



Patient Surgery Guide



Welcome to Meadville Medical Center's Liberty Surgical Care Unit and the Surgery Center at the Grove Street Facility

Thank you for choosing Meadville Medical Center for your surgery. The information in this booklet will assist you as you make plans for your surgical visit. Our dedicated team of health care professionals is here to provide you with the best care, in safe and comfortable surroundings.

A team of dedicated healthcare professionals will take care of you:

Surgeon | Nurses | Anesthesiologist and Certified Registered Nurse Anesthetists (CRNA) | Technicians | Physical/Occupational Therapists



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Patient Checklist

Thank you for choosing Meadville Medical Center for your surgical needs.

A date and facility location for your surgery will be arranged by your surgeon's office. You will be asked to call for a surgery **arrival** time the day before surgery. Due to the unique nature of each surgical procedure, you need to arrive a few hours before your surgery.



Please plan on spending the day with us.

- For surgery scheduled at the **Liberty Surgical Care Unit**, located in the Liberty Street facility, **call 814-333-5131** between 2 and 4 p.m.
- For surgery scheduled at the **Surgery Center at Grove**, located in the Grove Street facility, **call 814-333-5775** between 11 a.m. and 2 p.m.
- For surgery scheduled at the **GI Lab**, located on the ground floor in the Grove Street facility, call **814-333-5820** between 11 a.m. and 2 p.m.
- If your surgery is scheduled for **Monday**, call on Friday.
- If your surgery is scheduled for the day after a holiday, call the business day prior to your surgery date.

Surgery date: _____

Pre-Anesthesia/Pre-Surgical Testing: _____

Additional Instructions (from your physician)

This handy checklist is to help prepare you for surgery ahead of time.

- Do not eat or drink after midnight the night before your surgery. This includes mints, chewing gum, and hard candy.**
- Do not smoke or chew tobacco after 7 p.m.**
- Do not vape or use medical marijuana after 7 p.m.**
- Check with your doctor before your scheduled surgery to review your medications; adjustments may be needed.
- Remove all jewelry, including all body piercings, and leave at home.
- Do not wear any nail polish or makeup.
- Do not use hairspray or cologne.
- You may be instructed to take certain medications the morning of your surgery. Take them with a small sip of water. If you are unable to do so, please tell your doctor.
- Do not shave the surgical site 72 hours prior to day of surgery. Do not use hair removal products (like Neet or Nair) on the surgical site.
- Cuts, skin abrasions, or blisters may require your surgery to be rescheduled.

Make arrangements for a friend or family member to drive you home and care for you overnight after discharge. You should not drive for 24 hours after having received any type of anesthesia. If no one is with you, your surgery may be cancelled.

Please bring:

- Health insurance card or verification papers and some type of photo ID.
- Comfortable, loose-fitting clothes.
- Cases for your dentures, eyeglasses, contact lenses, or hearing aids.
- CPAP/BiPAP breathing machine.

Do not bring:

- Cash, credit cards, keys, jewelry, or any other valuables.
- Medications, unless otherwise instructed by your physician.

Meadville Medical Center is not responsible for personal valuables brought with you to the facility.

Pre-Anesthesia/Pre-Surgical Testing

Your surgeon may request tests to be performed before your surgery. This is coordinated by the **Pre-Anesthesia/Pre-Surgical Testing team**, located at the **Liberty Street Medical Arts Building, Suite 200. 814-373-2230.**

You may need:

- Blood work
- X-rays
- EKG
- Other tests

Routine blood work — no need to fast unless advised by physician. You may meet with an anesthesiologist or designee. The purpose is to ensure your safety and to make sure all pre-operative testing is complete prior to your surgery.

Instructions for Pre-Anesthesia/Pre-Surgical Testing

You will meet with the Pre-Anesthesia/Pre-Surgical team. Your medication instructions will be reviewed, and your pre-operative blood work/EKG will be obtained the day of your visit.

Bring the following with you to the pre-operative visit:

- This booklet.
- A list of all current medications, including the name, dose, frequency of use, and route of administration. Make sure to include over-the-counter (no prescription needed) vitamins, supplements, and herbal therapies. If you inject yourself with any medications, or if you receive injections at a doctor's office, make sure to note when the last dose was administered if possible.
- A list of allergies and the reaction you have experienced in the past.
- A list of any procedures/surgeries you have had in the past.
- Any paperwork/orders from your physician or other medical facility (X-rays, EKGs, Stress Tests, AICD wallet card).
- Living Will, Advanced Directive, POLST, or Durable Power of Attorney.

