



Preparing For Your Surgery or Procedure

 **NORTH**
MEMORIAL HEALTH

Your Surgery/Procedure Is Scheduled At:

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**North Memorial Health -
Robbinsdale Hospital**
3300 Oakdale Ave. N
Robbinsdale, MN 55422
(763) 581-3790

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**North Memorial Health -
Maple Grove Hospital**
9875 Hospital Drive
Maple Grove, MN 55369
(763) 581-1120

Your Surgery/Procedure Is Scheduled On:

Day/Date: _____

It Is Important You Know

- The pre-admission nurse will notify you of your arrival and surgery times. Please note your arrival time will be 1 ½ - 2 hours prior to your surgery time.
- For your safety, if you're going home the same day as surgery, you will need someone to drive you home and a responsible adult to stay with you for 24 hours after surgery.
- Most people need a preoperative history and physical (H&P). Talk with your surgeon or proceduralist to determine if an H&P is needed. This must be done within 30 days of your procedure. Your procedure may be delayed or canceled if requirements aren't completed.

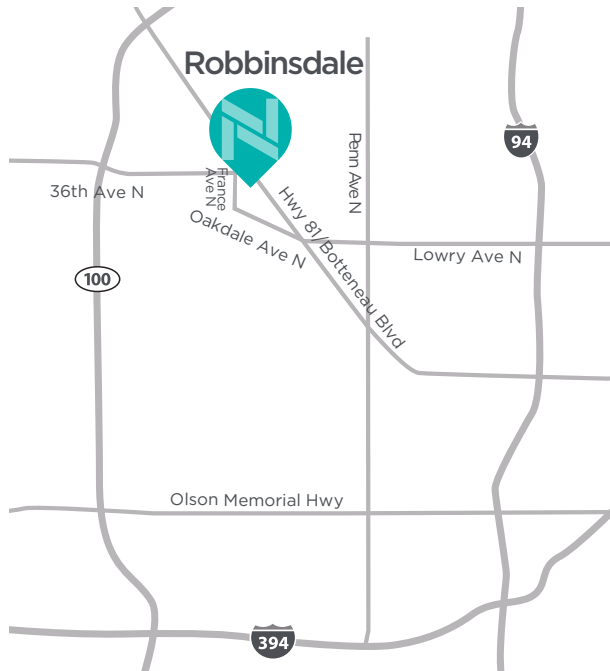


Thank you for choosing North Memorial Health!

If you have any questions before your surgery, please call us at:

North Memorial Health - Robbinsdale Hospital: (763) 581-3790

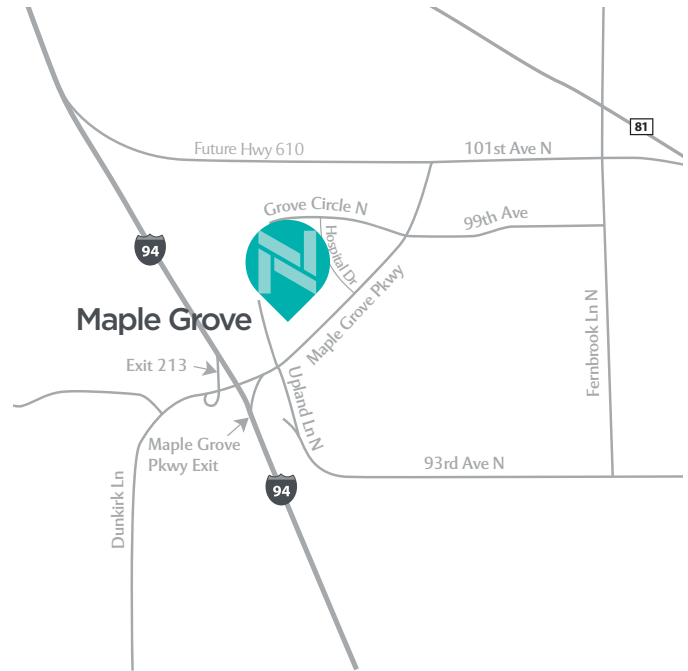
North Memorial Health - Maple Grove Hospital: (763) 581-1120



When you arrive at North Memorial Health - Robbinsdale Hospital

- Park in the Hospital Parking – P1 Ramp. It's connected to the west side of the hospital (NOT the Robbinsdale Medical Building parking ramp across the street)
- Each patient's driver will receive one voucher for **discounted** parking.
- Take the ramp elevators to the Plaza (PL) level.
- Take the Atrium elevators to the first floor, and go to the Patient Care Center to check in.

Street parking is not available.



When you arrive at North Memorial Health - Maple Grove Hospital

- The main entrance is open from 6 a.m. to 9 p.m. Outside of those hours, you may use the Emergency Care Center entrance, which is open 24 hours a day, seven days a week.
- **Free parking** is available in our lot, conveniently located in front of the hospital.

Directions to our hospitals can be found at northmemorial.com.

Proud To Be Tobacco-Free

For the health of our patients, visitors and employees, North Memorial Health is a tobacco-free campus. We appreciate your cooperation.



