

# **YOUR SURGERY PLAN OF CARE**

**Telephone Pre-Admission Testing  
Medication Safety  
Surgery Day**



**SCHNECK**

**Want quick access to Your Surgery Plan of Care?**  
Scan the QR code to view it anytime, anywhere on your mobile device.



# PRE-ADMISSION TESTING TELEPHONE PRE-ADMISSION TESTING APPOINTMENT

Thank you for choosing Schneck Medical Center for your surgery! You will be in the care of experienced surgical professionals throughout your entire stay. This Surgical Plan of Care will guide you through your upcoming procedure—before, during, and after—to ensure the best possible experience and outcomes.

## TELEPHONE PRE-ADMISSION TESTING SERVICES

Your surgeon may recommend a TELEPHONE PRE-ADMISSION TESTING appointment prior to your surgery. **Your appointment will be over the TELEPHONE.** Pre-admission testing helps our staff evaluate your overall health, and allows you the opportunity to ask questions and receive any needed preoperative information in preparation for your surgery.

TELEPHONE PRE-ADMISSION TESTING services at Schneck include past medical history review, medication and allergy review, preoperative patient education and may include preoperative tests.

## TELEPHONE PRE-ADMISSION TESTING APPOINTMENT

The TELEPHONE PRE-ADMISSION TESTING appointment will be completed by a registered nurse in advance of your surgery depending on availability and timing of when your surgery is scheduled. It will take approximately 30-45 minutes, and is conducted between the hours of 7:30 a.m. and 5:00 p.m., Monday through Friday. If you have elected to receive text messaging with registration, you may receive a text with a TELEPHONE PRE-ADMISSION TESTING appointment reminder.

If you have questions about your TELEPHONE PRE-ADMISSION TESTING appointment or procedure, call the Surgery Nurse Intake/Pre-admission Testing department at 812-523-7833. When leaving a message, please provide your name, date of birth, date of surgery, and the best time and number to call you back.

## REGISTRAR

A registrar may contact you to verify or update your demographic and insurance information. You may also call 812-522-0408, Monday–Friday, 7:00 a.m.–5:00 p.m., or pre-register through the patient portal. Please contact the registrar if your phone number or insurance changes.

**To ensure your surgery proceeds as scheduled and to prevent any issues with your insurance coverage, it is essential that we have accurate and up-to-date information in our system.**

## INFORMATION NEEDED FOR YOUR TELEPHONE PRE-ADMISSION TESTING APPOINTMENT

Please have the following information available during your TELEPHONE PRE-ADMISSION TESTING appointment:

- Accurate list of medications: This includes prescription and non-prescription medicines, creams, drops, inhalers, vitamins, herbs, supplements, aspirin, or blood thinners. Make a list of everything you take, including the dosage of each item, how often you take it, and if you take in in the morning or evening.
- List of your allergies and reactions
- List of your past surgeries and any recent hospitalizations
- Names and phone numbers of any physicians that provide care for you
- Immediate family medical history



## WHEN TO CALL YOUR SURGEON

If you develop cold, fever, illness, or infection within the week prior to your surgery, contact your surgeon's office and the Surgery Intake nurse/Pre-admission Testing nurse at 812-523-7833.



## UNSURE WHAT TO EXPECT ON YOUR DAY OF SURGERY?

Visit [SchneckMed.org/medical-services/surgery](https://SchneckMed.org/medical-services/surgery) or scan the QR code for additional information about your surgery and to watch our video "What to Expect on Your Day of Surgery".



# INFORMATION NEEDED FOR YOUR PRE-ADMISSION TESTING APPOINTMENT

**PLEASE HAVE THE FOLLOWING INFORMATION READY FOR YOUR  
TELEPHONE PRE-ADMISSION TESTING APPOINTMENT/SURGERY**

## PATIENT PAST MEDICAL HISTORY/DIAGNOSIS

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## PATIENT PAST SURGICAL HISTORY

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## IMMEDIATE FAMILY MEDICAL HISTORY

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## ALLERGIES

## TYPE OF REACTION

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## ACCURATE LIST OF MEDICATIONS

Including prescription and non-prescription medicines, creams, drops, inhalers, vitamins, herbs, supplements, aspirin, or blood thinners.

## DOSE

(mg, mcg, units)

## FREQUENCY

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*Please bring a list of all medications.*

**NOTES/QUESTIONS FOR MY NURSE** You may also call the Surgery Intake Nurse/Pre-Admission Testing Nurse at 812-523-7833.

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# MEDICATION SAFETY

It's important to work closely with your healthcare team to ensure the medicines you take before and after your surgery are right for you. In some cases, changes are needed in your usual medications. In other cases, your care may be adjusted based on medicine you are taking.



