



St. Catherine of Siena Medical Center

Catholic Health Services

At the heart of health

Ambulatory Surgery *Pre-Surgical Process*

Pre-Surgical Testing

To prepare you for your surgical procedure, St. Catherine of Siena Medical Center will contact you prior to your surgical procedure to schedule pre-surgical testing, if required, and to provide information regarding co-payment and/or deductibles required at the time of service. **If you are not contacted one week prior to date of surgery, please call 631-862-3771 option #2** between 8:00 AM and 8:00 PM to schedule an appointment for your Pre-Surgical Testing.

During the Pre-Surgical Testing appointment you will receive a physical examination from the Nurse Practitioner, if applicable, and a member of the Nursing Staff will discuss with you your medical / surgical history and will provide you with your pre-procedure instructions. Based upon your surgeon's instructions and guidelines of the Department of Anesthesia, you may also have lab tests, x-rays, and an EKG.

The pre-surgical testing process can take up to **2 to 3 hours** depending upon the testing requirements, and you may be required to have an evaluation completed by your primary care physician and/or cardiologist. Results of testing will be sent to your surgeon/medical doctor.

Please bring:

Insurance cards, picture ID and co-payment, if applicable, with you when you present for your pre-surgical testing appointment located in the Admitting Department. The Admitting Department is located behind the Main Lobby of the hospital.

Medication bottle(s) for all current medications you are taking on a regular basis and those taken as needed. This will ensure that we have an accurate medication list.

If you have any **implanted electronic medical devices**, such as an Automatic Internal Cardiac Defibrillator (AICD), pacemaker, insulin pump, power port, etc., please bring device specification card(s) with you.

NOTE: It is also important that you check with your insurance company to see if they require a second surgical opinion. In most cases pre-certification is needed. Contact your insurance company by using the telephone number on the back of your insurance card to inform them of the date of your procedure. In many cases our financial office will contact the insurance company but we **DO** advise the patient do the same.

Pre-Procedure Instructions

- The Ambulatory Surgery Department will contact you between the hours of 2:00 - 5:00 PM, the day before your procedure to notify you about what time you should arrive for your scheduled procedure.
- Please report to your physician **IMMEDIATELY** any signs of a cold, fever or any unusual change in your health; your procedure may need to be rescheduled for another day.
- Please dress comfortably and leave at home all jewelry, cash, credit cards (unless instructed to bring a co-pay per your insurance). At the present time we do not have lockers available.
- All metal body piercings and all facial piercings must be removed.
- No illegal drugs or alcohol, including beer or wine, for 24 hours before your procedure.
- Bring your eyeglasses or hearing aid if applicable. Contact lenses must not be worn in the Operating Room.
- **YOU MUST HAVE A DESIGNATED RESPONSIBLE DRIVER** to accompany you home and we recommend that you have a responsible adult (over age 18) stay with you overnight. You cannot go home in a cab unaccompanied or drive your car. Your procedure may be canceled if proper arrangements have not been made.
- After your procedure, you and a responsible adult will be given written discharge instructions from your physician. The nurse will review and explain all of this to you.
- Pediatric patients (under 18 years of age) require a record of immunizations or a note from the pediatrician stating that immunizations are up to date.
- Your primary care physician can fax your medical clearance, if required, to our Pre-Surgical Testing Department at (631) 862-3804.
- Please follow your doctor's instructions regarding your medications prior to admission.
- Please follow instructions given to you by your physician regarding Aspirin and other blood thinners.
- If you are currently taking heart or blood pressure medication, you may take these medications with a sip of water on the morning of surgery. Check with your physician regarding all other medications.
- If you take narcotic pain medication on a regular basis for chronic pain producing conditions, please continue to take them up to the day of surgery/procedure unless otherwise advised by your physician.
- Please do not take herbal supplements, vitamins, or non-steroidal anti-inflammatory drugs (NSAIDS) such as Advil, Motrin, Ibuprofen, etc., prior to surgery.