



# Preparing for your Surgery

Manchester Memorial Hospital

# Welcome

Thank you for choosing ECHN for your surgery. This booklet is provided to explain what to expect before, during and after your surgery. Please be sure to read and follow all surgery instructions carefully. If you have any questions, please do not hesitate to contact your surgeon or the hospital.

**Manchester Memorial Hospital: 860.647.6464**

## In Preparation of your Surgery

A History and Physical must be completed within a certain time frame prior to your surgery. Check with your surgeon's office to determine how to get this done. You must have a responsible adult drive you home and remain with you for the first 24 hours after surgery. If these arrangements are not made, your surgery may be rescheduled.

## Pre-Admission Call

A nurse will call you prior to surgery with your arrival and surgery times. The nurse will also review your medical and medication history.

**For patients with sleep apnea**, it is important to let the nurse know if you have sleep apnea. If you have this condition, you may need to bring any equipment you use to manage it (i.e. CPAP machine).

## Medications

Please make a list of the prescription medications you take, including the name, dosage, frequency, and prescribing doctor.

### Two weeks before surgery

Stop using:

- Herbal supplements
- Dietary supplements

### Three days before surgery

Stop using:

- Ibuprofen (Motrin, Advil),
- NSAIDS (Aleve, Relafen)
- Gout medication (Indomethacin, Colchicine)

Consult your medical doctor or cardiologist if you are taking Aspirin, Plavix or other platelet inhibiting medications. Ask if it is safe to stop these medications seven days prior to surgery. Alert your surgeon if you are taking MAO inhibitors (Nardil, Parnate). These medications must be stopped fourteen days before surgery.



## Pre-Surgery Instructions

Please adhere to the following instructions completely. Failure to do so may result in your surgery being delayed or rescheduled.

- 24 hours before your procedure, do not drink alcohol.
- The night before your surgery, eat lightly. No solid foods after midnight.
- Up to four hours prior to surgery, you may have up to eight (8) ounces of water, black coffee, or black tea (no milk or cream), apple juice or ginger ale.
- Starting four hours before your surgery, do not ingest anything (this includes chewing gum or mints).

For your safety, please inform your nurse or doctor if you accidentally ate or drank anything you should not have.

## Phone Calls You Will Receive

**A few days before your surgery**, you will receive a phone call from a pre-admission testing scheduler who will confirm your contact information and discuss the scheduling of any pre-admission tests that your doctor has ordered. If your surgeon ordered blood work or other tests before your procedure, please be sure to have them done. For your convenience, a list of ECHN blood draw centers is located at the back of this booklet.

**One or two business days before your surgery**, usually in the afternoon, a pre-admission nurse will call you with your preoperative instructions, the time you should arrive at the hospital and your surgery time. Please be aware that your surgery time will be approximate. We do everything we can to stay on schedule, but there are a number of factors that can affect this. We appreciate your understanding.

You may also receive a call from ECHN's Patient Access department to confirm your insurance information and discuss any financial responsibilities you may have. You may be asked to bring a form of payment. For your convenience, credit card payments can be made over the phone prior to services by calling 860.872.5252.

## Special Bathing Instructions

The night before and the morning of your surgery, shower, or bathe with antimicrobial soap. This is very important to prevent a post-operative surgical site infection. We recommend Hibiclens® (Chlorohexidine Gluconate). This soap may be purchased over-the-counter at local pharmacies or is available for free at the Manchester Memorial Hospital Ambulatory Services Center located on Guard Street. You can pick it up Monday – Friday 10:00 a.m. – 3:00 p.m.

For your convenience, Hibiclens instructions can also be found on our website: [www.echn.org/services/general-surgery/](http://www.echn.org/services/general-surgery/)

If you are not able to bathe with antimicrobial soap in the morning, you will do so at the hospital before your surgery.



## What to Wear and Bring to the Hospital

Wear loose-fitting clothing or a sweat suit for comfort. A top that zips or buttons up the front might be easiest to put on after your procedure.

Remove all jewelry, including body piercings. If you would like to keep your wedding rings on, they will be taped in place.