**NSAIDs** Do Not Take anti-inflammatory medications or NSAIDs (nonsteroidal anti-inflammatory drugs) 7 days prior to surgery unless otherwise instructed. This includes Advil, Motrin, Ibuprofen, Aleve, Naproxen, Naprosyn, Celebrex, Celecoxib, Toradol, Ketorolac, Voltaren, Diclofenac, Lodine, Etodolac, etc. These medications thin the blood and may cause an increase in bleeding during surgery. If a physician started you on Aspirin, you should obtain permission from that physician to stop the Aspirin. If you are unsure whether something you take is an NSAID, ask your doctor, pharmacist, or nurse during your TELEPHONE PRE-ADMISSION TESTING appointment.



**STENT** If you have a stent or are taking medicine (blood thinners or antiplatelet medications, please see list below) to prevent blood clots, DO NOT STOP taking these medications unless you are specifically told by your cardiologist or prescriber that this change is safe. Permission should be obtained first. You should also contact your cardiologist to make sure it is safe for you to have general anesthesia.



**PACEMAKER or IMPLANTABLE DEVICE** Inform the TELEPHONE PRE-ADMISSION TESTING nurse if you have a pacemaker or an implantable cardioverter defibrillator (ICD). Your pacemaker should have been checked in the last 12 months and the cardioverter defibrillator (ICD) should have been checked in the last 6 months.

## BEFORE SURGERY

Inform your surgeon and your TELEPHONE PRE-ADMISSION TESTING nurse about all the medications you take at home. This includes prescription and non-prescription medicines, creams, drops, inhalers, vitamins, herbs, supplements, aspirin, or blood thinners. Make a list of everything you take, including the dosage, how often you take it, and if taken in the morning or night. Have this information ready for your TELEPHONE PRE-ADMISSION TESTING appointment.

During your TELEPHONE PRE-ADMISSION TESTING appointment, be sure to let your nurse know if you are taking any of the following:

- Coumadin (warfarin)
- Pradaxa (dabigatran)
- Low molecular-weight heparin (enoxaparin/Lovenox, dalteparin/Fragmin, tinzaparin/Innohep)
- Arixtra (fondaparinux)
- Xarelto (rivaroxaban)
- Fish Oil (Omega-3)

### Blood Thinners, including:

- Aspirin (including baby aspirin)
- Plavix (clopidogrel)
- Effient (prasugrel)
- Brilinta (ticagrelor)
- Aggrenox (aspirin/dipyridamole)
- Ticlid (ticlopidine)

### Antiplatelet Medications, including:

Please inform your TELEPHONE PRE-ADMISSION TESTING nurse if you are on insulin or another medicine to treat diabetes.

## SPECIAL INSTRUCTIONS

- Do not take herbal medications or drink herbal tea 2 weeks prior to surgery. Herbs can affect heart rate, bleeding, and pain medications.
- Discontinue all vitamins, supplements, and herbs 7 days prior to surgery.
- Discontinue ginkgo biloba 14 days prior to surgery.

## AFTER SURGERY

Review all your medication with your nurse or doctor before you leave the hospital. Ask:

- Should I go back to taking all my usual medicines?
- Are there any changes in dose of my usual medicines?
- If I've missed one or more doses of medicine on the day of surgery, what should I do?
- Are new medicines being added? If so, how should I take the new medicine? Are there side effects or cautions I need to take because of the new medicine?



# THE DAY OF SURGERY

## IMPORTANT ITEMS TO BRING TO THE HOSPITAL

If applicable, please bring the following with you on the day of your surgery:

- Accurate medication list including: prescription and non-prescription medicines, creams, drops, inhalers, vitamins, herbs, and supplements. Make a list of everything you take, including the dosage of each item, how often you take it, and if you take it in the morning or night.
- List of your allergies and reactions
- List of your past surgeries and any recent hospitalizations
- Names and phone numbers of your healthcare providers
- Picture ID, insurance cards and social security number
- If you have a stimulator, bring your equipment with you and the programmer
- If you have portable oxygen, bring your tank and tubing
- If you have a BIPAP, CPAP, or VPAP machine and will be admitted after surgery, bring your machine and mask.
- If you were issued an Incentive Spirometer breathing exercise device before surgery, bring it with you on the day of surgery. Begin using 2 days before your surgery, 10 repetitions, twice a day.
- If you have an advance directive, bring a copy of the document, such as a living will, healthcare representative, POST document, or durable power of attorney
- Copy of a court-appointed guardianship document

