

Patient Discharge Instructions: Spine Tumor Surgery

PATIENT NAVIGATION

Our Clinical Nurse Navigator, Administrative Patient Navigator and Department Coordinators will coordinate and schedule your follow-up appointments. Depending on your next treatment steps, visits may include your neurosurgeon, neuro-oncologist, radiation-oncologist, or follow-up imaging in radiology.

TUMOR BOARD

All of our spine tumor clinicians meet weekly at the interdisciplinary Tumor Board, where we discuss each patient's case, diagnosis and best next steps for treatment and follow-up. It may take up to two weeks for pathology to confirm your final tumor diagnosis through extensive testing and analysis of spine tumor markers.

FOLLOW-UP APPOINTMENTS

Your follow-up appointments may be scheduled before or after your case is discussed at the Tumor Board, and will be communicated to you through our Clinical Nurse Navigator or Administrative Patient Navigator.

MEDICATION INFORMATION

Your doctor will provide you with prescriptions for medications to take at home. It is very important for your recovery to **take all of your medications exactly as prescribed**.

We encourage you to have the hospital pharmacy deliver your medications to your hospital room before you are discharged, but you may also fill the prescriptions at the UCLA Outpatient Pharmacy on B Level in the hospital. **If you choose to use your home pharmacy, we suggest contacting the pharmacy to ensure that they have all of the prescribed medications prior to your discharge.**

If you have any questions regarding your prescribed medications, please contact:

Clinical Nurse Navigator: **310-267-1338**

Please review the following page for important information regarding medications that you may be prescribed, their use, and potential and/or urgent side effects that need to be reported.

KEY CONTACTS

Clinical Nurse Navigator: **310-267-1338**

Administrative Patient Navigator: **310-267-1336**

During business hours, please call UCLA Neurosurgery: **310-825-5111**. Ask to speak with your surgeon.

After business hours, please call the UCLA page operator: **310-825-6301**. Ask to have the neurosurgical resident on call contacted for urgent questions.

In case of an emergency, report to your closest Emergency Room or call **911**.

DECADRON (DEXAMETHASONE)

Use: Corticosteroid that is used to treat symptoms of several diseases and conditions. This medication may be decreased over time. If indicated, please follow the tapering instructions as prescribed, and call the Clinical Nurse Navigator if you have any questions.

Potential side effects to report: Stomach pain; nausea and vomiting; headache; dizziness; insomnia; depression; unusual thoughts, feelings, or behaviors; joint pain, swelling or stiffness; weight gain; round or puffy face

Urgent side effects to report: Itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing

PROTONIX (PANTOPRAZOLE)

Use: Treats gastroesophageal reflux disease (GERD) and damage to the esophagus. Also treats levels of acid in the stomach.

Potential side effects to report: Diarrhea and nausea

Urgent side effects to report: Itching, hives, swelling, numbness or tingling, chest tightness, trouble breathing; rash; dizziness; seizures; pounding heartbeat; muscle spasms or cramps; severe diarrhea that does not go away; stomach pain; fever

OXYCODONE

Use: Narcotic used to treat pain

Potential side effects to report: Nausea; vomiting; constipation; lightheadedness; sleepiness; itching

Urgent side effects to report: Fast or slow heartbeat; slowed breathing; hives; rash; swelling of the face, throat, tongue, lips, eyes, hands, feet, ankles, or lower legs; hallucinating; seizures; confusion; fainting; dizziness

ROBAXIN (METHOCARBAMOL)

Use: Treats muscle pain and spasms

Potential side effects to report: Headache; drowsiness or dizziness; nausea; loss of appetite or metallic taste; nasal congestion

Urgent side effects to report: Trouble breathing; skin rash, hives, or itching; fever

COLACE (DOCUSATE)

Use: Treats constipation by softening your stool

Potential side effects to report: Nausea, sore throat, skin rash, diarrhea

Do not take aspirin or blood thinners unless ordered or cleared by your surgeon.