

Making the Most of Your Same Day Surgery

Welcome to University Hospital.

The Same Day Surgery program has been designed to allow you the convenience of having your surgery in a comfortable, safe environment and going home the very same day.

By eliminating an overnight stay, Same Day Surgery allows you to avoid the costs and stress associated with the round-the-clock activities of the Hospital. At the same time, the complete resources of the Hospital are readily available to meet your medical needs throughout your surgery and recovery.

Quality medical care, cost effectiveness, comfort and convenience are brought together in University Hospital's Same Day Surgery Program.

Before Your Surgery

Your surgery will be scheduled with the Operating Room from your physician's office or the clinic. An appointment for **Pre-Admission Testing (PAT)** will also be made at this time. Your physician orders preoperative tests to ensure your safety during surgery **and your Pre-Admission Testing must be completed prior to your day of surgery.**

Instructions will be provided to help prepare you for the testing and the surgical procedure. Please refer to your PAT instruction sheet for the specific date and time of your appointment. Allow approximately one hour for PAT procedures, which include pre-registration and insurance arrangements. In order to accurately process your pre-registration information, you must bring any insurance cards and forms you may have. If you have been an outpatient at the Hospital on a prior occasion, please bring your yellow identification card as well. **Be sure to contact your physician or the appropriate clinic if you are unable to keep your Pre-Admission Testing appointment.**

The PAT Center is located in the Doctors Office Center, Room 0400 on the lower level. The telephone number is (973) 972-2999 and the fax number, (973) 972-2942. Parking is available on the DOC Parking Deck, directly adjacent to the Doctors Office Center.

It is important for you to keep your physician informed of your physical condition prior to and including the day of your surgery. Remember to let your physician know if you are taking any medications; if you have any allergies; or if you have or have had a history of:

- Heart Disease
- Asthma
- Emphysema
- Hypertension (High Blood Pressure)
- Hepatitis
- Diabetes
- Epilepsy (Seizures)
- Bleeding disorders
- Alcohol or Drug Abuse

If your physical condition changes (for example, you develop a cold, cough, fever or flu), or if you need to cancel your surgery, contact your physician immediately.

For your comfort and safety, follow these instructions the night before surgery:

- ❑ Have a light dinner. **Do not eat or drink anything after 12:00 midnight.** It is dangerous to be sedated or put to sleep if you have any food or liquid in your stomach.
- ❑ **Avoid drinking alcoholic beverages** for twenty-four hours before surgery. Alcohol can increase the need for anesthesia and can affect other medications that may be given.
- ❑ Get a good night's rest before your surgery.

The Day Of Your Surgery

Be sure to follow these important instructions on the day of your surgery:

- ❑ **Do not eat or drink anything for breakfast, including water.**
- ❑ **Medications normally taken in the morning should be brought with you to the Hospital.** Your physician will advise you as to whether or not to take your medicine.
- ❑ Do not wear makeup, false eyelashes, mascara or nail polish.
- ❑ Do not wear jewelry or bring any valuables to the hospital.
- ❑ Wear loose clothing which can be worn around surgical bandages.

Please arrive for your surgery at your scheduled time. A delay in your arrival could result in a delay or postponement of your surgery. Report directly to the location of your surgery which will be EITHER the Same Day Services Suite, E-Level of the Hospital OR the Doctors Office Center, lower level, Room 0400.

If your surgery is scheduled in the Same Day Services Suite:

- The admitting process will take place on the nursing unit.
- After a brief admitting process, you will remain in a comfortable hospital room in the Same Day Services Suite. **One adult may stay with you there; all others may wait in the family waiting room, also located in the Same Day Services Suite.**
- For the convenience and comfort of your guests, coffee and television will be available.
- Your clothes will be placed in a locker until you are ready to go home.
- Your adult escort will be able to stay with you in the hospital room until you are taken directly into the operating room. This person will then be asked to wait in the family waiting room until you return.
- You will return directly to your hospital room, if only local anesthesia was given, or you may go to the Recovery Room where you can slowly recover from your general anesthesia.

If your surgery is scheduled for the Doctors Office Center:

- The admitting process will take place in the Doctors Office Center on the day of your surgery
- After a brief admitting process, you will remain in a comfortable "holding room" in the Same Day Surgery Unit. **One adult may stay with you there; all others may wait in the department's waiting room.**
- For the convenience and comfort of your guests, food and beverages can be obtained in the Balcony Café, located on level two of the DOC.
- Your clothes will be secured by the nurse until after surgery.
- Your adult escort will be able to stay with you in the "holding room" until you are taken directly into the operating room. This person will then be asked to wait in the department's waiting room until you return.
- You will return to the DOC Recovery Room after your surgery.

Because you will feel drowsy from the drugs or anesthesia you are given during the procedure, **you must be accompanied to and from your surgery by a responsible adult.** This person may be a parent, spouse, relative, or friend. If a responsible adult is not with you when you arrive, your procedure may be cancelled.

Children: Children 17 years old or younger having Same Day surgery must be accompanied by a parent or legal guardian. Legal guardians must bring official legal guardian documentation with them. It may be helpful to bring a child's favorite toy to help them feel comfortable and safe. Children may not be given milk or food for at least eight hours before surgery. They may however, have water or clear apple juice two hours prior to surgery.

You will meet the nurses who will care for you and you will be asked to change into a hospital gown.

After Surgery

Recovery times range from 1 1/2 - 3 hours for local anesthesia and 4-6 hours for general anesthesia. Each case is different and your physician will discuss your anticipated recovery time with you.

There may be a possibility of an overnight stay should your condition change after the surgery.

When your physical condition indicates that you are ready to be discharged, you will be provided with instructions and an appointment for a return visit to your physician or the practice. You will also be made aware of the signs to look for during the hours immediately following discharge.

Remember, you will be drowsy from the drugs and/or anesthesia. **It is unsafe for you to drive a car, operate machinery, walk or take public transportation to your home alone. You should not consume any alcoholic beverages or take any medication which has not been prescribed by your physician for at least 24 hours.** It is not wise to make any important decisions for the first 24 hours following surgery.

You are required to be accompanied by a responsible adult as you are discharged from your surgery. An adult should be available to assist you at home during your immediate recovery.

Upon your arrival home, if you experience any problems or changes in your physical condition, contact your physician immediately. If your physician is unavailable, call the **Emergency Department of University Hospital at (973) 972-5123.**

We hope you will find your Same Day Surgery experience to be comfortable and convenient. Our staff is here to provide you with the finest medical treatment during your stay and stands ready to assist you in your full recovery. Please call upon us again for your health care needs.

Directions to University Hospital

GARDEN STATE PARKWAY - NORTHBOUND AND SOUTHBOUND

Take the GSP to exit 145, following signs for 280 East and Newark. Take the exit for Newark and 1st Street. Turn right at the light at the bottom of the exit ramp onto 1st Street. This street will become Bergen Street. Go through four more traffic lights. The Hospital will be ahead of you on the left. Turn onto the Hospital entrance for parking.

NEW JERSEY TURNPIKE-NORTHBOUND AND SOUTHBOUND

Take the NJ Turnpike to exit 15W (280 west). Take 280 West to Orange Street/6th Street exit. Make the first right onto Orange Street. Take Orange Street for one block to traffic light. Turn right at the light onto 1st Street. This street will become Bergen Street. The Hospital will be ahead of you on the left. Turn into the Hospital entrance for parking.

150 Bergen Street
Newark, New Jersey 07103
(973) 972-6000