## BEFORE LEAVING HOME

Your care begins before you leave your home. It is important to follow your physician's instructions and the instructions you received at your Pre-Admission Testing appointment, as well as:

- Nothing to eat or drink after midnight, unless otherwise directed.
- Shower or bathe the night before and morning of surgery. Use Hibiclens (chlorhexidine gluconate) soap or antibacterial soap such as Dial.
- Do not put on perfume, cologne, powder, oil, lotion, or deodorant.
- Leave valuables, such as jewelry, at home. Remove all jewelry and tell us if you have permanent or non-removable jewelry.
- Dress in loose, comfortable clothing, for example, sweatpants, slip-on shoes, etc.
- You are not permitted to drive immediately following surgery.
- Arrange for an adult to drive you to the hospital and home afterwards. This must be a friend or family member.
- Your surgeon will advise you when it is best for you to start driving again.

## SPECIAL INSTRUCTIONS

**Smoking** Smoking may affect your rate of healing. Try cutting down or quitting before surgery. For information about smoking cessation programs, call WellLife by Schneck at 812-523-5185.

**Alcohol Use** Do not drink alcohol 24 hours before surgery, 24 hours after surgery, and if you are taking pain medication.

## ARRIVING AT THE HOSPITAL

- Please enter the hospital through the Hospital Main Patient Entrance, located off of Brown Street.
- Report to the Outpatient Care Center on the 1st floor, and check-in with the receptionist before proceeding to the Surgical Care Center.
- Proceed to the Surgical Care Center located on the second floor then follow the signs to the nurses' station to check in.
- Minor pain procedures are completed in the Outpatient Care Center on the first floor.

## ENSURING YOUR SAFETY

Shortly after you arrive, you will change into a gown and remove jewelry, glasses, contacts, dentures, etc. A wristband will be placed on your wrist for identification to ensure your safety. Staff members will repeatedly ask you your name and date of birth. Although this process may seem bothersome, it is for your own safety.

## PREPARING YOU FOR YOUR PROCEDURE

- An IV will be started prior to surgery. Depending on your procedure, you may need two IVs. We offer numbing medication and have special equipment to ease the pain of an IV.
- You will meet an anesthesiologist, the surgeon, preop nurse, and surgery nurse. Your surgeon may mark your surgical site or place a band on your arm for your safety.
- You may be given medications as prescribed to ease post-operative pain and nausea.
- **Please understand that the surgery time we give you is the scheduled time. However, there are many factors in a hospital that may affect your surgery time. We do our best to update you to any changes in the scheduled surgery time.**

# DURING & AFTER YOUR SURGERY

You and your team of physicians, nurses, and other healthcare professionals have completed all the necessary preparation. You are ready for your surgical procedure. Once in the surgery suite, you'll be carefully monitored by Schneck's highly skilled physicians and nurses. Our team works to ensure that you are as comfortable as possible.

At Schneck, we understand that knowing what to expect after surgery may be just as difficult as the surgery itself. That's why we provide you with information on what you can expect following your surgical procedure.

## WAITING AREAS

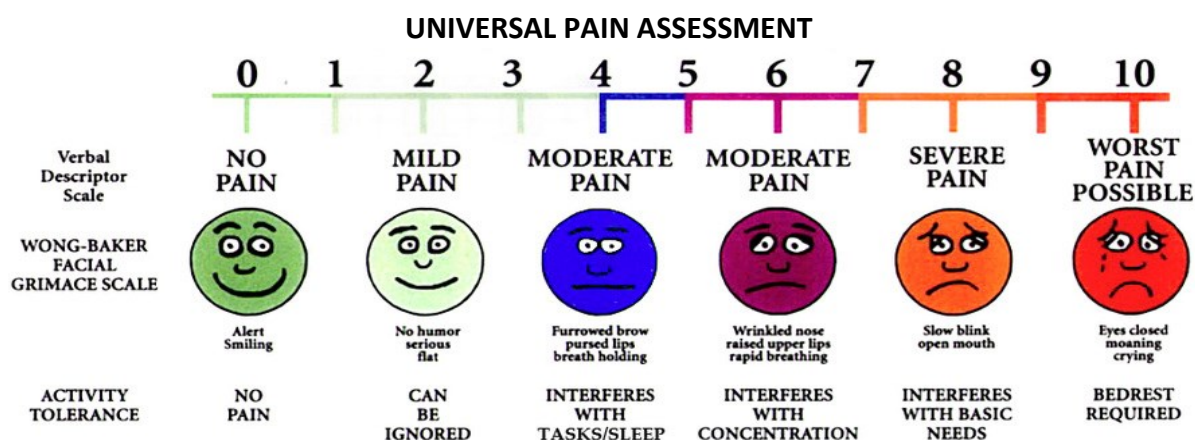
While you are in surgery, your family may choose from several waiting areas, including our Surgery Care Center waiting room, the cafeteria, and the canteen. We will be update your family on your condition, the progress of the surgery, and you can follow their location on the tracking board screen located in the Surgery Care Center waiting room. Your surgeon will speak with your family immediately after your surgery. If your family decides to leave the Surgery Care Center waiting room, please remind them to leave a cell phone number with the receptionist.

