

## PATIENT GUIDE TO PRE-ADMISSION TESTING AND THE SURGICAL EXPERIENCE

Thank you for choosing St. Luke's Cornwall Hospital. We know you may feel anxious about facing surgery, but our care-giving team is dedicated to making your experience as comfortable and positive as possible.

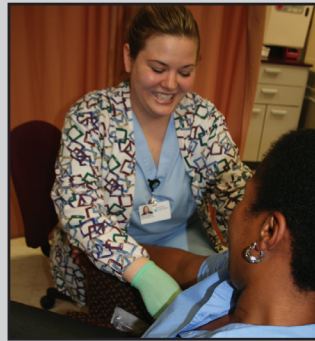
Your safety is our priority. Our physicians, nurses, technicians and administrators are committed to ensuring that your procedure is performed safely. You also play an important role, and we urge you to become an active, involved and informed member of your health care team. If you have any questions or concerns about your care while at our hospital, please ask your nurse to contact the Clinical Nurse Manager or Director of Pre-Operative Services.

We hope you find the information in this brochure helpful as you prepare for surgery.

## AFTER SURGERY

- You will be asked about your level of pain several times, beginning in the recovery area. Although it may not be possible to attain an absolutely pain-free state, the expectation is that your discomfort will be managed to an acceptable level. You will be asked to rate your level of pain on a scale of 0 to 10, with zero being pain free and 10 the most pain.
- About 30 minutes after you receive pain control medication, you will again be asked to rate your pain.
- You **MUST** be accompanied by a responsible adult to be discharged home.

If you would like to learn more about our services please call (845) 561-4400.



For more information or directions, please contact us at (845) 568-2555, or visit our website: [stlukescornwallhospital.org](http://stlukescornwallhospital.org)

**WE'RE DEDICATED TO YOUR SAFETY, CARE AND COMFORT.**



SLCH# 1345 0817

St. LUKE'S CORNWALL HOSPITAL  
*With you for life.*

A Member of the

**Montefiore**  
HEALTH SYSTEM, INC.

## PREPARING FOR SURGERY



**70 Dubois Street  
Newburgh, NY 12550  
(845) 568-2831**

[WWW.STLUKESCORNWALLHOSPITAL.ORG](http://WWW.STLUKESCORNWALLHOSPITAL.ORG)



## PREPARING FOR SURGERY

To help us make your experience a positive one, please read and follow all instructions:

- Allow at least 2 hours for the pre-admission testing process, which may include blood and urine tests, an EKG, a chest X-ray or other tests that your doctor orders. Please arrive for pre-admission testing at your scheduled appointment time. Please bring your completed Pre-Admission Testing Questionnaire. If you are scheduled for a joint replacement, the pre-admission testing will take approximately 4 hours.
- Please bring a list of all prescription and over-the-counter medications you are taking, including herbal medications and supplements with dosage. This can be documented on the Pre-Admission Testing Questionnaire provided by your surgeon's office. You will meet with an anesthesiologist and a registered nurse the morning of your visit.
- If traveling to our Newburgh campus by car, you may use valet parking starting at 6:00 a.m.; the flat fee is \$5 per day. You also may choose to park in the garage on Dubois Street, opposite the Emergency Department. Safe, convenient and secure, it offers an hourly fee structure (\$5-per-day maximum) and is connected to the hospital by an enclosed pedestrian bridge. If you need assistance from the garage to the lobby, please call (845) 568-2888 and we will provide a shuttle.
- Upon entering the lobby, please register at the Information Desk. You will be directed to begin your process from there.
- It is important to let the nurse know of any allergies you have, including allergies to medications, latex and food.
- You will be notified what time to arrive for surgery between 1 p.m. and 5 p.m. the afternoon prior to your scheduled procedure.

## DAY OF SURGERY: BEFORE LEAVING HOME

Please review this checklist prior to your surgery date, and follow all instructions as well as any additional preoperative preparations advised by your doctor.



- DO NOT eat, drink or smoke after midnight the night before surgery. This is critical for your safety while under anesthesia.
- On the morning of surgery, take only those medications the anesthesiologist advised you to take, swallowing just a sip of water. You may brush your teeth, but don't swallow toothpaste or water.
- If you are able, shower or bathe prior to surgery. If you are provided with pre-op anti-bacterial wipes, please use as directed. Wear comfortable, loose clothing. ALL jewelry must be removed, including body piercings. Please leave valuables at home. Do not wear nail polish and makeup. Please wear your glasses and NOT your contacts.
- Bring a list of all medications you take, including over-the-counter and herbal medications and supplements, including dosages.
- You may be accompanied by up to two visitors over the age of 14. You must arrange to have someone take you home following discharge. DO NOT plan to drive for at least 24 hours. correct site on the correct patient. Again, this is done for your safety.

## DAY OF SURGERY: AT THE HOSPITAL

- Inform your admitting nurse of any allergies, including latex.
- You will be asked to remove glasses, dentures, all body jewelry, wig, and prosthesis, if necessary, prior to surgery. DO wear your hearing aid.
- You will be asked by our staff what kind of surgery you are having and the part of your body on which the surgery is to be performed. Depending upon the type of surgery, a member of our health care team may mark the correct location on your body. This is called "marking the operative site" and is one of the many safety precautions we take.
- To verify your operative site, you will be asked several times before surgery what type of surgery you are having, your name and your date of birth. These questions are asked repeatedly and purposefully for your safety.
- Your surgical team will take a "timeout" just before beginning your surgery. This is for the team to ensure they are performing the correct procedure at the correct site on the correct patient. Again, this done for your safety.

