Preparing for your Outpatient Surgery

We are pleased that you've chosen Manchester Memorial Hospital or Rockville General Hospital for your outpatient surgery.



Call For More Information

Manchester Memorial Hospital

71 Haynes Street Manchester, CT 06040 860.646.6464

Rockville General Hospital

31 Union Street Rockville, CT 06066 860.872.5174

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Welcome

We are pleased that you've chosen Manchester Memorial Hospital or Rockville General Hospital for your outpatient surgery. To assist in preparing for your surgery and to make your stay as comfortable as possible, we ask you to read and follow these instructions. We want your experience to be excellent!

Prior to the Day of Surgery

Food, Drink and Medication

- You may eat lightly the night before surgery. No solid foods after midnight.
- You may have up to 8 ounces of clear water, black coffee or black tea (no milk or cream), apple juice or ginger ale, up to 4 hours prior to surgery.
- Drink no alcohol for 24 hours before your procedure.
- Starting four hours before, do not ingest anything. This includes chewing gum, candy or
 mints. Please follow these instructions completely. Also, when you arrive for
 your surgery, be sure to tell your nurse or doctor if you accidentally ate or drank
 anything that you shouldn't have.
- Do not take any herbal or diet medications prior to surgery. It is recommended that you stop using these two (2) weeks before surgery.
- Make a list of your prescription medicines, including the name(s), dosages and prescribing doctor(s). Have the list of medicines handy so that you can refer to them when we call you.

Sleep Apnea

It is also important to let your surgeon know if you have a condition called "sleep apnea." If you have this condition, please bring a copy of your sleep study and any equipment you use to manage it.

Shower or Bath

You should shower or bathe the night before surgery and the morning of surgery with antimicrobial soap. We recommend Hibiclens* (Chlorhexidine Gluconate). This soap may be purchased over the counter at local stores.

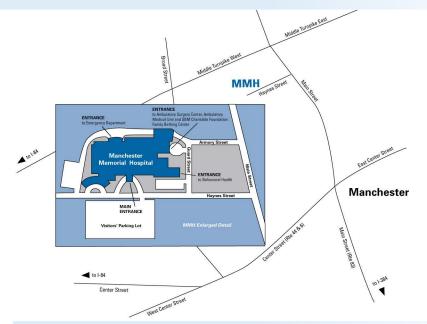
Preadmission Testing

If your surgeon schedules blood work or other tests before your procedure, there are several places where you can go to have the tests performed. They are listed on the following page.

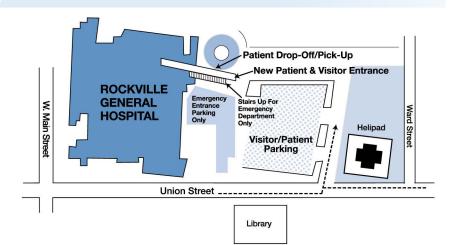


Ambulatory Surgery at Manchester Memorial Hospital Ambulatory Services Center

Guard Street • Manchester, CT 06040 • 860.647.6464



One-Day Surgery at Rockville General Hospital 31 Union Street • Rockville, CT 06066 • 860. 872.5174



After Your Surgery

After your procedure you will be taken to a recovery area where you will be monitored by the nursing staff. The length of stay in this area will be determined by the type of procedure and anesthetic that you received. When you're ready, we'll move you to an area with reclining chairs, where a friend or relative may join you. You'll stay in the recovery area until the medical team decides that you can be discharged. You may be able to eat a light snack – clear liquids and crackers or toast. Consume only light foods for the rest of the day. We will carefully evaluate you for post-operative pain. Because you have had surgery, some discomfort is to be expected. A 0-10 pain-rating scale will be explained preoperatively and the scale will be used throughout your stay. When you are ready for discharge, the nurse will instruct you about your care at home.

Since it is not unusual to feel sleepy or dizzy after anesthesia, you must not drink alcohol, drive or make important decisions for 24 hours. Once home, follow the instructions given to you by the nurse and your surgeon. Be sure to contact your surgeon with any problems or changes in your condition.

Amenities for Escorts and Visitors

Manchester Memorial Hospital

Escorts and visitors may wait for patients in the center's upper lounge level. On the lower level, the center also features a gift shop and coffee shop. There's a visitor lounge, as well, with a television and magazines.

Rockville General Hospital

Escorts and visitors may wait for patients in the waiting room on the first floor. A gift shop and coffee shop are located on the lower floor.

At Both Hospitals

Be sure to remind your guests of our complimentary valet parking service. Please note that smoking is not permitted anywhere on ECHN property — inside or out.