## RECOVERY

### Leaving the Operating Room

After your surgery, you will be taken from the operating room to the Post-Anesthesia Care Unit (PACU) with a nurse and anesthesia provider. In PACU, your nurse will:

- Monitor your vital signs.
- Provide you with medication to manage your pain and nausea.
- Apply oxygen, if needed.
- Give you a warm blanket and make you as comfortable as possible.
- Assess your pain using nonverbal cues and the Universal Pain Assessment Tool pictured below. Using the 10-point scale, your nurse will ask you to rate your pain. Your pain will be treated as appropriate.



**The Next Step After PACU** Depending on your type of surgery, you may be admitted and transferred to an inpatient unit. Or, if your procedure was a same-day surgery, you will be transported to the Surgical Care Center (Post-Op). Your discharge from the Surgical Care Center depends on the physician's orders and your condition. Our goal for same-day surgeries is to release you within six hours of your surgery.

**How will I Feel?** Following your procedure, our goal is to make you as comfortable as possible. You may have pain or discomfort at the surgical site, a sore throat, and be sleepy. You may not remember the first hour or two after surgery. Once you've recovered, your family will be allowed to join you at this time.

## Medication After Surgery

Check with your medical team about what medicines to take or not to take after surgery. Ask about re-starting any medicines that may have been stopped. **This is especially important if you are taking medicines to thin your blood to prevent blood clots.**



# YOUR DISCHARGE

## DISCHARGE INSTRUCTIONS

You will be discharged when the following criteria have been met:

- Fully awake
- Able to take fluids
- Pain, nausea, and vomiting are under control
- Able to walk with minimal assistance

Your nurse will provide you with your discharge instructions. Because you may be groggy from your procedure and medication, we suggest that both you and a friend or family member listen to these instructions. We will also give you written instructions. Please ask questions if you do not understand.

Your nurse will talk to you about the following:

- Care of stitches, staples, incisions, bandages, and dressings
- Bathing and showering
- What you can expect regarding pain
- How to identify signs of infection
- Guidelines and restrictions on eating, physical activity, and driving
- **DO NOT** drive or operate heavy machinery or make important decisions for 12 hours after surgery. If you are prescribed a medication that might affect your cognitive function, these restrictions may be longer. Your discharge nurse should instruct you driving limitations.
- A competent adult **MUST** drive you home. This must be a friend or family member.

## AT HOME

Your continued care at home is very important to us. A nurse may call you within one to three days following your surgery to see how you are doing and to answer any questions you may have. If you have any questions or concerns at any time, please call the Surgical Care Center at 812-523-4840, Monday through Friday, 9:00 a.m. to 8:00 p.m. After hours, please call Schneck's Inpatient Surgical Unit at 812-522-4772.

## OUR COMMITMENT TO QUALITY

We take our commitment to quality very seriously. If you have any concerns while you are here, please bring it to our staff's attention so we can address it immediately. Our goal is to provide exceptional experiences for our patients and families. It's important for us to hear how we are doing in achieving our mission *To improve the health of our communities!*

**Share Your Feedback with Us!** In approximately five to seven days, you may receive a survey regarding your stay. Please take a few minutes to complete and return the survey. We look to patients and families to tell us how they want to experience quality care and how well we have delivered on our promise. Please note that paper surveys are sent randomly, so not all patients will receive one. You may also receive a text survey.

**Share Your Story with Us!** We want to hear from you! Share your experience by calling the Schneck Story Line. It's easy—just dial our toll-free, 24-hour phone line at 1-855-522-0120 and leave your message. *Please note this call-in option does not replace our paper or text surveys.*

**Thank you for choosing Schneck!**  
**We'll have a warm blanket waiting for you.**





**SCHNECK**

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Seymour, IN 47274

# **YOUR SURGERY PLAN OF CARE**



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