

Important Information Regarding Your Surgery

Welcome to UCLA Medical Center, Santa Monica

Thank you for choosing UCLA for your healthcare. The staff at the medical center is looking forward to caring for you or your family member during this hospital stay.

Every member of the healthcare team is committed to ensuring that your hospitalization will be a positive experience. We will be happy to answer your questions regarding your hospital stay or to refer you to someone who can assist with your specific needs.

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

Pre-admission procedure

- If you have not been contacted by a nurse from our Pre-Operative Evaluation Center (PEC), please call us at (424) 259-8060 between 9 a.m. and 5 p.m. 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.
- Our PEC staff will give you the time to report to our Admissions Office before your surgery. Our Admissions Office is located on ground level in Suite G314. The hospital address is 1250 16th 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 outpatient, you will be returning home the day of your surgery. If your procedure is inpatient, 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.**

When to stop eating and drinking before your surgery or procedure



- For your safety and to avoid delay of your surgery, it is important to follow instructions about eating and drinking before your surgery.

- Do not eat anything (including gum, candy or mints) after midnight the night before surgery. Adults may have clear liquids up until 2 hours prior to the time that you are instructed to arrive at the hospital for your surgery (water, Pedialyte, or Gatorade ONLY—no other liquids). See below for instructions about eating and drinking prior to surgery for infants and children.

Special instructions for infants and children

Infants younger than 6 months old



- May have breast milk or formula until 4 hours prior to the time you are instructed to arrive at the hospital.
- May have clear liquids (water or Pedialyte ONLY) until 2 hours prior to the time you are instructed to arrive at the hospital.

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

- May have solids until 8 hours prior to the time you are instructed to arrive at the hospital.
- May have breast milk/formula until 6 hours prior to the time you are instructed to arrive at the hospital.
- May have clear liquids (water, Pedialyte, Gatorade ONLY) until 2 hours prior to the time you are instructed to arrive at the hospital.

Children 3 years of age and older

- May have solids or milk until 8 hours prior to the time you are instructed to arrive at the hospital.
- May have clear liquids (water, Pedialyte, Gatorade ONLY) until 2 hours prior to the time you are instructed to arrive at the hospital.

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 medications, including aspirin, or medications for diabetes 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, please bring your CPAP device with you on the day of surgery.
- Please discontinue taking any herbal supplements unless instructed by your physician.

Medical information

- Ask your doctor if you should bring any of the following to the hospital: personal medical records, including test results, computer discs, imaging studies (for example: CT, MRI or Xrays).

Personal items & valuables



- Since we are unable to replace lost or misplaced personal items, we recommend that you bring only essential items to the hospital, such as glasses, dentures and hearing aids. Be sure your name and contact information are fully visible on these items. Personal items such as canes, walkers or wheelchairs should be left in your car. **Leave your valuables, such as jewelry (including rings and watches), cash and credit cards with your family.**

Your accommodations

- Your room assignment at UCLA Medical Center, Santa Monica is based upon your clinical needs and bed availability on the day of your admission. We will make every effort to meet your needs where possible.

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 if there is an unforeseen change in the schedule.
- In the event that your procedure must be rescheduled for a different day, it is important that your family member or friend remain nearby so he or she can take you home. Should this occur, you will be contacted to reschedule your operation.

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 an Informed Consent signed by a parent or legal representative. **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 choice. If you have questions about donation of your own blood or blood from designated donors that have not been answered by your surgeon, please contact the surgeon's office as soon as possible. If you have been told that it may be difficult to find blood that matches your blood type, please notify your surgeon's office as soon as possible.

Interpreter Services



Interpreter Services is available to you at no cost. Please notify the staff of the Pre-Operative Evaluation Center (424-259-8060) the day before your surgery if you will need an interpreter.

WHILE YOU ARE IN THE OPERATING SUITE / PROCEDURE AREA

Designated contact person

Please designate a primary contact person to whom we can provide updates about your condition. Your designated contact person's name and telephone number will be entered in your electronic medical record. All information will be directed to this contact person during your hospital stay. If your designated contact can be reached by cell phone, please provide that number as well. When your admissions process is completed, you will be directed to go to the Procedure and Treatment Unit or PTU. This area is located on the third floor of the hospital adjacent to the operating rooms. Patient care needs require that we limit the number of persons in this area. Other persons with you should remain in the waiting area.

Advance Directive

- An Advance Health Care Directive is a legal document that allows you to appoint an individual to make healthcare decisions on your behalf 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 the Advance Health Care Directive well before surgery with your spouse, family members, spiritual advisor and doctor. Although the participation of an attorney is not required, some people choose to prepare the Advance Health Care Directive in conjunction with will and estate planning.
- If you already have an Advance Directive, please bring a copy with you on the day of your admission.

Postoperative 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 (1250 16th Street) on weekdays, from Monday 4:45 a.m. through Saturday 6:30 a.m. Rates are posted and available from the valet. Parking garages are available on 15th and 16th Streets.

Visitor self-parking is available evenings, weekends and holidays in our hospital lot at 1311 16th Street. 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

Pre-operative Evaluation Center (PEC)	(424) 259-8060
Pre Treatment Unit	(424) 259-9352
Hospital and Patient Information	(424) 259-6000
Admissions Office	(424) 259-8400

Driving Directions

UCLA Medical Center, Santa Monica:
1250 16th Street, Santa Monica, CA 90404

From 10 Freeway:

Take Cloverfield Blvd. exit, north to Santa Monica Blvd., west to 16th St., north to 1250 16th Street.

From the San Diego Freeway (405):

Take Wilshire Boulevard off-ramp west to 16th Street or connect with 10 Freeway and follow instructions above.

From Los Angeles International Airport (LAX):

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

