

Preparing for Your Surgery at Berkeley Medical Center

Pre-Surgical Testing

- Please try to schedule your “pre-surgical testing” appointment 14 to 30 days before your scheduled procedure, unless told otherwise by your surgeon. Call 304-264-1297 then press 2 to schedule your appointment. Our phone lines are open weekdays from 9 am -- 5:30 pm. Pre-surgical testing is open weekdays from 7:30 am – 5 pm.

General Information

- We recommend that you bring something from home that may help keep you relaxed and calm, such as music (with head phones), a book, magazine, iPod, etc.
- Cell phones are allowed, but please leave them on silent. We ask that you do not make calls in patient rooms. You are welcome to make calls in the hallway outside of the One Day Unit or outdoors. During your procedure, your cell phone will be locked up in your closet or given to a family member or friend to keep for you.
- We want you to bring a family member or friend with you to surgery, but please limit visitors to no more than two (2). Please understand we have a limited amount of waiting room space and it is important to reduce the noise level for our other patients. If at all possible, please leave young children at home with a babysitter in consideration of our other post-op patients.
- Wear clothing that is easy to change in and out of. You may be sore after your surgery and we want to reduce your discomfort and fall risk.
- If you become ill, please contact your surgeon’s office shortly before the day of surgery. It is not recommended to have an elective procedure if you have cold symptoms with a productive cough.
- A parent or guardian **MUST** stay in the building with children younger than 18.
- Please contact your surgeon’s office with any questions prior to surgery.

Day Before Surgery

- Unless you have already been provided with this information, you should be in contact with your surgeon’s office the business day before your procedure after 2 p.m. to discuss arrival time to the hospital.
- Please follow our “Nothing by Mouth” policy to reduce your risk of intra and post-operative complications such as aspiration, pneumonia, choking, nausea and/or vomiting. This includes no drinks (other than a sip of water to take required medications), food, coffee, gum, candy, chewing tobacco, or cigarettes.

Day Before Surgery (continued)

- Berkeley Medical Center is a tobacco-free campus. In accordance with the Berkeley County Clean Air Regulation, tobacco use (as well as E-Cigarettes) is prohibited on the property.
- We ask that you please take your recommended heart and blood pressure medications the night before or the day of surgery as instructed by your primary care doctor or the anesthesia nurse.

Personal Items

- Do not bring in money or any valuables, including jewelry such as necklaces, rings, piercings, etc. Please remove them from your person and leave them at home.
- It is advised that you do not apply lotions, perfumes or powders before surgery.
- Dentures will be removed and stored with your belongings before going into the operating room
- If you wear contact lenses, leave them at home and wear eyeglasses or bring a case and solution to store contact lenses.

Arrival/Surgery Day

- **It is required that you have someone available to transport you home.** You are not allowed to drive home following your procedure.
- On the day of your surgery please report directly to the One Day Surgery Department, located on the north end of Berkeley Medical Center.
- The time you arrive is *One Hour* prior to their scheduled surgery start time so that we have time to prepare you for your surgery and we have time to address any questions that you may have. Please do not arrive earlier than instructed to avoid a long wait.
- Please expect *ALL* of our staff to ask you to verify your name, birthday and procedure to assure your safety before, during, and after your surgery.
- We start IV's on all of our patients. The IV will provide your hydration and easy access for all of the necessary anesthesia medications you will receive to help you relax and sleep. Due to the fact that we ask you not to eat or drink fluids prior to your surgery, you will be dehydrated, which may cause your veins to be smaller or more difficult to access.
- Our staff will do our *best* to minimize your pain associated with IV starts. We use a small amount of Lidocaine (numbing medicine) prior to starting your IV and we have extra equipment we can use if your veins are particularly deep or small (vein finder and ultrasound). We typically start IV's in the hand, wrist or forearm so the site can be easily monitored and remain open, during and after surgery, to prevent any issues. Please feel free to voice any concerns to any staff member including pain, redness or swelling.
- Since we are a teaching hospital, a medical student or resident may ask your permission to start your IV. You have the right to refuse, if you so desire.
- You will meet with the anesthesia doctor and be asked to sign a consent for anesthesia. Please let the doctor and nurse know if you have a history of post-operative nausea or vomiting.

Continued next page →

Preparing for Your Surgery at Berkeley Medical Center (continued)

OR/Recovering

- Post-operatively, please only take your prescribed medications as ordered to help your healing process and reduce your pain. Please eat something prior to taking any narcotic to help prevent nausea and vomiting.
- Children and patients who have received general anesthesia will be transferred to the Post Anesthesia Care Unit (PACU) to be monitored by an RN while awakening from anesthesia. They will then return to the room in One Day Surgery.

Discharge

- The nurse will provide you and your family/friend with discharge instructions, including any prescriptions you are given by the surgeon.
- The type of surgical procedure, type of anesthesia and your medical history will contribute to how long your stay will be.

***We appreciate you taking the time to read over this important information.
It is the goal of our Staff at WVU Medicine Berkeley Medical Center,
to provide you with the most comfortable and very best surgical experience.
Thank you for choosing us to meet your surgical care needs!***