated Delay of Scheduled Surgery:

- In unusual circumstances, it may be necessary to delay or postpone your planned procedure.
- Your care will be prioritized so that your procedure can be performed at the earliest possible time. We will keep you informed continuously if there is an unforeseen schedule change.
- If your procedure must be rescheduled for a different day, it is important that your family member or friend remain nearby so he/she can take you home. If this occurs, you should contact your surgeon's office to reschedule your procedure.

Special instructions for adults:

- Do not eat or drink any liquids, including water, 8 hours before your procedure. Your surgery may be cancelled if you do.
- No chewing gum or eating candy/mints.
- You may take your blood pressure, seizure and/or heart medication with a sip of water only. Do not take any blood thinners and/or diuretics (water pills).
- Do not smoke! It hinders circulation and breathing.

Special Instructions for infants and Children:

- Your child can have a light meal (such as toast or cereal. No fatty or protein foods) **up to 8 hours** before surgery.
- If your child is six months or older, breast milk/formula can be consumed **up to 6 hours** before surgery. If your child is less than six months old, breast milk/formula can be consumed **up to 4 hours** before surgery.
- Non-human milk can be consumed **up to 8 hours** before surgery.
- Clear liquids-includes any liquid that you can see through (water, sugar water, apple juice) can be consumed **up to 2 hours** prior to surgery.

Consents:

- You will be asked to sign documentation of Informed Consent for your surgery and anesthesia. Children and minors (under 18 years of age) must also have documentation of Informed Consent signed by a parent or legal guardian. **Please bring proof that you are the minor's legal guardian, if applicable**
- In some cases consent for blood transfusion will be needed. You will be informed about the risks and benefits of blood transfusion. Individuals who choose not to receive blood under any circumstances for religious or other reasons will be asked to sign a form documenting that decision.

- If you have been told that it may be difficult to find blood that matches your blood, or you have questions about blood donations, please contact your surgeon's office as soon as possible.

Interpreter Services:

Interpreter Services are available at no cost. Please notify our PEC staff, (310) 319-4742, the day before your surgery should you need this service.

Advance Directives:

- An Advance Health Care Directive is a legal document that allows you to appoint an individual to make healthcare decisions for you in the event you are unable to do so yourself. It also provides an opportunity for you to state your wishes about the medical treatment that you do or do not wish to receive. We recommend that you discuss advance directives with your spouse, family members, spiritual advisor and/or doctor well before your surgery. Although the participation of an attorney is not required, some people choose to prepare the Advance Directive in conjunction with will and estate planning.
- **If you have already completed an Advance Directive, please bring a copy with you on the day of your admission.**

Post-Operative Transportation:

- For all outpatients, **we require** that you have a **responsible adult available to accompany you home at discharge.**
- We recommend a family member or friend be with you or immediately available for 24 hours following your surgery.
- Transportation should be arranged **prior** to the date of your surgery. For children having surgery, we recommend having two responsible adults to accompany the child home.

Hospital Parking:

Valet Service is available at our main entrance (1225 15th St.) on weekdays, from 4:45 am to 6:30 pm. Rates are posted and available from the valet.

Visitor parking is available in the medical office building at 1245 16th Street (across the street from our hospital). Rates are posted as you enter the subterranean garage.

Visitor self-parking is available evenings, weekends and holidays in our hospital lot at 1311 16th St. stop by our Security Desk for details.

Some short-term metered parking is available near the hospital. Please read the signs carefully. Some areas are designated for permit-parking only.