Answering Your Questions About Anesthesia

When you come in for surgery, you will meet with an Anesthesiologist prior to your surgery. We want you to understand and be comfortable with your anesthesia experience.

Three major types of anesthesia include: general, regional, and MAC (sedation). These may be used individually or in combination to provide the safest possible anesthetic experience. The anesthesiologist and surgeon will discuss this with you; please ask questions.

Medication/Supplement Instructions

Please review the list below:

Immediately contact your surgeon AND primary care physician if you are taking any of these blood-thinning medications. You will receive instructions when to stop/hold these medications.

If you are taking an MAO Inhibitor, please do not take 24 hours before your surgery.

All vitamins/herbal supplements should be stopped at least 7 days before your surgery. Be sure to inform your doctor if you take any supplements.

- **Coumadin** (warfarin)
- **Pradaxa** (dabigatran)
- **Xarelto** (rivaroxaban)
- **Eliquis** (apixaban)
- **Trental** (pentoxifylline)
- **Pletal** (cilostazol)
- **Ticlid** (ticlopidine)
- **Plavix** (clopidogrel)
- **Effient** (prasugrel)
- **Brilinta** (ticagrelor)
- **Aspirin**
- **Aggrenox** (aspirin/dipyridamole)
- **NSAIDs** (nonsteroidal anti-inflammatory drugs)
- **Naproxen** (Aleve, Naprosyn)
- **Ibuprofen** (Motrin, Advil)
- **Celebrex** (celecoxib)
- **Mobic**
- **Diclofenac**
- **Lovenox** (enoxaparin)
- **Fragmin** (dalteparin)
- **Arixtra** (fondaparinux)

SGLT2-inhibitors (i.e. Jardiance) should be withheld 72 hours prior to surgery.

With the growing popularity of medications like Ozempic® (semaglutide), Trulicity® (dulaglutide), and other glucagon-like peptide-1 (GLP-1) receptor agonists for the treatment of type 2 diabetes and weight loss, the American Society of Anesthesiologists (ASA) suggests withholding the medication before elective surgery to reduce the risk of complications associated with anesthesia in adults and children.

Day or week prior to the procedure:

Hold GLP-1 agonists on the day of the procedure/surgery for patients who take the medication daily.

Hold GLP-1 agonists a week prior to the procedure/surgery for patients who take the medication weekly.

Consider consulting with an endocrinologist for guidance in patients who are taking GLP-1 agonists for diabetes management to help control their condition and prevent hyperglycemia (high blood sugar).

Anesthesia Safety Instructions

- **If you are a woman of childbearing age, a urine pregnancy test will be performed the day of surgery, unless you have had permanent sterilization.**
- After anesthesia, you **MUST** have a responsible person drive you home. For your safety, you should **not drive for 24 hours after surgery**, and a reliable person must stay with you overnight. **If this is not possible, it may be necessary to cancel/postpone your surgery/procedure until these arrangements can be made.**
- If you take blood thinners or aspirin, you may be instructed to stop taking these several days before surgery. Check with your surgeon to determine what is best for you.
- Tell your doctor about all vitamins/herbal supplements/medications you take. You may be asked to continue or stop prior to surgery.

- Tell your doctor if you have a history of sleep apnea, have been told you have sleep apnea, or if you snore at night.
- If you wear a CPAP or BIPAP, please bring it with you the day of surgery.
- Some individuals react differently to medications. Please let your surgeon and anesthesiologist know if you have ever experienced a reaction or problem during a previous surgery or procedure.

Before Surgery: Preparing for Your Surgical Visit

- Your surgeon's office will provide you with preliminary information about your surgery and recovery process.
- You may be scheduled for a special pre-anesthesia/pre-surgical visit. Your physician's office will provide you with the details as to the time and location of your pre-anesthesia/pre-surgical visit.
- You will be asked to call for a surgery arrival time the day before surgery.
- Do not eat, drink, or chew gum after midnight the night before your surgery.
- Do not smoke or chew tobacco after 7 p.m. the night before your surgery.
- You must make arrangements for a friend or family member to drive you home and to care for you overnight when you are discharged.
- Do not shave the surgical site 72 hours prior to day of surgery. Do not use hair removal products (like Neet or Nair) on the surgical site either.