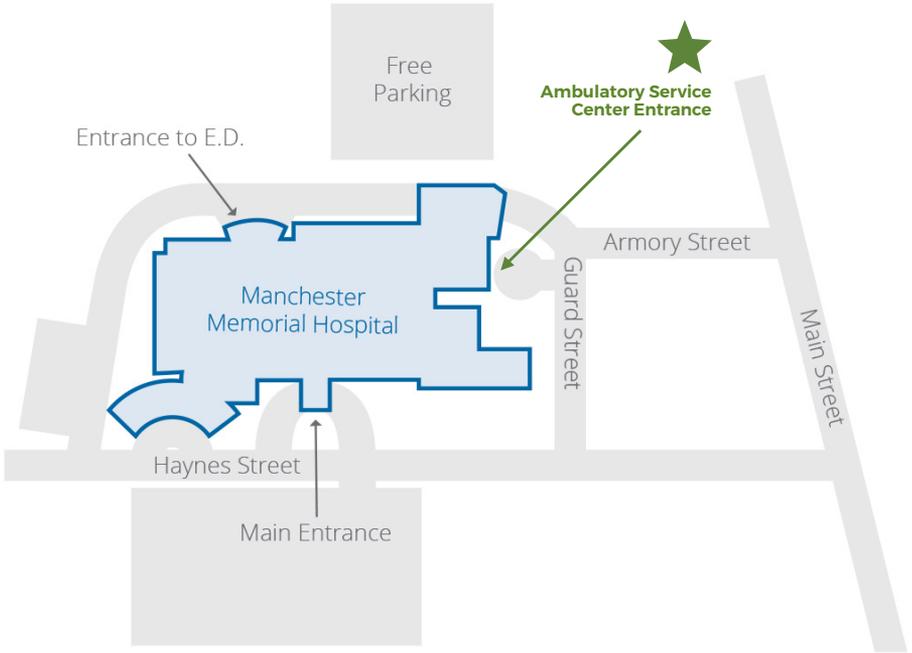
Please bring :

- List of medications and supplements you are taking (prescribed and over-the-counter)
- Storage cases for eyeglasses, contact lenses and 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

## Parking

The Ambulatory Service Center is located on Guard Street. Guard Street is off of Haynes Street, near the Emergency Department entrance. Free valet and lot parking is available.

**Ambulatory Service Center**  
**Manchester Memorial Hospital**  
**Guard Street, Manchester, CT 06040**  
**860.647.6464**



## Day of Surgery Check-In

Check-in with the receptionist when you arrive.

If you did not register for your surgery during your pre-admission testing, or your insurance requires a patient financial responsibility before surgery that has not been paid, you will be directed to the Patient Access area first.

You will be asked to complete necessary paperwork, which includes authorization for the hospital to release information to your insurance company. For patients under the age of 18, a parent or guardian must accompany the patient.

Next, you will go to the preoperative area. Visitors are limited in this area to assure the privacy of our patients.

You will be asked to change into hospital clothing. Your blood pressure, pulse and temperature will be taken. Any necessary prescribed medications will be administered.

A nurse will place an intravenous line in your lower arm. This is a needle-like tube that supplies your body with medications and fluids throughout the surgery.

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.

An anesthesiologist will speak to you to review your medical history and discuss your anesthesia care. If you have any questions regarding anesthesia care, please call 860.646.1222, Ext. 2394.

**Throughout your surgical experience, expect to be repeatedly asked specific questions such as your name, your date of birth, allergy information, the surgical procedure you are having and the location of your procedure. This is done for your safety. Please do not be frustrated or concerned by the repetition of this line of questioning.**

## 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 your vital signs. We encourage you to ask any questions you may have along the way. We are here to provide you with answers, comfort and reassurance throughout your surgical experience.

## After Your Surgery

After your procedure you will be taken to a recovery area where you will be monitored by the nursing staff. Your length of stay in this area is determined by the type of procedure and anesthetic you received.

If you are going home the day of surgery, when you are ready, we will move you to an area with reclining chairs or stretchers and a friend or relative may join you. You will stay in the recovery area until the medical team decides that you can be discharged. You may be able to eat a light snack like crackers, or clear liquids. Consume only light foods for the rest of the day.

We will carefully evaluate you for post-operative pain. Because you just had surgery, some discomfort is to be expected. A 0-10 pain rating scale will be explained pre-operatively, and the scale will be used throughout your stay.

When you are ready for discharge, your 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 your nurse and/or your surgeon. If you have an incision, be sure to follow instructions for caring for your surgical incision to prevent a surgical site infection. Good hand washing is very important.

Be sure to contact your surgeon with any problems or changes in your condition or if you have any questions.



# Compassionate care for all your health needs.

ECHN is a complete network of health and wellness resources, educational opportunities and support groups right in your community.

## **Teamwork, working for you**

ECHN professionals share medical records and work together, so they really know you and your health needs.

## **Easier, closer, more convenient**

Resources are neighborhood-based, making travel and parking easier.

## **Quality care**

ECHN means high-quality care, evidenced by numerous honors, achievements and certifications.

