

Preparing for Your Procedure at AAMC



Superior Care. Right Here. Right Now.

www.askAAMC.org

At AAMC, we want to make sure that your upcoming procedure is safe and successful. In this brochure, you'll find instructions for preparing for your procedure — along with precautions you should take — in the days leading up to your procedure and immediately afterward. It's very important to follow these guidelines carefully and completely to make sure your procedure is as stress-free as possible. Remember, a team of experienced, compassionate AAMC health care professionals is ready to help you through every step of your procedure. If you have any concerns, please don't hesitate to ask us for help or information. Please call 443-481-1840.



Several Days Before Your Procedure.

Quick Tip #1

Haven't been contacted by the Prep Team before surgery? Please call 443-481-1840 (Monday-Friday, 8 a.m. to 4 p.m.). Leave your name and phone number and your call will be returned.



Your Pre-procedure Interview. By the day before your procedure, you will receive a call from our Prep Team. A nurse will conduct your pre-procedure interview and will provide you with instructions for your specific procedure. You will be asked to provide the name and phone number of your primary care doctors, your allergies and your current medications.

Pre-procedure Testing. Medical tests may be ordered to make sure you're in good health for your procedure. Your surgeon will let you know if any tests are required and will give you an order sheet for those tests. You may also need medical clearance from your primary care doctor and/or cardiac clearance from your cardiologist. Please schedule all testing as quickly as possible. Blood work may be done up to 30 days before surgery and EKGs are good for 6 months before surgery.

- If you do not have a primary care physician or are unable to get a timely appointment with your primary care physician and need a pre-operative physical and/or lab work and EKG, you may call the PAT (Pre-Anesthesia) Center at 443-481-3624 to request an appointment with our Nurse Practitioner. PAT Center hours are Monday-Friday, 9 a.m. - 5 p.m.
- If your insurance requires testing at an independent testing center, results must be faxed to the AAMC Prep team at 443-481-1844. Please authorize the testing center to forward the results to AAMC.

Please bring the following items with you when going for testing:

- Physician's order sheet
- Insurance cards
- Personal identification/driver's license
- List of medications and allergies

Transportation and Care. It is very important that you make arrangements for someone to pick you up and drive you home from the medical center following your procedure. Someone must remain with you for the first 24 hours after surgery. You cannot drive yourself from the medical center or be left alone. For safety reasons, we cannot perform your procedure if you do not arrange for your transportation home.

Advance Directives. Contact the AAMC patient advocate at 443-481-4820 if you are interested in advance directives.

Who Are the Anesthesiologists?

The operating rooms, in the Acute Care Pavilion, Edwards Surgical Pavilion, Clatanoff Pavilion Women's Center and PACU (Post Anesthesia Care Unit) at AAMC are staffed by Board Certified and Board Eligible physician anesthesiologists. Each member of the service is an individual practitioner with privileges to practice at AAMC. If you have questions about your insurance coverage or medical plan participation by the anesthesiologist, please contact your insurance company for guidance.



The Day Before Your Procedure.

Quick Tip #2

Make sure the person who's bringing you home is available and knows your schedule.



Now's the Time to Get Ready. Double-check your arrangements and make sure you're all set to go.

- You will receive an automated call between 2 and 4 p.m. the day before procedure to give you the time of your procedure and the time you are expected to arrive at the hospital. Please listen carefully to the entire call. If the call is not clear or you do not receive a call, you may call the following phone numbers.
 - For procedures in the Acute Care Pavilion 443-481-1796.
 - For procedures in the Edwards Outpatient Surgical Pavilion 443-481-5700.(If your procedure is scheduled on a Monday your automated call will come on the Friday before your procedure).
- Be sure to follow the pre-procedure instructions given to you by the nurse during your pre-procedure telephone interview.
- Do not smoke or drink alcoholic beverages 24 hours before your

scheduled procedure.

- Do not eat or drink anything after midnight of the night before your procedure unless instructed otherwise by your physician.

Making Procedures Child-friendly.

It's especially important to us at AAMC to create a relaxed, comfortable environment for your child. If your child is scheduled for a procedure at AAMC, we hope you'll discuss it with your child to help ease his or her concerns or worries.

- To make your child feel more secure, we encourage you to bring along a favorite toy or blanket.
- You may stay with your child until surgery and rejoin him or her as soon as it is appropriate.
- One parent must stay in the facility at all times while the child is in surgery and recovery. When it's time to go home, we recommend that two adults be available — one to drive and one to care for the child.



The Day Of Your Procedure.

Quick Tip #3

Wear comfortable clothing that's easy to put on and loose enough to go over a bandage.