Plan to Spend the Day

Delays:

Your care is our priority! We try to stay on schedule. However, emergency situations may change your procedure time. We will notify you as soon as possible about delays. We value your time and sincerely regret any inconvenience. Please feel free to ask questions or share your concerns.

After Your Surgery

Your Stay in the Post-Anesthesia Care Unit

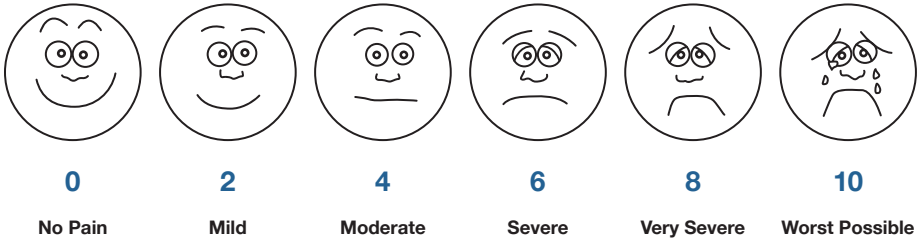
After your surgery, you may be taken to the Post-Anesthesia Care Unit (PACU), also known as the Recovery Room. Our nurses in the PACU are specially trained to care for patients while they are recovering from anesthesia. They will provide safety and comfort in the immediate post-operative period. Time spent in the PACU will vary depending on your individual needs.

When you are comfortable and stable, you will return to the post surgery care unit. There, your nurse will provide clear liquids and will assist you out of bed. You will be asked to breathe deeply, tolerate liquids, and be up and about without dizziness. Other criteria may apply to specific procedures, such as passing your urine. If you are at high risk for sleep apnea, a longer observation time may be required by the Anesthesia Department. We will inform you and your family as early as possible about an unplanned overnight stay.



Pain Management

Some degree of pain is expected after surgery, and your nurse will work with you to keep it as minimal as possible. Frequently, your nurse will inquire about your level of pain. You will be asked to rate your pain using the scale below:



This scale, along with your overall condition, will be used to determine how much pain medication you will receive.

It is important to tell your nurse if you are having pain.

Do not wait until it is severe. The more severe the pain, the harder it is to control. You will be asked to rate your pain on a scale of 0 (no pain) to 10 (the worst pain possible). This scale is used both before and after pain medication has been given. Be sure that you have pain medication available before you walk or attend therapy. Pain medication taken before you sleep may also help you to rest more comfortably.

Infection Prevention

- Ask your surgeon if you will need special bandages for dressing changes and obtain the supplies you will need before the day of surgery.
- On the night before and day of surgery, take a shower or bath using Hibiclens (chlorhexidine) cleanse/antibacterial soap to all areas except head and genital area. Wear clean clothes to the hospital.
- On arrival to the hospital, your surgeon may have you wash again with pre-medicated washcloths to provide an additional barrier to infection.
- After your surgery, keep your wound clean and dry. Your surgeon will tell you when to remove the dressing and when you may shower.
- Avoid tub baths, swimming pools, and hot tubs until cleared by your surgeon.
- Wear clean clothes. Use clean towels and bedding.
- Wash your hands thoroughly with soap and water before and after touching or changing the dressing. Do not touch the wound unnecessarily.
- Inspect the wound for redness, weeping, or swelling. Notify your surgeon immediately if you have concerns.

Special Circumstances

For the Hearing Impaired

Telecommunication devices are available at Meadville Medical Center for use by hearing impaired persons. Ask your nurse for more information.

Consent for Anesthesia

If the patient is a minor or is not able to give legal consent for anesthesia, please have a person who is legally responsible for the patient accompany him/her to the hospital on the day of surgery.

Interpreters

Interpreters for a number of foreign languages, as well as sign language, are accessible. If you require this service, ask your nurse for more information.

Preparing Your Home

Your home needs to be safe and comfortable for your recuperation.