What To Bring To The Hospital

- | | |
|--|--|
| <input type="checkbox"/> Picture ID | <input type="checkbox"/> Copy of your living will, advanced health care directive (if applicable) and Power of Attorney (POA) or POA contact information if patient doesn't sign own consent.* |
| <input type="checkbox"/> Insurance Card | <input type="checkbox"/> Pacemaker/ICD manufacturer information* |
| <input type="checkbox"/> Method of payment for prescriptions and co-pay (if applicable) | <input type="checkbox"/> CPAP machine* |
| <input type="checkbox"/> Comfortable, loose-fitting clothing - consider any brace that you may wear afterwards | <input type="checkbox"/> The remote for any implanted stimulator devices* |
| <input type="checkbox"/> Crutches or walker (may be left in the car during surgery*) | <input type="checkbox"/> Minors must be accompanied by a parent or legal guardian, one of whom must remain within the hospital at all times* |

*If applicable.

Things To Do Before Your Surgery/Procedure

Prior To Your Surgery/Procedure

- ☐ Contact your insurance company about pre-authorization requirements.
- ☐ If necessary, complete preoperative history and physical, labs, or special testing within 30 days of your surgery.
- ☐ If you are going home on the same day as surgery, make arrangements for someone to drive you home and a responsible adult to stay with you for 24 hours after your surgery. For your safety, you will not be able to drive or leave the hospital alone. If these arrangements aren't made, your surgery will be rescheduled.
- ☐ A pre-admission nurse will call you for a nursing interview and to review preoperative instructions a few days prior to your surgery.
- ☐ The pre-registration department will contact you to obtain insurance information and verify demographics.
- ☐ Please refrain from any hair removal in your surgical area for at least 2 days prior to your surgery to decrease your risk of infection.
- ☐ Some medications may need to be stopped several days or weeks prior to surgery/procedure. Discuss with your prescribing physician.

Day Before Your Surgery/Procedure

- ☐ Notify your surgeon if you experience a change in your health such as cold or flu symptoms, fever or infections. Infections include but are not limited to those of the skin, urinary tract and teeth/gums. Your surgeon's office should be notified of any rashes, bruises, or sores.
- ☐ No smoking overnight or preoperatively. No alcohol, cannabis, or street drugs 24 hours prior to surgery.
- ☐ Shower in the evening using antibacterial soap or soap recommended by your surgeon. Use a clean towel, wear clean pajamas and sleep on clean sheets.
- ☐ No solid food after midnight.

Day of Surgery

- ☐ Follow guidelines given by pre-admission nurse. You may have clear liquids up to 4 hours prior to surgery. Examples are water, coffee, tea (without creamer/dairy), non-citrus juices and sports drinks. Failure to follow these instructions may result in your surgery being canceled or delayed.
- ☐ Take your medications as directed by your physician and/or the pre-admission nurse.
- ☐ Remove **ALL** jewelry and body piercings and leave at home. Do not wear contact lenses.
- ☐ Shower again with antibacterial soap or soap recommended by your surgeon. Do not apply lotion. Again, use a clean towel and wear clean, loose fitting clothes.



Medications

In general, your usual dosage of the following medications can be taken on the day of surgery (take with a small sip of water only):

- Blood pressure medicine
- Heart medicine
- Seizure medicine
- Asthma medicines (including all inhalers)
- Pain medicine (can be taken up to 4 hours before your scheduled surgery time), including methadone
- Antidepressant medicine
- Anxiety medication
- Parkinson's medication
- Thyroid medication

Common medications that require special instructions from your physician **at least one week** prior to surgery are:

- **Blood thinning medication**
Such as Aspirin, Coumadin, Plavix, Ticlid, Heparin, Lovenox, Eliquis, Xarelto or any anti-inflammatories (Ibuprofen, Advil, Aleve, Motrin).
- **Diabetic medication**
If you have diabetes, talk with your physician about the dose of medication (insulin, ozempic, metformin) you should take the day of surgery. Some medications, such as Lantus, are a long-lasting.
- **Diuretics (water pill)**
Generally are NOT taken the day of surgery (Bumex, Lasix).
- **Weight loss medications**
Such as phentermine, GLPI agonists (Ozempic, Wegovy, Trulicity).
- **Immune suppressant medications**
Such as Methotrexate.

Do not bring any medications to the hospital with you unless you are instructed to do so.

What to Expect Your Day of Surgery/Procedure

Pre-Operative (Patient Care Center)

After checking in at the welcome desk, you'll be brought to a preoperative room. The person(s) accompanying you will remain in the waiting area. The nursing team will begin preparations for your surgery. We'll provide you a package of antiseptic wipes for cleansing your skin from neck to toes. You'll change into a hospital gown, have vital signs taken, review your medical history along with current medications and have an IV started.

This typically takes 45 minutes to 1 hour. Once completed, the person(s) accompanying you can join you while you wait to go into surgery. During this preoperative phase you will also meet with your anesthesiologist, CRNA, surgeon, the chaplain (if requested) and your surgical team. You'll spend about 1 ½ - 2 hours in pre-op.

