

Guide to Preparing for your Procedure



A P A S S I O N F O R C A R I N G



DOCTORS
COMMUNITY
HOSPITAL

Our Commitment

Doctors Community Hospital is committed to providing comfortable, safe and efficient care for our patients undergoing a procedure, surgery or diagnostic testing. Our dedicated team of healthcare professionals will guide you through every stage of your procedure, from scheduling through to discharge.





A P A S S I O N F O R C A R I N G

We developed this booklet to help answer your questions and to provide general instructions on how to prepare for your procedure. Your physician will discuss specific instructions with you prior to the day of your procedure.

On the day of your procedure, your physician, our surgery staff and the anesthesia staff (if applicable) will be available to answer any questions you may have.

Procedure Information

Main Number:
301-552-8118

Fax Number:
301-552-7971

Admissions/Registration:
301-552-8504

Directions:
301-552-5851

Financial Counseling:
301-552-8623

Patient Name _____

Date of your scheduled procedure* _____

Time of your scheduled procedure* _____

Time of your scheduled arrival* _____

Please report to*

- Doctors Center for Ambulatory Surgery**
Enter at back of Medical Office Building, 1st Floor.
- Doctors Community Hospital Operating Room**
Enter at back of hospital at Outpatient and Surgical Services entrance.
- Doctors Community Hospital Endoscopy Unit, 1st floor**

*Our staff will call you with any changes to the date, time or location of your procedure.



Medication Record

On the attached Patient Health Information form, please list all medicines that you routinely or frequently take, including current prescriptions, over-the-counter and herbal medications. Please list the name of the drug, the dosage and how frequently you take the medication. This information helps your physician keep an accurate record of all your medications. Herbals and dietary supplements need to be stopped for two weeks before surgery.

Informed Consent

Informed consent is a communication between you and your physician/surgeon. When you are evaluated for your procedure, the physician will explain the procedure and have you sign a consent form authorizing or agreeing to undergo a specific procedure.

Please feel free to ask your physician any questions you may have prior to signing the informed consent.

What to Expect

A week before your procedure, you will receive two calls from our staff. One call will be to register you for your procedure. The other call will be from a pre-anesthesia evaluation nurse, who will complete your pre-surgical anesthesia assessment. At this time, you will receive specific preparation instructions from our nurse. Please be prepared to provide a current list of your medications and information about any recent physician and/or cardiologist visits.

Pre-operative Testing

A pre-operative examination with additional tests may be necessary. If your pre-procedure tests are scheduled at Doctors Community Hospital, please report to the Outpatient Surgical Services registration desk located at the back of the hospital.

HOURS OF OPERATION:

Monday–Friday: 6:00 a.m. to 5:00 p.m.

After Hours: Register in the Emergency Center

If you are required to go to an independent testing site, we will obtain your test results before your scheduled procedure. Please notify your physician when you have completed the test(s).

Please have all necessary tests completed as soon as possible. Last minute test results could possibly result in a delay or cancellation of your procedure.

The day *before* your Procedure

- If you will be under general anesthesia, do not eat or drink anything after midnight on the evening prior to your procedure, unless your physician or anesthesiologist tells you otherwise.
- No gum, candy or mints after midnight.
- If you are having local anesthesia, please follow your physician's specific instructions.
- Do not smoke or drink alcohol for at least 24 hours before your surgery. If you require assistance with abstaining, please advise your surgeon.
- Confirm your transportation arrangements with a family member or friend. Following your procedure, you will not be able to drive home or use public transportation on your own (if you are only having local anesthesia, this does not apply). If you do not have a ride home, your procedure may be cancelled.
- If your procedure requires admission (overnight stay), discharge time is 11:00 a.m. Please make sure your ride home knows to pick you up by 11:00 a.m. on the day you are to be discharged.
- Shower or bathe before your procedure to minimize the chance of infection. Notify your physician immediately if you have developed a cold, sore throat, fever, rash or any other health problems. Your physician may wish to postpone the procedure.



The day of your Procedure

Arrival: Please plan to arrive at least two hours prior to your scheduled procedure time.

Transportation: Verify your pre-arranged transportation home. Confirm time and place for pick-up

Clothing and Make-up: Wear comfortable, loose-fitting clothing to the hospital. Do not wear make-up, nail polish or jewelry to the hospital.

Medical Guidelines: Unless otherwise directed, you should take your usual medications the day of surgery. Pills may be taken with a sip of water.

Tobacco: Do not smoke or chew tobacco the day of surgery.

Personal Items: Bring your insurance card, a complete list of medications currently being taken, X-rays and mammograms with you. Also bring your eyeglass case, contact lens case and solution, hearing aids and dentures. Toiletries and reading or writing materials may be brought if desired.

Valuables: DO NOT BRING money, jewelry, watches, cellular phones or other valuables. The hospital does not replace or reimburse these lost or missing items.

Cellular Phones: Please remember that the use of cellular phones is prohibited inside the hospital, as they cause interference with the electronic equipment.

Waiting Room: Family and friends are welcome to stay in the waiting room. While there, they will be informed when your surgery is complete and when you have been moved to the recovery room. They will be notified of your room number, if you are admitted to the hospital.