Before your procedure/surgery, you may wish to rearrange your home:

- If you normally sleep on the second level of your house, prepare a room on the first floor with all the needed supplies so that you can rest during the day. It is best to only go upstairs once each day, if your doctor allows.
- Place your phone within easy reach.
- Make certain the light switch is within reach.
- Remove any throw rugs in your home to avoid falling during your recovery.
- Electrical cords, small pets, and other obstacles may be a tripping hazard after surgery.
- Use a cushion to raise the seat in a low chair.
- A handrail along a staircase may be helpful.
- TAKE IT EASY!

Family and Friends Information

MMC buildings and properties are Tobacco-Free.

Surgery Visitation

Liberty Surgical Care Unit and the Surgery Center at Grove ask that only one visitor be at the bedside.

Inpatient Visitation

- **Visiting hours are encouraged between the hours of: 11 a.m. - 8 p.m.**
- **Children 12 and under may visit from: 5:30 p.m. - 6:30 p.m.**
- Visitors should leave the room promptly when treatment is provided.
- Do not sit on the patient's bed.
- Visitors may not spend the night without first obtaining permission.
- If a patient needs assistance, please ask a staff member to help.

Convenience for Family and Friends

- **The cafeteria** is located on the ground floor, Liberty Street, and on the ground floor, Grove Street. Hours and prices are posted.
- **Refreshments and gifts** are available in our coffee and gift shop located on the ground floor of the Liberty Street facility. The Shoppe Around the Corner is located on the first floor at Grove.
- **Vending machines** at Liberty are located at the back of the cafeteria on the ground floor. In addition, they are also located adjacent to the Cashier's Office, and outside the Liberty Surgical Care Unit on the first floor of the Liberty Street facility. Grove Street vending machines are located in the hallway next to the main lobby on the first floor.
- **Guest food trays** may be ordered through the nursing staff. Trays must be paid for at the time of ordering.
- **Liberty Street Gift Shop:** Monday - Friday, 10 a.m. - 3 p.m.
Liberty Street Coffee Shop: Monday - Friday, 11 a.m. - 2 p.m.
- **Grove Street Gift Shop:** Limited hours
- **Free WiFi** available for our patients and guests.