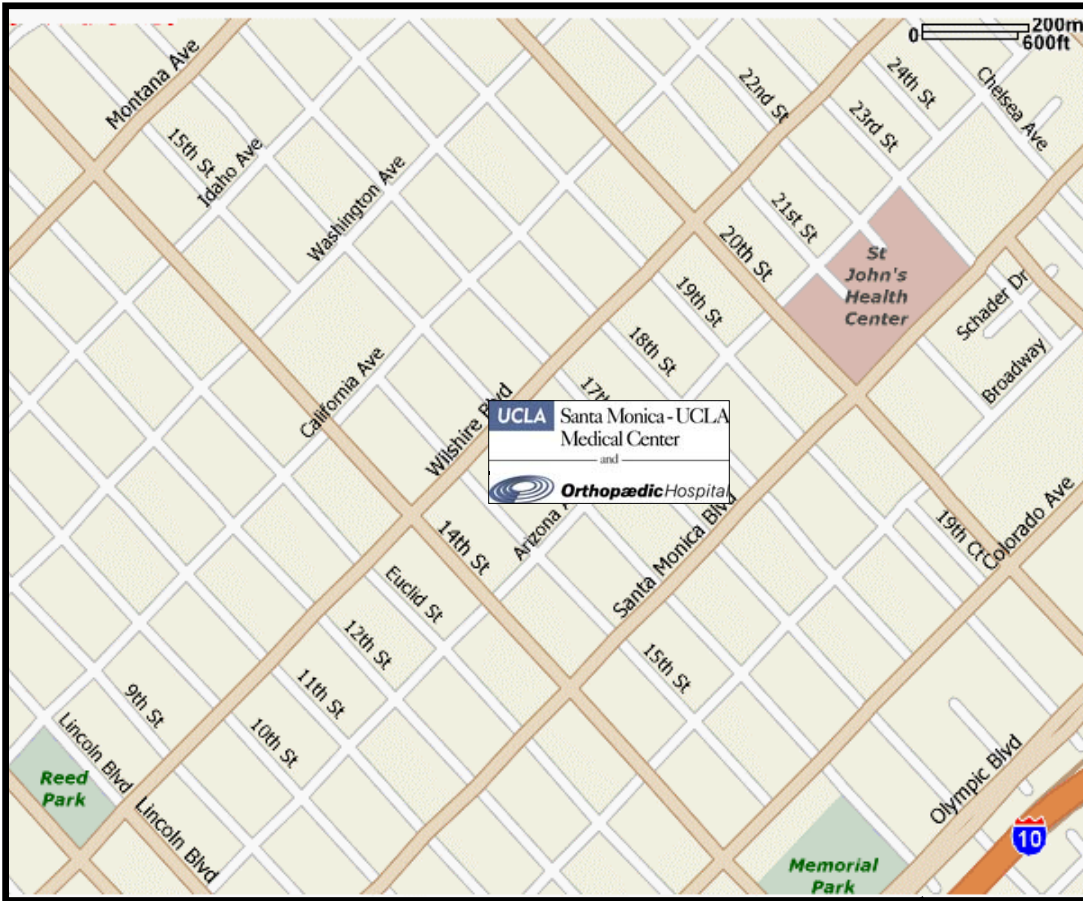
Please add an extra 15 minutes to your travel time to allow for parking.

IMPORTANT NUMBERS

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|-----------------------------------|--------------|
| EMERGENCY CENTER | 310 319-4765 |
| PRE-OPERATIVE EVALUATION CENTER | 310 319-4742 |
| ADMISSIONS OFFICE | 310 319-4770 |
| AMBULATORY CARE UNIT | 310 319-4825 |
| SM-UCLA & OH Main Number/Operator | 310 319-4000 |

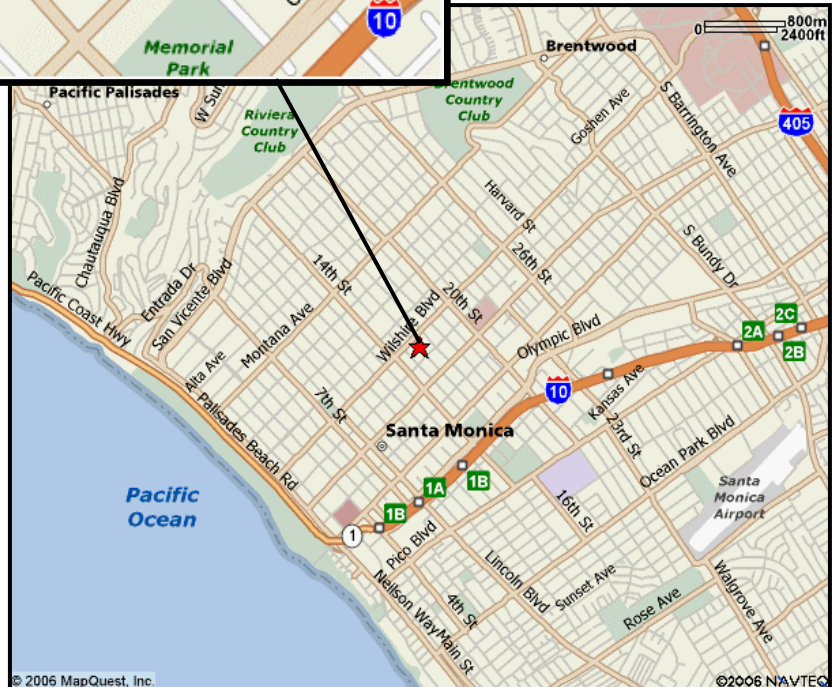
Driving Directions:

Santa Monica-UCLA Medical Center and Orthopaedic Hospital is located at:
1225 15TH St., SANTA MONICA, CA 90404



From 10 Frwy:
Take Cloverfield Blvd. exit, north to Santa Monica Blvd., west to 15th St., north to 1225 15th St.

From (405):
Take Wilshire Boulevard off-ramp WEST to 15th St. or connect with 10 Frwy and follow instructions above.



From Los Angeles International Airport (LAX):

Take the 405 northbound to Wilshire Boulevard west, and continue as described above.