



Your *Passport* to Sequoia Hospital

Your Guide for Surgery Preparation & Recovery

An informed patient is usually more relaxed and is likely to have a smoother and more rapid recovery. This brochure will help you prepare for your surgery and help you understand what is expected of you.



Important dates and times . . .

Call the Pre-Op Nurse as soon as possible at (650) 367-5545 to discuss the registration and pre-surgery process.

Pre-op appointment & Registration

Date: _____ Time: _____

Location: _____

Please bring the following:

- Photo ID
- Insurance card
- Any co-payment/deductible and co-insurance amount
- Advance Directive/Power of Attorney (if applicable)

If you are a legal guardian, you must bring documentation which establishes you as the person authorized to make health care decisions.



Pre-procedure tests & locations

- Labs _____
- EKG _____
- Chest X-ray _____
- Other _____



Procedure

Physician: _____

Procedure: _____

Date: _____ Patient Arrival Time: _____

Procedure Time: _____ Location: _____

Phone: _____

Post-op appointment

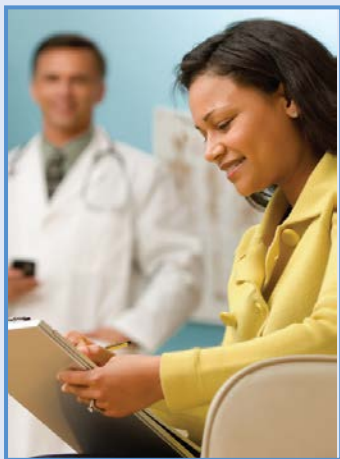
Date: _____ Time: _____

Location: _____



Important Information

Your Medical Insurance



Please know that you may have a co-pay and/or deductible to pay for your procedure. Your insurance company will be able to help you find out what you may owe. Our financial advisors can also help you.

Your insurance company will need the following information

- Date of surgery: _____
- Diagnosis codes: _____

- Procedure codes: _____

- Outpatient Inpatient

If you have any questions regarding your hospital bill, please call (650) 367-5551.

Your Hospital Bill

Your hospital bill will include the cost of services provided by the hospital staff (facility fee). It will not include the fees for services provided by the surgeon, assistant surgeon, anesthesiologist, radiologist or pathologist. So, we encourage you to contact your insurance company with questions about those fees.

Sequoia Hospital's business office will assist you by filing your claim with your insurance carrier after you provide your insurance information. Please remember to bring your insurance company identification card and claim form, Medicare card, or current Medi-Cal card and sticker to your pre-op appointment and on the day of your procedure.

To avoid any added stress the day of your surgery, we will work with you to take care of your financial and billing issues in advance. We appreciate your cooperation.

Cancelling surgery

If you find you need to cancel or reschedule your surgery, please **call your surgeon's office immediately**.

As soon as your surgery is scheduled . . .

- Please call the Pre-Op Nurse at (650) 367-5545 to discuss the registration and pre-operative testing process
- Please complete the *Anesthesia Patient Questionnaire* and yellow medications card given to you by your doctor's office. These forms should be given to the Pre-Op nurse.
- At least one week in advance of your surgery, please discuss any medications you are taking with your surgeon, including over-the-counter medications and supplements.
- If you or your family have ever experienced any adverse reactions to anesthesia it is important that you let your surgeon know.
- Notify your physician as soon as possible if you get a cold, fever or any illness prior to your surgery date, as this may affect whether we can proceed with your surgery

Planning for Your Procedure

Day before your procedure . . .

- Do **not** eat or drink anything (including water or chewing gum) after 10:00 PM the night before your surgery
- Have your discharge medications filled
- Prepare your list of medications and food or drug allergies
- If you are scheduled for same-day surgery, arrange for someone to drive you home.

Day of procedure . . .

- If your doctor instructed you to take any of your medications the morning of surgery, do so with a small sip of water
- Arrive at the hospital two hours before your scheduled surgery time. If your surgery is 7:30 AM or earlier, please arrive at 5:00 AM.
- Tell your nurse if you: are allergic to natural rubber latex, have been diagnosed with sleep apnea or if you/your family has a history of malignant hyperthermia
- Wear comfortable clothing and do not wear any jewelry/piercings or contact lenses
- Bring any equipment provided to you for surgery (CPAP machine, crutches, braces, ice machines, etc.)
- If your procedure requires an overnight stay, please leave your overnight bag in the car until you are assigned a room
- **Legal guardians:** Be prepared to present proof of guardianship/conservatorship at time of surgery
- **Minors:** A legal guardian must be here before, during and after surgery

What to expect . . .

- When you arrive at the *Short Stay Unit*, our nursing staff will greet you and prepare you for surgery
- Before any medication is given, you will be asked to read and sign a form giving your doctor and the hospital permission to perform your surgery
- Your surgeon, anesthesiologist and other members of the surgical team will come to greet you and answer any questions you may have
- Your family/friends or significant others are welcome to stay with you up until you go to surgery. While you are in surgery, family is invited to wait in the Surgery waiting room located on the 2nd floor of the hospital

After the procedure . . .