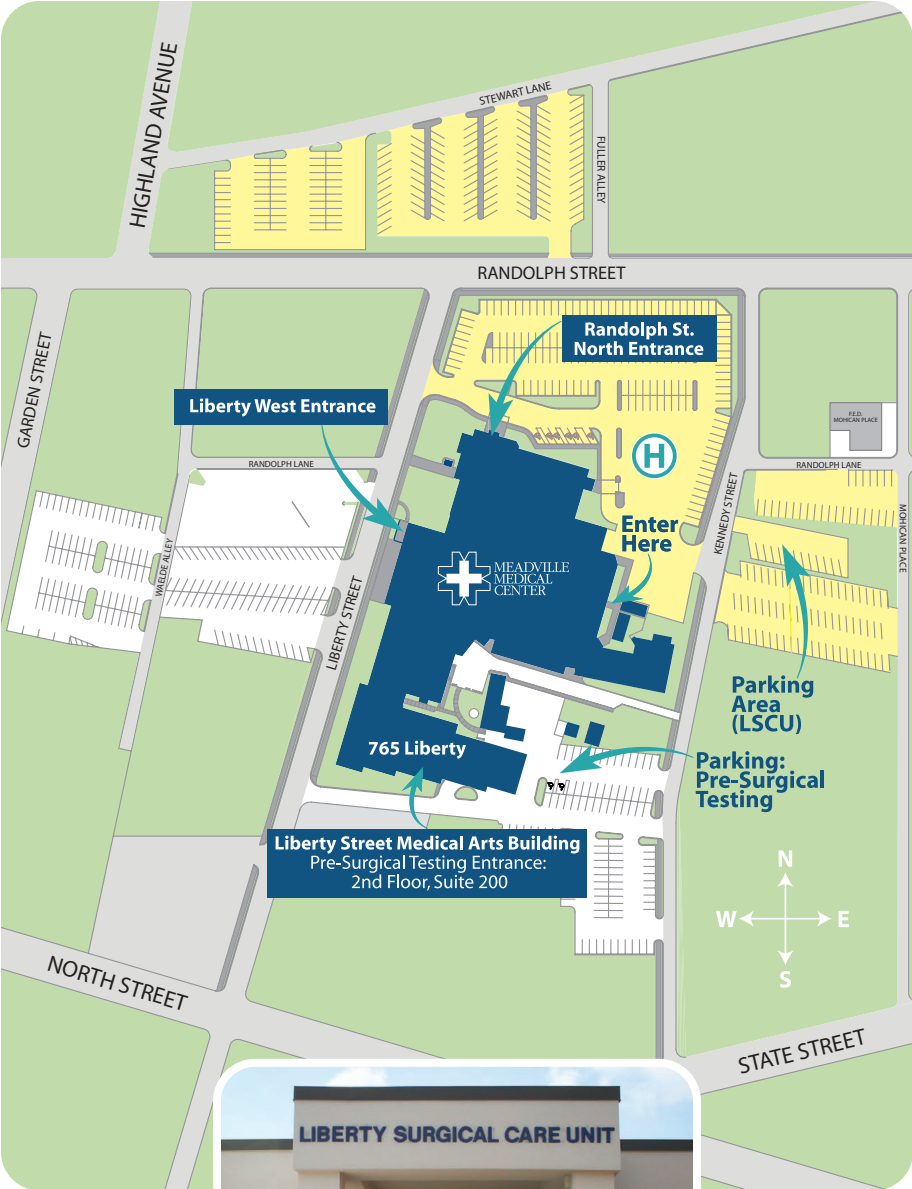
Directions

- **From Pittsburgh/the south** (90 miles) Interstate I-79 North to Meadville Exit (Exit 147-A) Follow directions below - From I-79.
- **From Erie/the north** (42 miles) Interstate I-79 South to Meadville Exit (Exit 147-A). Follow directions below - From I-79
- **From Cleveland** (140 miles) Interstate I-90 East to I-79 South (near Erie); I-79 to Meadville Exit (Exit 147-A). Follow directions below - From I-79.
- **From I-79** (4 miles) Take Exit 147-A to Rt. 322. Go through three traffic lights and over the bridge. Once you cross over the bridge, keep right to get off the bypass on to Park Avenue.
- To reach the **Grove Street** facility, take Park Avenue to Pine Street (just before Wendy's restaurant). Turn right on Pine Street and proceed through two stop signs. The Grove Street facility will be on the right before the next stop sign.
- To reach the **Liberty Street** facility, follow the "H" (to hospital) street signs, right on North St., left on Liberty St.

