

Important Information Regarding Your Procedure

Welcome to the UCLA Surgery Center in Santa Monica

Thank you for choosing the UCLA Surgery Center in Santa Monica for your upcoming procedure/surgery. We look forward to seeing you and taking care of you. In this packet you will find important information that will help prepare you for your procedure.

Please follow these guidelines in conjunction with your physician's instructions.

Pre-admission procedure:

- Our address is **1223 16th Street Santa Monica, CA 90404** (between Wilshire Blvd. and Arizona Ave.). You can contact us at **(424) 259-8859** or **(424) 259-8850**.
- One business day before your procedure/surgery (usually after 2 p.m.), you will be contacted by a Registered Nurse who will give you instructions about when to arrive at the surgery center, when to stop eating and drinking and when to stop taking medications. The nurse will also ask you for information regarding your medical history. You will have the opportunity to ask questions that you may have.
- If your procedure/surgery is on Monday, you will receive a phone call the preceding Friday.

Interpreter Services:



- Interpreter Services is available to you at no cost. Please notify our staff during the Pre-admission phone call if you will need an interpreter so we can make arrangements ahead of time.

Advance Healthcare Directive:

- An Advance Healthcare Directive is a legal document that allows you to appoint an individual to make 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 encourage you to discuss advance directives with your spouse, family members, spiritual advisor and/or physician well before your surgery.
- **If you have completed an Advance Healthcare Directive, please bring a copy with you on the day of admission.**

Preparing for your procedure/surgery:

- Complete any tests that have been ordered prior to your surgery. The results are needed in advance for your physician to review before performing your procedure.
- Bring all relevant medical records including imaging studies (CT, MRI or X-rays), lab results and EKG reports with you on the day of your procedure/surgery.
- Please be sure to arrange for an adult to drive you home after your procedure. Your surgery will be **CANCELLED** if you **DO NOT** have a responsible adult to available to take you home at time of discharge.

Below are [guidelines about eating and drinking prior to your procedure](#). Please follow instructions from your surgeon in conjunction with these guidelines.

When to STOP drinking and eating prior to your procedure/surgery:



Special Instructions for Adults:

- **DO NOT** eat anything (including gum or candy) after midnight the night before surgery.
- Adults may have clear liquids (water or Gatorade only) up until 2 hours prior to your instructed arrival time.
- Do not chew gum or eat candy or mints.
- **DO NOT** smoke as this hinders circulation and breathing.

Special Instructions for Infants and Children:

Infants younger than 6 months:

- May have breast milk or formula until 4 hours prior to instructed arrival time.
- May have clear liquids (water or Pedialyte ONLY) until 2 hours prior to instructed arrival time.

Children older than 6 months and younger than 3 years of age:

- May have solids until 8 hours prior to instructed arrival time.
- May have breast milk or formula until 6 hours prior to instructed arrival time.
- May have clear liquids (water or Pedialyte ONLY) until 2 hours prior to instructed arrival time.

Children 3 years of age and older:

- May have solids or milk until 8 hours prior to instructed arrival time.
- May have clear liquids (water or Pedialyte ONLY) until 2 hours prior to instructed arrival time.

Medications:



- Do not bring medications from home unless specifically instructed to do so.
- Please complete the Admission Medication History Form included in this packet.
- When filling out your Medication History Form, please accurately note the dose and frequency of each medication.
- Unless instructed to do so, please continue to take your medications as prescribed. Remember to only have a **small** sip of water with your medication.
- If you are taking blood-thinning medications, including aspirin or medications for diabetes and have not received instructions about when to stop taking them, please contact your physician's/ surgeon's office immediately.
- Please discontinue taking any herbal supplements unless instructed by your physician.

On the day of Surgery:

- Your prompt arrival is important in order to give our staff enough time to get you ready for your procedure/surgery. If you foresee a problem with arriving on time, please notify the Surgery Center as soon as possible by calling **(424) 259-8859** or **(424) 259-8850**.

Parking:

- Patient parking is available within the building for \$20 per day. You will need a major credit card to pay for parking. Other parking options are available in the surrounding area. Valet parking is available across the street at the main entrance to UCLA Medical Center, Santa Monica at 1250 16th Street for \$11 per day.

Checking in:

- Once you have arrived, please proceed to Admissions, located in Suite 1400 on the first floor of the building.
- After checking in, you will be instructed or escorted to the Prep and Recovery Area in Suite 2101 on the second floor. Here, the admissions process will be completed and preparation for your procedure will begin.
- **Patient care needs require that we limit the number of people allowed in the Prep and Recovery area. Only one person is allowed to accompany you. Children are not allowed in the area.**

Consents:

- If you have not already done so, you will be asked to sign the Consent for Procedure or Surgery and Consent for Anesthesia.
- Children and minors (under 18 years of age) must have a parent or legal guardian available to sign the consents. **(Please bring proper documentation that you are the minor's legal guardian, if applicable.)**

Personal Items & Valuables:



- We are unable to replace lost or misplaced personal items. Therefore, we recommend that you bring only essential items such as glasses, dentures, hearing aides, canes, walkers or wheelchairs to our facility. Leave valuables such as jewelry (including rings, watches, earrings and body piercing) at home or with your family member.
- If you wear contact lenses or glasses, you may be asked to remove them. Please bring a case for safekeeping.
- Wear comfortable, loose-fitting clothing and low-heeled shoes. Depending on your procedure, you may have bulky bandages that will require looser clothing when you go home.
- Please bring an ID, any insurance cards and a small amount of cash or one credit card, which may be needed to pay for parking, for purchasing medication or paying insurance co-pay.

Post-operative Care:

- After your procedure, you will be taken back to the Prep and Recovery area.
- The nurse will monitor your progress until you are ready to be discharged.

Discharge Instructions:

- During your time in Recovery, your nurse will give you or your family member written instructions that may include how to care for your surgical site and what to expect during your recovery. Please ask any questions regarding your care at this time.
- Be sure to follow the discharge instructions given to you by your nurse. This will ensure the best possible recovery from your procedure/surgery.
- If any medications are ordered, they will be available for pick-up from the **Outpatient Pharmacy in Suite 1200**, located on the first floor. You have the option to use a pharmacy of your choice.

Post-operative Transportation:

- **We require** that you have a **responsible adult** available to accompany you home. Your surgery **will/may be cancelled** if arrangements have not been made for a responsible adult to be available at the time of discharge.
- For **children** having surgery, we recommend having two responsible adults to accompany the child home.
- **Transportation should be arranged prior to your arrival to the facility.**

Follow-Up:

- If you have any immediate concerns about your medical condition once you arrive home (fever, chills, severe nausea/vomiting, bleeding or severe pain), you should contact the UCLA Health System page operator at **(424) 259-6700** and ask for the resident on-call, or you can report to the nearest emergency room.

UCLA Health System

- The day after your procedure/surgery, you will receive a follow-up phone call from our nurses to make sure that you are well on your way to recovery. If your procedure was done on Friday, you should expect the call the following Monday morning.

Contact Information:

UCLA Surgery Center, Santa Monica

1223 16th Street, Suite 2101

Santa Monica, CA 90404

Telephone Number: (424) 259-8859 or (424) 259-8850

www.uclahealth.org/SurgeryCenterSantaMonica

