PREPARING FOR SURGERY AT UVA (MAIN HOSPITAL)

Thank you for choosing UVA for your surgery. We are here to provide you and your family with safe, high-quality healthcare in a comfortable and convenient setting. For your safety, please be sure you have all your questions answered before surgery.

Your surgeon will determine what type of anesthesia assessment you need. Please follow the instructions in the section **CHECKED** below. Carefully review all information. Please note: This is written for the person having surgery (ADULT OR CHILD).

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**If this box is checked:**

- You need to have a **WALK-IN** Assessment. **Go to PETC** (Pre-anesthesia Evaluation and Testing Center) **Hospital Main Lobby, 1215 Lee Street Charlottesville, VA 22908**
  - PETC is open Monday-Friday 8am-5:30pm (Wed open 9am)
  - Bring this handout and any paperwork given to you by your Doctor’s office.
  - **Please allow two (2) hours.** Plan ahead - food, drink, ride home, medical equipment, etc.
  - You may have a blood test, test of your heart (EKG), and other tests your surgeon requests.
  - For questions or if you are unable to visit PETC please call your surgeon. Failure to visit PETC before surgery may result in cancellation of your surgery.

**If this box is checked:**

- You need to have a **PHONE** assessment. (PLEASE BE SURE WE KNOW HOW TO REACH YOU.)
  - You do **NOT** need to go to PETC for your assessment. It will be done over the phone.
  - A nurse will call you **before** your surgery date.
  - This call should last about **30 minutes.** We will ask you questions about your health.

**If this box is checked:**

- You **DO NOT NEED** an anesthesia assessment before surgery at the UVA Main Operating Room/

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**ALL**

- A nurse will call you between 2:30 and 6:30pm on **the day before** your surgery to give you your arrival time and instructions. Pre-surgery safety information will be reviewed.
- For surgery scheduled for Monday, you will be called on Friday.
- Bring this handout and any paperwork given to you by your doctor’s office.
- If you are going home on the same day as your surgery, you **must** have an adult with you to understand the discharge instructions and ensure you get home safely. **If you do not, your surgery will be cancelled.** If you are going home by public transportation the driver cannot fill this role.
- For your safety, please be sure you have all your questions answered before surgery.
Pre-Surgery Checklist

Please take the time to check off these important points to remember before your surgery. If, for any reason, you do not plan to have your surgery OR you get sick with a cold, fever, flu symptoms, call your surgeon right away.

**I will bring:**
- A list of my current medicines (including over the counter and herbal remedies);
- Any paperwork given to me by my doctor’s office;
- A copy of my advance directive form, if completed;
- My “Blood” bracelet, if given one;
- Something to do or read while waiting to be called for surgery.

**I will not bring:**
- Large sums of money;
- Valuables such as jewelry or non-medical electronic equipment;
- A suitcase (even if I am staying overnight, belongings should stay in the car).

**For my safety I will:**
- Have a responsible adult with me to hear my discharge instructions and drive me home (If I am going home the same day). If I plan to take public transportation, a responsible adult will travel with me.
- Wear comfortable, loose-fitting clothes.

**The NIGHT BEFORE surgery I will:**
- Remove nail polish, makeup and jewelry, including ALL piercings;
- Take my usual medicines as instructed, and follow any special instructions by my surgeon;
  - If I crush my medicines in food, such as applesauce, I will take the last medicine six (6) hours before “Time to Arrive”;
- NOT eat after midnight;
- Drink only water, apple juice, Gatorade® until two (2) hours before “Time to Arrive”.

### Special Instructions for Infants/Children:

**Infants**
- All infants may have water, Pedialyte® or diluted apple juice until two (2) hours before “Time to Arrive”.
- Breast Fed - May be breastfed until four (4) hours before “Time to Arrive”. No food after midnight the day of surgery.
- Formula Fed - May have formula until six (6) hours before “Time to Arrive”. No food after midnight the day of surgery.

**Children**
- May have food until midnight. No food after midnight. May have water, Pedialyte®, apple juice, clear sodas until two (2) hours before “Time to Arrive”.

Time to arrive________________