

Preparing For Your Surgery

At United Regional, our staff is dedicated to providing you and your family with compassionate and efficient care and ensuring that you are prepared for your stay with us. Our staff developed “Preparing For Your Surgery” with input from patients and their loved ones.

Preadmission

United Regional patients are asked to pre-admit prior to any scheduled procedure. Once you and your physician have discussed your upcoming hospital stay, **please call Centralized Scheduling at (940) 764-5050 to confirm your pre-admission appointment or to schedule an appointment.** You may be transferred to voicemail due to high call volumes. Please leave us a detailed message and we will return your call within 24 hours.

The Pre-admission appointment allows clinical staff to perform necessary blood work, obtain a medical history and identify health issues, which may need to be monitored prior to your procedure. The appointment time also allows you to ask questions regarding your procedure, hospital stay and insurance coverage.

During your appointment, a member of the Anesthesia staff may visit with you to discuss the type of anesthesia you will receive and to provide you with an opportunity to ask questions.

The Pre-admission Department is located in the Bridwell Tower. Parking is conveniently located in front of the building, or you may choose to use the free valet parking service, available Monday through Friday from 5:30 a.m. to 8 p.m.

Checklist for your preadmission visit:

- **Mail** completed **Admission Form** in the pre-paid envelope
- Bring completed **Outpatient Patient History** form
- Bring all your **medications** in their original containers
- Bring a copy of your **Advanced Directive and/or Medical Power of Attorney**
If you do not have an Advanced Directive, the pre-admission staff can provide you with forms and educational materials so that you can complete these documents.
- Bring any **test results** completed for this admission from your physician’s office or other health care provider
- Bring your **current insurance** information and your **insurance pre-authorization number** for your procedure

Medications

- It is very important that your physician performing your procedure is aware of all medications you are currently taking, including over-the-counter drugs and herbal supplements. Please ask your physician if you should take any of your routine medications on day of procedure.
- Prior to your scheduled procedure, your physician’s office or the hospital Admitting Department will provide you with an “Express Patient Card.” Please bring this card (green or white) with you and present it at the registration desk the day of your procedure.
- Your physician’s office will ask that you report to the hospital at a specified time (usually 1 ½ - 2 hours prior to your procedure). If you have not been given a report time, please contact your physician’s office.

The Day of Your Procedure

- **Do not eat or drink** anything including water after midnight the day prior to procedure. If your physician instructs you to take your medications prior to your procedure, please take them with just a sip of water.
- Do not bring valuables (jewelry, wallets).
- Bring a container for your glasses/contacts.
- Remove any body piercing(s)
- Do not wear make-up or nail polish. Wear comfortable clothing that is easy to get in and out of.
- Please do not remove hair from any part of your body in preparation for surgery. Your physician or a nurse will remove prior to your procedure with special clippers. Using a razor to remove hair before surgery can cause infections because of the risk of leaving small cuts on the skin.
- For patients with Diabetes, be sure to discuss with your physician the best way to control your blood sugar before, during, and after your hospital stay. High blood sugar can increase the risk of infection.
- Please have a support person with you the day of your procedure. Because you will have had anesthesia, you will not be able to drive yourself home. Your support person will be asked to drive you home and will be provided with information about your procedure and discharge instructions.

Discharge

Upon discharge from the hospital, specific home care discharge instructions will be provided to you. The instructions may include a scheduled follow-up appointment with your physician.

Patients who had an outpatient service(s), will receive a follow-up phone call from the hospital to check on your progress and to ensure that the staff provided very good care to you and your family.

Additional Assistance

Should you have clinical questions, our Preadmission Nurses are available to assist you. To contact a nurse, call the Preadmission Department at (940) 764-6148 between 8 a.m. and 6:00 p.m., Monday through Friday.

Should you have insurance questions, our Admitting Representatives can assist you. Please contact a member of the **Admissions Department by call (940) 764-6064.**