Anesthesia

Before surgery, you will meet with an anesthesiologist and your physician to determine what type of anesthesia is most appropriate for you and your procedure. The anesthesiologist will complete a brief physical examination and discuss the type of anesthesia to be administered. Types of anesthesia include general, sedation, epidural, nerve blocks or local.

Pain Management

Our healthcare team will monitor you closely during and after your procedure for pain. After your procedure, you will be asked to measure your pain on a scale of zero (0) to ten (10). Zero (0) is no pain, five (5) is moderate pain, and ten (10) is really severe pain—the worst imaginable.

Your physician will determine which pain medication is best for your type of pain and will prescribe the appropriate dosage.

Please keep the nurses informed if you continue to have pain, so we can make you more comfortable.

The day after your Procedure

- Follow the instructions on the discharge sheet, as reviewed with you by the nurse.
- Do exactly what your physician instructs you to do.
- Call your physician if you have any questions.
- If you had an outpatient procedure, you will receive a post-op telephone call from a nurse within 24 hours of your procedure.

Patient Health Information Form Instructions

Please complete the attached Patient Health Information form (two pages, front and back). You may return the completed form in one of three ways:

- Fax the completed form to 301-552-7971 prior to the day of surgery.
- If you are coming to the hospital for any testing or educational classes prior to your date of surgery, please bring your completed form with you.
- Bring the completed form with you on your day of surgery.

If you have had surgery at Doctors Community Hospital within the last three months, you do not need to complete another form; however, we do need you to identify any changes that have occurred in your health status since your last visit.

Please remember to bring any required X-rays or mammograms with you on the day of your surgery.

DOCTORS COMMUNITY HOSPITAL
A PASSION FOR CARE

Please complete and return:
 Prior to Procedure, via fax: 301-552-8946, or
 When you come to the Pre-surgical Testing, or
 Day of Procedure

Procedure/Surgery Patient Health Information

Please complete the Patient Health Information form (two pages, front and back). If you have had surgery at Doctors Community Hospital within the last three months, you do not need to complete another form; however, we do need you to identify any changes that have occurred in your health status since your last visit.
 Please remember to bring any required X-rays or mammograms with you on the day of your surgery.

Name: _____
 Primary Doctor: _____
 Surgeon: _____ Phone: _____ Address: _____ Height: _____ Weight: _____
 Today's Date: _____ Date of Procedure: _____

Do you/have you had any of the following?

	Yes	No	Comments
Central Nervous System			
CVA (stroke/TIA)			
Seizures			
Depression/anxiety/panic attacks			
History of mental illness			
Cardiovascular System			
Pacemaker/defibrillator (ICD)			
Coronary artery disease/cardiac stenosis			
Heart attack			
Heart surgery			
Heart valve disease/heart murmur/irregular heart beat			
Antibiotics before dental work			
Hypertension/high blood pressure			
Blood clot in leg or lung			
Peripheral vascular disease/circulation problems			
Elevated cholesterol			
Shortness of breath or recent chest pain			
Competitive heart failure			
Have you ever seen a heart doctor/cardiologist?			

Financial Information

Surgical procedures at Doctors Community Hospital are covered by most major health insurance plans. However, you may be required to pay a portion of your bill. Our financial counselors are available, at 301-552-8623, to answer any questions you may have.

In addition to a hospital bill, you will receive separate bills from your surgeon and other physicians (such as the anesthesiologist, pathologist, radiologist and/or cardiologist) who cared for you during your procedure.



Passion for Caring

Caring for you and your health is our mission, and we would like to thank you for choosing Doctors Community Hospital.

Your opinion is important to us. In the weeks following your procedure, you may receive a call from The Jackson Organization asking you to participate in a brief survey about your experience here. We use the feedback from our patients to help us continually improve our service. We would appreciate your participation in the survey and look forward to providing for your healthcare needs in the future.

Directions

From the I-495/I-95 Beltway:

Take exit 20A, Route 450 East, and follow the directional hospital signs onto Cipriano Road. From Cipriano Road, turn left onto Good Luck Road. The hospital entrance is one mile on the right.

From the Baltimore-Washington Parkway/295:

Take the Greenbelt Road/NASA exit. Turn left at the light onto Southway. Turn left at the next light onto Greenbelt Road. Get into the extreme right lane and turn right onto Hanover Parkway. Follow Hanover Parkway to Good Luck Road (7-11 on right). Turn left onto Good Luck Road. The hospital entrance is immediately on left.

From Bowie:

Take Route 50 West toward Washington, D.C. Take exit I-495/I-95 toward Silver Spring. Take next Exit 20A (Route 450 East) and follow the directional signs onto Cipriano Road. From Cipriano, turn left onto Good Luck Road. The hospital entrance is one mile on the right.

Drop off and Parking

If you are to report to the Doctors Community Hospital Operating Room, you may be dropped off at the Outpatient and Surgical Services entrance at the back of the hospital (one-way driveway between the hospital and Medical Office Building). Visitor parking is located on the west (left) side of the hospital campus.

If your outpatient procedure is scheduled at the Doctors Center for Ambulatory Surgery (DCAS), the entrance is at the back of the Medical Office Building (first floor). Visitor parking is at the back of the campus, directly in front of the DCAS entrance.



8118 Good Luck Road
Lanham, Maryland 20706

www.DCHweb.org

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