Operating Room (OR)

When your surgeon and the operating room are ready for you, you'll be brought to the OR. Your surgeon can give you an estimate of how long your surgery will be, but note that the total time in the operating room also includes anesthesia administration, positioning, prepping the surgical site and discontinuing the anesthesia when your surgery is finished. The surgeon or their assistant will update the person(s) accompanying you on the surgical outcome.

Phase 1 Recovery (PACU)

You'll be monitored closely as you wake up from anesthesia. When you are ready, you'll transfer to the next area of care. If you are staying overnight, you will transfer to a room. If you are going home the same day, you will move to Phase 2 recovery. Once you're settled in your room, the person(s) accompanying you can see you.



Phase 2 Recovery—Same Day Only

Your nurse will review discharge instructions and prescription information with you and the person(s) accompanying you. The time spent in phase 2 varies, but it's typically around 1 - 1 ½ hours. We'll get you back to the comfort of your own home as soon as it's safe to do so.

This is a general timeline for you and your family/friend of what to expect. There are many variables that can affect this timeline. Our goal is to keep you informed of any changes or delays.

During Your Surgery/Procedure

You will have an IV to deliver medications as well as monitors to help keep you safe. The specific plan will be discussed with you by your anesthesiologist before surgery.

Common Types of Anesthesia:

- ✓ **Monitored Anesthesia Care (MAC):** This typically involves sedation medication given through the IV. The sedation medications are tailored to your personal needs and the needs of your surgeon. People are relaxed and frequently quite sleepy. You will be breathing on your own with supplemental oxygen. Our expectation is that you will be comfortable and we will work with you to achieve that common goal.
- ✓ **General anesthesia:** This involves giving medications through the IV that cause you to be completely unconscious. You will have a breathing device placed into your mouth and throat for safety. We will use a ventilator (breathing machine) to help you breathe. You are kept asleep through medication delivered through the IV and/or the breathing machine.
- ✓ **Spinal anesthesia:** The anesthesiologist places medication(s) into your spinal canal using a very thin needle placed in your lower back. You will temporarily become numb from about the waist down and may not be able to move your legs. Your usual sensation and function return over a few hours. For most procedures, you are also sedated for your comfort.
- ✓ **Nerve Blocks or pain blocks:** The anesthesiologist may discuss with you the use of a local anesthetic to reduce pain and opioids after surgery.



Other types of anesthesia exist and your anesthesia care team will be clear about the type that is expected to be used during your procedure.

Additional invasive monitors may be required.

There is always a chance that a general anesthetic may be required for any procedure.

Pain Control

Pain is expected after surgery, but we want it to be manageable. Every pain medication has side effects; we strive to balance the risks with the benefits. We do not expect to eliminate your pain after surgery, but have it controlled for you to go home, participate in rehab, etc.

Possible side effects:

✓ **Sore Throat**

Some patients may get a sore throat from the breathing device. Most commonly, the sore throat will be relieved with ice chips or cough drops and should resolve within a few days.

✓ **Skin Tears or Bruising**

Can occur from tape or injections, particularly in people with delicate skin. Damage to teeth, lips, tongue or mouth are uncommon but can result from equipment used during your procedure.

✓ **Nausea**

Talk to your care team about nausea from previous anesthesia or if you get sick from motion or opioids. We assess nausea risk for each patient and customize anti-nausea medications for your needs.

✓ **Muscles Soreness**

Sometimes people are a little achy from laying on the surgical bed or from medications.

✓ **Eye Irritation**

Can occur from rubbing your eyes while you are still sleepy or from tape used to protect your eyes while you are asleep. Let your team know if you experience severe pain or irritation.

✓ **Feeling Sleepy After Surgery**

For your safety, make sure to have a responsible adult with you after anesthesia.



Health Care Directives

North Memorial Health is required to ask all patients if they have a Health Care Directive.

A Health Care Directive Is A Written Document That:

- Informs others of your wishes about your healthcare.
- Allows you to name a person(s) to act as your healthcare agent.
- Authorizes your agent to make decisions about your healthcare for you if you are not able to do so yourself.
- Is appropriate for all persons 18 years of age or older.
- Is also sometimes called a Living Will or Advance Directive.

It is recommended that all adults, even those who are healthy and active, make sure that their loved ones are aware of their wishes. A completed health care directive is a good way to do that.



You can find more information and download a **Health Care Directive** to complete at northmemorial.com under **Advance Care Planning**.

MyChart

MyChart is your secure portal to actively manage your healthcare information. Whether at work, on the road, or at home, you can access and connect with your healthcare team. MyChart is available to all North Memorial Health patients at no cost.



Please scan to
access MyChart.

For more information or to activate your account, visit northmemorial.com/mychart or call **(763) 581-7899**.



If you have any questions about your upcoming surgical procedure or need to cancel, please contact your surgeon. We hope this information helps you better understand your anesthesia experience. It's our hope to care for you and we look forward to keeping you safe and comfortable for your procedure.



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