ECHN Patient Service Centers An Affiliate of the ECHN Lab

Coventry

Meadowbrook Plaza 1707 Boston Turnpike (Next to Highland Park Market) 860.742.6792

Ellington

ECHN Medical Offices 175 West Road 860.375.9138

Glastonbury

ECHN Glastonbury Wellness Center 628 Hebron Avenue Suite 104 B 860.652.3182

Hartford

43 Woodland Street Suite 280 860.244.9180

Manchester

Manchester Memorial Hospital 71 Haynes Street 860.647.4717

East Center Street 116 East Center Street 860.646.2177

Manchester Medical Offices 130 Hartford Road 860.647.2912

South Windsor

Evergreen Walk 2400 Tamarack Avenue 860.646.1222, Ext. 4597 Evergreen Walk 2800 Tamarack Avenue Suite 002 860.533.4604

Tolland

ECHN Medical Offices 6 Fieldstone Commons (Corner of Rte 195 -Merrow Road and Fieldstone Commons) 860.896.4872

Vernon/Rockville

Rockville Hospital 31 Union Street 860.872.5172 428 Hartford Turnpike 860.533.4605

Phone Calls You Will Receive

A few days prior to surgery, you will receive a phone call from the preadmission testing scheduler who will confirm your contact information and schedule any preadmission tests that the doctor has ordered. You will receive a phone call the day before surgery from the preadmission nurse with your pre-op instructions and surgery time. You may also receive a call from the Patient Access personnel to confirm your insurance information and discuss any financial liability you may have.



On the Day of Surgery

Before You Arrive at the Hospital

You should shower or bathe both the evening before and the morning of surgery with antimicrobial soap. We recommend Hibiclens* (Chlorhexidine Gluconate), which may be purchased over-the-counter at local stores.

What to Wear and Bring to the Hospital

- Wear loose-fitting clothing or a sweat suit for comfort and convenience. A top that zips or buttons up the front might be easiest to put on after your procedure.
- Prior to your procedure you may be contacted by a registrar. You will be directed at this time as to what type of information you should bring (i.e., insurance card, driver's license, etc.). You will also be provided information regarding your financial responsibility pertaining to these services as identified by your insurance company. You will be asked to bring a form of payment, if applicable. For your convenience, payments can be made by phone prior to services by calling 860.872.5252.
- If you have not been contacted by a registrar, please bring a valid insurance card and drivers license, if applicable, at the time of preadmission testing or on the day of surgery.
- Bring your prescription medication list.
- Bring storage cases for eyeglasses, contact lenses or dentures, since you will need to remove these items before surgery. Please wear glasses instead of contacts, if possible.
- Bring a magazine and/or book to read.

Arrival / Parking

Plan to arrive one and a half hours before your scheduled surgery time. Please be aware that the time you've been assigned is approximate. Procedures before yours can be cancelled or run late for any number of reasons.

Manchester Memorial Hospital

Ambulatory Surgery Center (ASC). Use the Guard Street entrance. Guard Street is off of Haynes Street toward the

Emergency Room entrance. Complimentary valet parking at the entrance of the ASC is available.

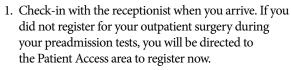
Rockville General Hospital

One-Day Stay Unit. Use the outpatient entrance off of Union Street. Complimentary valet parking at this entrance is available. (Do not park in the Emergency Room parking lot.)

Expect to be repeatedly asked specific questions, such as your name and date of birth, allergies, the surgical procedure you are having and the site of that procedure.

Remember this is done for your safety — please do not be frustrated or concerned with the repetition.

What Happens at Check-In





- If your insurance requires a financial liability for this procedure and you did not pay by credit card over the phone, you will be directed to the Patient Access area on the day of your surgery.
- 3. You will be asked to complete necessary paperwork, which includes authorization for the hospital to release information to your insurance company. In the case of minors (under 18 years of age), a parent or guardian must accompany the patient. Next, you'll go to the preoperative area. Visitors are limited in this area to assure the privacy of our patients.
- 4. You will be asked to change into hospital clothing. Your blood pressure, pulse and temperature will be taken. Any prescribed medications will be given.
- 5. A nurse will place an intravenous line in your lower arm. This is a needlelike tube that supplies your body with medications and fluids throughout the surgery.
- 6. You will be asked to verify the planned surgical procedure and the site of that procedure. We will ask you to draw an arrow at the operative site, utilizing a special pen.
- 7. An anesthesiologist will see you to review your medical history and to discuss your anesthesia care. If you have any questions regarding your anesthesia care, please call the ECHN anesthesia providers at 860.646.1222, Ext. 2394.

During Your Surgery

A member of our surgical team will escort you to the operating room. Throughout your procedure, a dedicated team of doctors and nurses will constantly monitor you, using blood pressure and other special equipment. We encourage you to ask questions that you may have each step of the way...we are here to provide you with the needed comfort, understanding and reassurance throughout your surgical experience.