

J. DELLA RATTA FAMILY CENTER FOR SURGERY

ZONE A, SECOND FLOOR

PREPARING FOR YOUR SURGERY

Thank you for choosing Virginia Hospital Center for your surgery. To help ensure the best experience, we've prepared this information packet with steps to take before your surgery, instructions for the day of surgery, directions to the Hospital and important telephone numbers. Please review all of the information carefully.

▶ **THE FOLLOWING IS REQUIRED IN PREPARATION FOR SURGERY.**

▶ **YOUR SURGERY MAY BE CANCELLED IF YOU DO NOT FOLLOW THESE INSTRUCTIONS.**

Pre-Operative Screening Telephone Interview

Two weeks prior to your surgery call the Pre-Operative Screening Department at **703.558.6159** to schedule your pre-operative screening telephone interview with a nurse. This interview is a **requirement** for your surgery and will take approximately 30-60 minutes to complete. Fill out the form on page two of this packet prior to the interview.

Pre-Operative Testing

Your surgeon may order testing prior to your surgery. These tests can be performed at Virginia Hospital Center or at your primary care physician's office.

- ▶ **If your testing is done at the Hospital**, report to the Pre-Operative Screening Department located in Lobby A. Park in Garage A. No fasting is required (unless specified on your order).
- ▶ **If your testing is done at your primary care physician's office**, have all results faxed to the Pre-Operative Screening Department at 703.558.5943 (no later than 3 days prior to your surgery).

PRE-OPERATIVE SCREENING DEPARTMENT: MONDAY – FRIDAY / 8:00 AM – 4:30 PM

You must bring:

- Legal form of ID
(driver's license, passport or state issued ID)
- Health insurance card
- Surgeon's lab order

Register with the Hospital

You may register for your surgery ahead of time at the Pre-Operative Screening Department, located in Lobby A, Monday – Friday, 8:00 am – 4:30 pm. If you are registering on the day of your surgery, please bring your legal form of ID and health insurance card with you.

Transportation and Arrangements After Your Surgery

- ▶ When you leave the Hospital you **must** have a responsible adult, 18 years of age or older accompany you home and stay with you for the first 24 hours. You may **not** use a taxi/Metro/Uber/Lyft unless accompanied by an adult 18 years of age or older.
- ▶ This day is about you and your recovery. To ensure your day runs smoothly, please make arrangements for any outside obligations (e.g., child or pet care), in advance.

J. DELLA RATTA FAMILY CENTER FOR SURGERY

ZONE A, SECOND FLOOR

PRE-OPERATIVE SCREENING TELEPHONE INTERVIEW

Please have your legal form of ID (driver's license, passport or state issued ID) and the following information prepared for your telephone interview.

Primary Care Physician name and phone number:

Specialty Care Physician(s) name(s) / phone number(s):

Height: _____ **Weight:** _____

Allergies/Reactions (including medications, foods, latex, contrast dye, adhesives, etc.):

Current Medications (names, dosages, and time of day taken, including prescriptions, over-the-counter vitamins, supplements and herbs):

Previous Surgeries/Major Hospitalizations:

Medical History (such as chronic conditions, previous injuries, recent illnesses, and family history of cancer or heart disease):

Questions for the Pre-Operative Nurse:

J. DELLA RATTA FAMILY CENTER FOR SURGERY

ZONE A, SECOND FLOOR

PRE-SURGICAL INSTRUCTIONS: ERAS PROTOCOL

Please review the following general instructions prior to your surgery. Remember to always follow your surgeon's specific instructions.

If you have any questions, contact us at **703.558.6159** (Monday – Friday, 8:00 am – 4:30 pm) or call your surgeon's office.

If you have to cancel or change the date or time of your surgery, please contact your surgeon's office.

10 Days Before Your Surgery

- ▶ **STOP** taking Motrin (ibuprofen), Advil, Aleve or other non-steroidal anti-inflammatory drugs (NSAIDs). You may continue to take Tylenol/acetaminophen products.
- ▶ **STOP** taking vitamin and herbal supplements.
- ▶ **NOTE:** If you take a **blood thinner** (including: aspirin, heparin, Xarelto, Coumadin/ Warfarin, Lovenox, etc.) or **insulin**, please contact your prescribing doctor for instructions on how and when to stop these medications prior to surgery.