# Rehabilitation Services

	Manchester Memorial Hospital Manchester	Rockville General Hospital Rockville	Evergreen Walk South Windsor	Ellington Y Ellington	Home-Based Outpatient Rehab
Physical Therapy	•	•	•	•	•
Occupational Therapy	•	•	•	•	•
Speech Therapy	•	•			•
Aquatic Therapy			•	•	
Amputee Rehab		•			
Breast Cancer Rehab	•		•		
Falls/Balance Program	•	•	•	•	
Hand Therapy		•			
Kinesiotaping	•	•	•	•	
Lymphedema	•		•		
Oncology Rehab Program	•				
Orthopedics, including Pediatric & Adolescent	•	•	•	•	
Parkinson's Movement Treatment (LSVT BIG <sup>®</sup> )	•	•	•		
Parkinson's Voice Treatment (LSVT LOUD <sup>®</sup> )	•	•			
Pelvic Floor Therapy		•			
Sports Medicine	•	•	•	•	
Stroke/Neurological Rehab	•	•	•	•	
Vestibular Rehab	•	•		•	

**Manchester Memorial Hospital | 71 Haynes Street, Manchester | 860.647.6485**

**Rockville General Hospital | 31 Union Street, Rockville | 860.872.5261**

**Evergreen Walk | 2800 Tamarack Avenue, Suite 101, South Windsor | 860.533.4670**

**Ellington YMCA | 11 Pinney Street, Ellington | 860.871.1078**

**Home-Based Outpatient Rehab | 860.871.1092**

**For questions about any of our rehabilitation locations and services, please call 860.533.4650.**

# Blood Draw Locations



## Coventry

### MEADOWBROOK PLAZA

1707 Boston Turnpike  
Next to Highland Park Market

860.742.6792

#### HOURS:

M – F 7:30 a.m. – 3:45 p.m.  
(Closed daily for lunch from 12:30 p.m. - 1 p.m.)

## Ellington

### ECHN MEDICAL OFFICES

175 West Road, Suite 200  
860.375.9138

#### HOURS:

M – F 6:00 a.m. – 2:15 p.m.  
(Closed daily for lunch from 12:30 p.m. - 1 p.m.)

## Manchester

### MANCHESTER MEMORIAL HOSPITAL

71 Haynes Street  
860.647.4717

#### HOURS:

M – F 7:00 a.m. – 5:00 p.m.  
Sat. 7:00 a.m. – 12:00 p.m.  
(24-Hour Emergency Department)

### MANCHESTER MEDICAL OFFICES

130 Hartford Road  
860.533.4680

#### HOURS:

M – F 7:30 a.m. – 3:45 p.m.  
(Closed daily for lunch from 12:30 p.m. - 1 p.m.)

## **TOLLAND TURNPIKE, EAST POINT**

360 Tolland Turnpike, Suite 1F

860.646.2177

### **HOURS:**

M – F 7:00 a.m. – 2:00 p.m.

(Closed daily for lunch from 12:30 p.m. - 1 p.m.)

## **South Windsor**

### **EVERGREEN WALK**

2400 Tamarack Avenue, Suite 103

860.533.4693

### **HOURS:**

M – F 7:00 a.m. – 4:00 p.m.

Sat 8:00 a.m. – 12:00 p.m.

(Closed daily for lunch from 12:30 p.m. - 1:30 p.m.)

### **SOUTH WINDSOR OUTPATIENT DRAW STATION**

25 Oakland Road, Suite 2

860.533.4680

### **HOURS:**

M – F 7:30 a.m. – 3:30 p.m.

(Closed daily for lunch from 12:30 p.m. - 1 p.m.)

## **Tolland**

### **ECHN MEDICAL OFFICES**

6 Fieldstone Commons

*Corner of Rte. 195 - Merrow Road  
and Fieldstone Commons*

860.896.4872

### **HOURS:**

M – F 7:00 a.m. – 3:30 p.m.

(Closed daily for lunch from 12:30 p.m. - 1 p.m.)

## **Vernon / Rockville**

### **ROCKVILLE GENERAL HOSPITAL**

31 Union Street

860.872.5172

### **HOURS:**

M – F 7:00 a.m. – 4:00 p.m.

Sat. 8:00 a.m. – 12:00 p.m.

(24-Hour Emergency Department)

### **ECHN MEDICAL GROUP**

428 Hartford Turnpike, Suite 210

860.533.4606

### **HOURS:**

M – F 6:30 a.m. – 5:00 p.m.

Sat. 7:00 a.m. – 12:00 p.m.

### **ECHN MEDICAL GROUP**

520 Hartford Turnpike, Suite M

860.872.3226

### **HOURS:**

M, W, F 8:00 a.m. – 12:00 p.m.





Call for more information.

**Manchester Memorial Hospital**

71 Haynes Street  
Manchester, CT 06040

860.647.6464

**[echn.org](http://echn.org)**