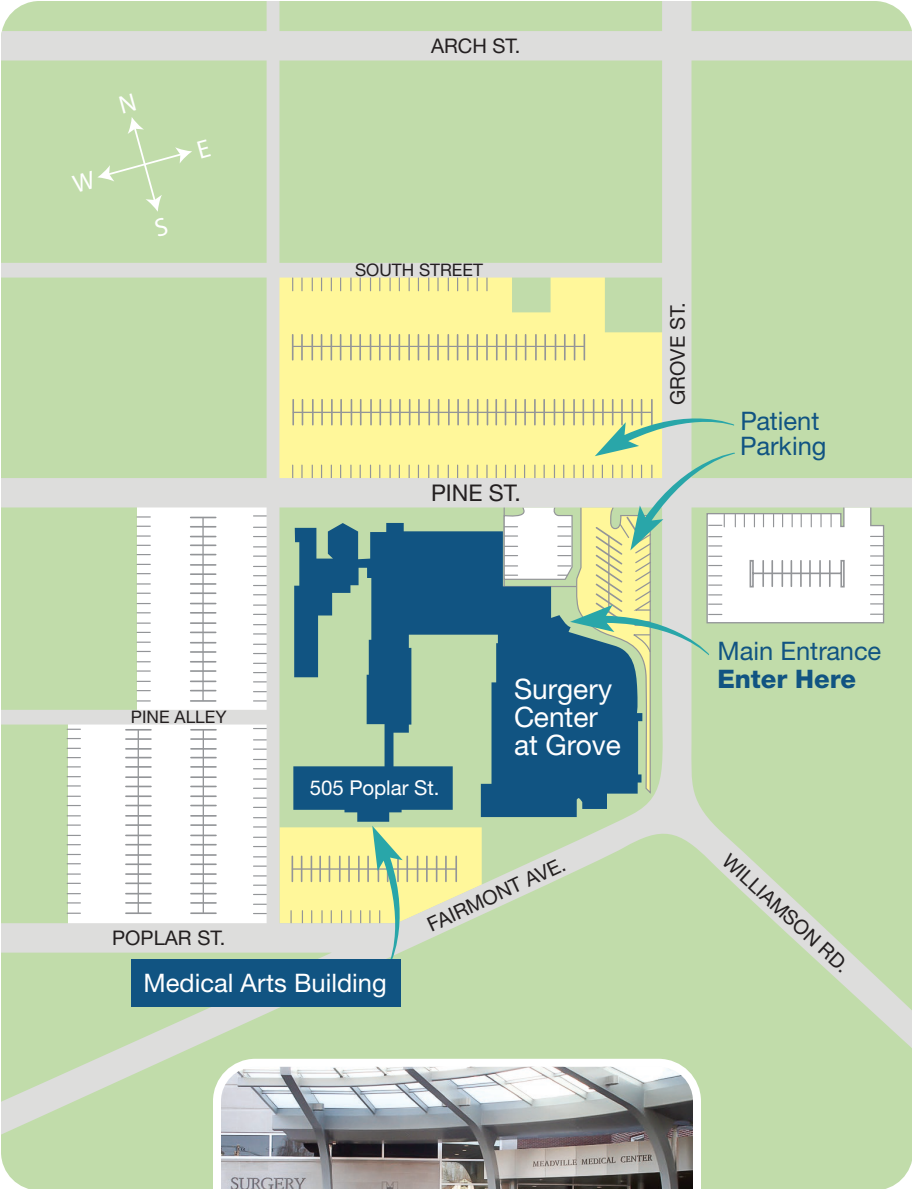
Parking Areas

- Both the Liberty Street and Grove Street facilities have ample free parking for visitors and patients.
- The **Liberty Street** facility has parking adjacent to the Liberty Surgical Care Unit, which is accessible from Liberty Street and Kennedy Street. The entrance to the Liberty Surgical Care Unit is located near Kennedy Street where the MRI is housed.
- **Surgery Center at Grove** has parking for patients and visitors adjacent to its main entrance and in the Pine Street lot.
- **Pre-Anesthesia/Pre-Surgical testing** parking is located behind the Liberty Street Medical Arts Building. (Entrance to the building is under the canopy).

Liberty Facility Map



Grove Facility Map



Your Satisfaction is Our Goal

If you have any concerns about your care, or the care of your loved one, please call Guest Services at (814) 333-5580.

Hospital Billing Information

We recognize that healthcare financial matters can often seem confusing and overwhelming. To help you, prior to your surgery, a representative of our Patient Access Services Department may be contacting you to review your current healthcare insurance coverage. This review includes identifying any deductible or co-insurance amounts that your insurance plan requires you to pay and to begin making financial arrangements for payment of your insurance plan deductible and co-insurance amounts.

Physician Billing Information

In addition to hospital charges, you will receive a separate bill from each physician or practitioner for care or services provided. If you have a radiological exam while in the hospital, then you will receive a separate bill from Meadville Diagnostic Medical Imaging, Inc. This is the group of physicians who view and read the x-rays. If you have surgery, then you will also receive a separate bill from your surgeon and the physician who administers your anesthesia. Based on your healthcare insurance plan/coverage, you may also be responsible for payment of physician-related deductible and co-insurance amounts. Your healthcare insurance plan has the best and most up-to-date information on your payment responsibilities and should be called by you prior to your surgery to review your coverage benefits and payment requirements.



Phone Numbers

- **Meadville Medical Center:**
814-333-5000
- **Guest Services:**
814-333-5580
- **Liberty Surgical Care Unit:**
814-373-2970
- **Liberty Surgical Care Unit:**
(Number to call for arrival time)
814-333-5131
- **Surgery Center at Grove:**
814-373-3335
(Number to call for arrival time)
814-333-5775
- **GI Lab:**
(Number to call for arrival time)
814-333-5820
- **Pre-Anesthesia/
Pre-Surgical Testing:**
814-373-2230
- **Radiology:**
814-333-5140
- **Medical Records:**
814-333-5535
- **Financial Counselor:**
814-333-5682

Notes



751 Liberty Street | 1034 Grove Street
Meadville, PA 16335 | 814-333-5000 | mmchs.org