24 Hours Before Your Surgery

- ▶ No smoking, including cigarettes, cigars, chewing tobacco, vapor or marijuana.

Night Before Your Surgery

- ▶ Drink a 240 ml bottle of Gatorade G2 or prescribed carbohydrate drink.
- ▶ Bathe or shower and wash the external surgical area with PhisoHex.
- ▶ Sleep in clean pajamas and on clean bed sheets.
- ▶ Do not sleep with your pets in bed.

6 Hours Before Your Surgery

- ▶ You may eat a light breakfast.

3 hours Before Your Surgery

- ▶ Drink another 240 ml bottle of Gatorade G2 or prescribed carbohydrate drink.
- ▶ You may brush your teeth.
- ▶ Take the following medications the day of surgery with a **small sip of water**, as instructed by your pre-operative screening nurse:

ARRIVE TWO HOURS BEFORE YOUR SCHEDULED SURGERY TIME, UNLESS YOUR SURGEON'S OFFICE INSTRUCTS YOU OTHERWISE.

Important Reminders

- ▶ Remove ALL jewelry, body piercings, hair pins, makeup and nail polish before you leave home.
- ▶ Wear loose-fitting, comfortable clothing.
- ▶ Leave your contact lenses at home. Bring your glasses and a case for storing.
- ▶ Leave all valuables at home.
- ▶ Bring your legal form of ID (driver's license, passport or state-issued ID) and health insurance card.

J. DELLA RATTA FAMILY CENTER FOR SURGERY

ZONE A, SECOND FLOOR

DIRECTIONS

The **J. Della Ratta Family Center for Surgery** is located in Zone A on the second floor of the Main Hospital on the Virginia Hospital Center campus. Address: 1625 North George Mason Drive, Arlington, Virginia 22205.



The Hospital provides support services and auxiliary aids for effective and clear communication 24 hours a day. Let us know if you need assistance with communication due to hearing, vision and/or speech impairment, or if you wish to communicate with your providers in a language other than English. If you require special accommodations for your visit, please notify the registration clerk, scheduling clerk, or the nursing staff on admission.

El hospital ofrece servicios de apoyo y asistentes auxiliares para la comunicación efectiva y clara las 24 horas del día. Háganos saber si usted necesita ayuda con la comunicación ya sea debido al impedimento de la audición, visión, y/o del habla, o si desea comunicarse con sus proveedores en un idioma que no sea inglés. Si necesita arreglos especiales para su visita, por favor notifique a la secretaria de registro, secretaria de programación, o el personal de enfermería de ingresos.

Parking Directions

- ▶ Enter the Hospital campus at the traffic light on N. George Mason Drive.
- ▶ Bear right and remain in the right lane. Follow signs for Parking Garage A.
- ▶ From the parking garage, take the garage elevator to the Lobby level.
- ▶ Proceed out of the garage elevator into Lobby A, make a left to reach the second set of elevators (Hospital Elevator A). Take the elevator to the second floor and exit into the Surgery Center Lobby.
- ▶ Parking in the garage is \$5 per visit. Multiple exit passes are available for purchase from the cashier in Lobby A.
- ▶ Valet parking is also available. It is located in Parking Garage A, Level 1. Ask the attendant for directions to Lobby A.

Drop-off Directions

- ▶ Enter the Hospital campus at the traffic light on N. George Mason Drive.
- ▶ Bear right and remain in the right lane. Follow signs for Parking Garage A.
- ▶ Turn left into the circular drive (before the Emergency entrance) for the Main Hospital.
- ▶ Enter the Hospital through the revolving door. Once in Lobby A, proceed past the Information Desk to Hospital Elevator A and go to the second floor. Exit the elevator into the Surgery Center Lobby.

**FOR MORE INFORMATION, VISIT
VIRGINIAHOSPITALCENTER.COM
OR CALL 703.558.6159.**