This check list will help you make sure that your procedure and your day go smoothly:

- Take your medications as directed during the pre-op interview.
- Do not eat or drink anything after midnight the night before. This includes water, coffee, tea, juice, gum, mints and candy. You may brush your teeth and use mouthwash the morning of your procedure but do not swallow anything.
- Shower or bathe on the day of your procedure. Do not use body lotion, perfumes or make-up.
- Do not wear headbands, hairpins, jewelry and ornaments, contact lenses, etc. All body piercing must be removed.
- Wear loose, comfortable clothing such as sweatsuits and easy-to-button shirts or blouses that are big enough to accommodate a large bandage after surgery.
- Wear comfortable shoes. No high heels, please.
- Please bring your photo ID (e.g., driver's license), insurance card, living will and power of attorney, if you have them.
- Please leave all your valuables, such as jewelry or extra cash, at home. (Some money might be necessary for incidentals) AAMC is not responsible for damaged or lost property.
- If your doctor instructed you to bring X-rays or you have been given any other papers to bring on the day of your procedure please remember to bring them.
- AAMC is a smoke free campus as of January 1, 2008. For visitors, nicotine replacement lozenges will be available for purchase in the gift shop. Please contact your primary care physician for assistance with smoking cessation.

Someone must pick you up after the procedure, drive you home and remain with you for the first 24 hours. This is very important for your safety. You cannot drive yourself or be left alone. If you do not arrange for transportation home, we will not be able to perform your procedure.

A patient advocate is available if you have any questions about your family member who is having a procedure. Please call 443-481-4820.



The Days After Your Procedure.

Quick Tip #4

Someone must remain with you for the first 24 hours after surgery when you return home.

After you go home, make sure your recovery gets off to a good start. Rest and follow instructions. Take good care of yourself, especially in the days immediately following your procedure.

- A nurse from AAMC will phone you within 24 to 48 hours after your procedure to see how you are and to answer any questions you might have.
- Do not drive a car, smoke, drink alcoholic beverages, operate heavy machinery or cook for 24 hours after surgery.
- Do not sign any important papers or make any significant decisions, as the effects of anesthesia and pain medicine may impair your thinking.
- Be sure to follow the instructions provided on the discharge sheet regarding diet, rest, medication and activity.
- If you are experiencing problems, call your physician. If you feel the problem may be an emergency, call 911.

Financial Information

Procedures performed at AAMC are covered by most major health plans. In many cases, however, you will owe a portion of your bill. Payment may be made in cash, personal check, VISA, MasterCard, Discover or American Express. In addition to a hospital bill, you will receive separate bills from your physician and for professional services you received while at AAMC, such as anesthesia, radiology, cardiology, pathology and nuclear medicine. Some of these physicians may not be covered by your insurance. If you have any questions about insurance coverage or payment, you may call Patient Financial Services at Anne Arundel Medical Center at 443-481-1400.

Cosmetic Surgery

Fees for cosmetic surgery procedures will be collected prior to surgery. Cash, cashier's checks, money orders, VISA and MasterCard will be accepted on the day of surgery. No personal checks will be accepted on the day of surgery.

Pain Management

We understand that pain is a concern and want you to know our pain management team will do everything possible to ensure your comfort. It's important to tell us when you are experiencing pain so we can treat it quickly and effectively. You will receive more information about pain management when you arrive.





Anne
Arundel
Medical
Center



Important Information About Your Procedure at AAMC

Date of Procedure: _____

Location: _____ **2nd Floor Acute Care Pavilion**

Short Stay Unit
Operating Rooms
Interventional Radiology
Cardiac Cath Lab
Pain Services

_____ **Edwards Surgical Center**

_____ **Endoscopy - Report to Diagnostics Center, 1st floor Acute Care Pavilion**

Physician: _____

Physician's Office Phone/Fax: _____

Physician's Office Address: _____

If you have any questions, please contact:

Prep Team (Leave message for return call)	443-481-1840
PAT (Pre-anesthesia Testing) Center	443-481-3624
Anesthesia Billing	800-242-1131
Patient Financial Services	443-481-6500
Financial Counseling	443-481-1401
Short Stay Unit in the Acute Care Pavilion	443-481-1796
Edwards Surgical Pavilion	443-481-5700
Telephone Directions to AAMC	443-481-1010
AAMC Web site for information and directions	www.askAAMC.org/directions.php

Directions and Parking

From DC or Baltimore: Take Route 50 East to Parole exit (Exit 23). Turn right onto West Street then right onto Jennifer Road. Turn left approximately one mile, at the traffic light onto Medical Parkway. Bear right at next light and proceed to the Acute Care Pavilion (ACP) Main Garage.

From the Eastern Shore: Take Route 50 West to Jennifer Road exit (Exit 23A). Turn left at the light onto Jennifer Road, turn right at the light onto Medical Parkway, and at next light bear right into the Acute Care Pavilion (ACP) Main Garage.

Parking: Visitors and patients to both the Acute Care and Edwards Pavilions, please park in the Acute Care Pavilion Main Garage or use valet parking (available 6 a.m. to 6 p.m.).