- You will spend time in the recovery room until you are sufficiently awake
- Nurses will monitor your recovery
- Before you leave, you and your family/friends will be given home care instructions. Please follow them carefully

At home . . .

It is normal to feel a little drowsy for several hours after your outpatient surgery. Please follow these instructions until the next day (unless otherwise instructed by your doctor).

- **Do not** drive
- **Do not** drink alcoholic beverages
- **Do not** use any medications that were not specifically instructed by your doctor
- **Avoid** making complex or legal decisions
- **Avoid** working with machinery or power tools

Parking and Directions

From Highway 101

Take the Whipple Avenue exit. West for 1.5 miles to Alameda de las Pulgas. The hospital and parking lot are on the corner of Whipple and Alameda de las Pulgas.

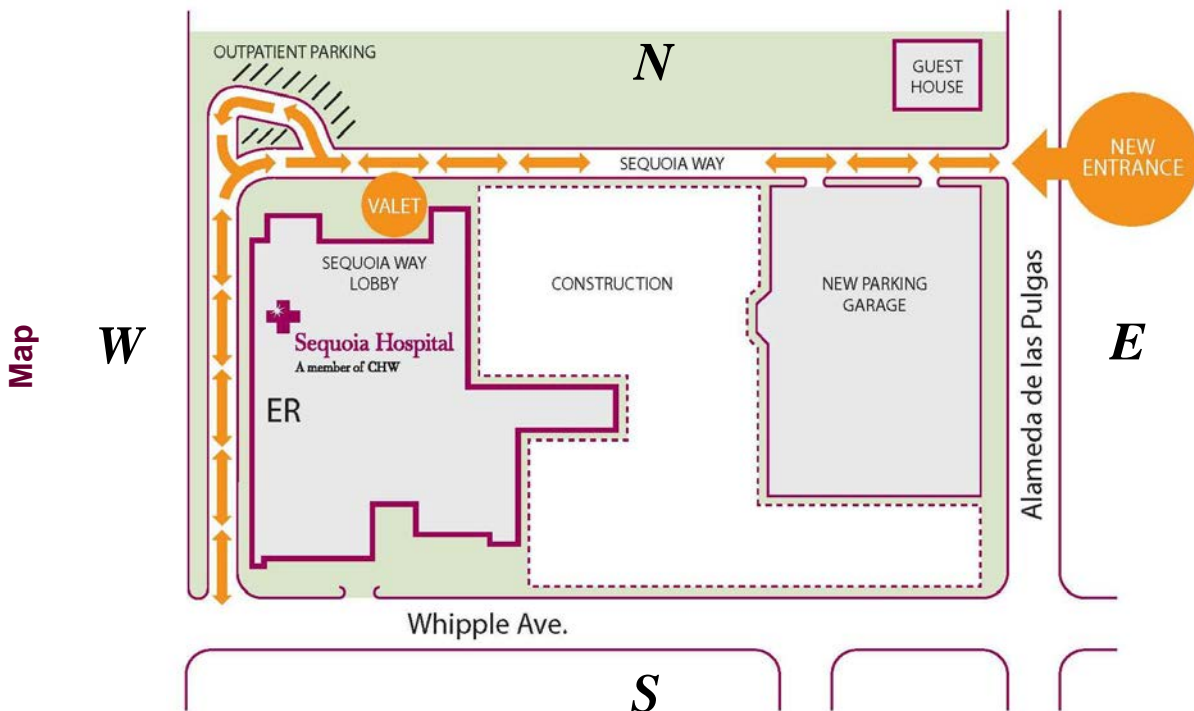
From Highway 280

Take the Edgewood Road exit. East for 2.5 miles. Turn right on Alameda de las Pulgas and drive two blocks. Hospital and parking lot are on the corner of Whipple and Alameda de las Pulgas.

Free valet parking is available at the front entrance, weekdays from 7:00 AM to 5:00 PM. Shuttles run from the parking garage to the lobby from 5:00 AM to 6:00 PM.

Public Transportation

Take CalTrain to the Sequoia Station train station in Redwood City. Catch the SamTrans bus Route 295 at Sequoia Station. The Route 295 bus stops in front of Sequoia Hospital. Call (800) 660-4287 for schedule information.



Important Numbers

Admitting/Financial Advisors

1st Floor
(650) 367-5551

Pre-Op Nurse

1st Floor
(650) 367-5545
Fax: (650) 367-5594

Anesthesia Billing Questions:

For cardiovascular & OB/GYN, call
West Bay Anesthesia
(800) 394-4445

For all other surgeries call Sequoia
Anesthesia Consultants
(650) 367-5992

Short Stay Unit

2nd Floor
(650) 367-5627

Spiritual Care Services

(650) 367-5926