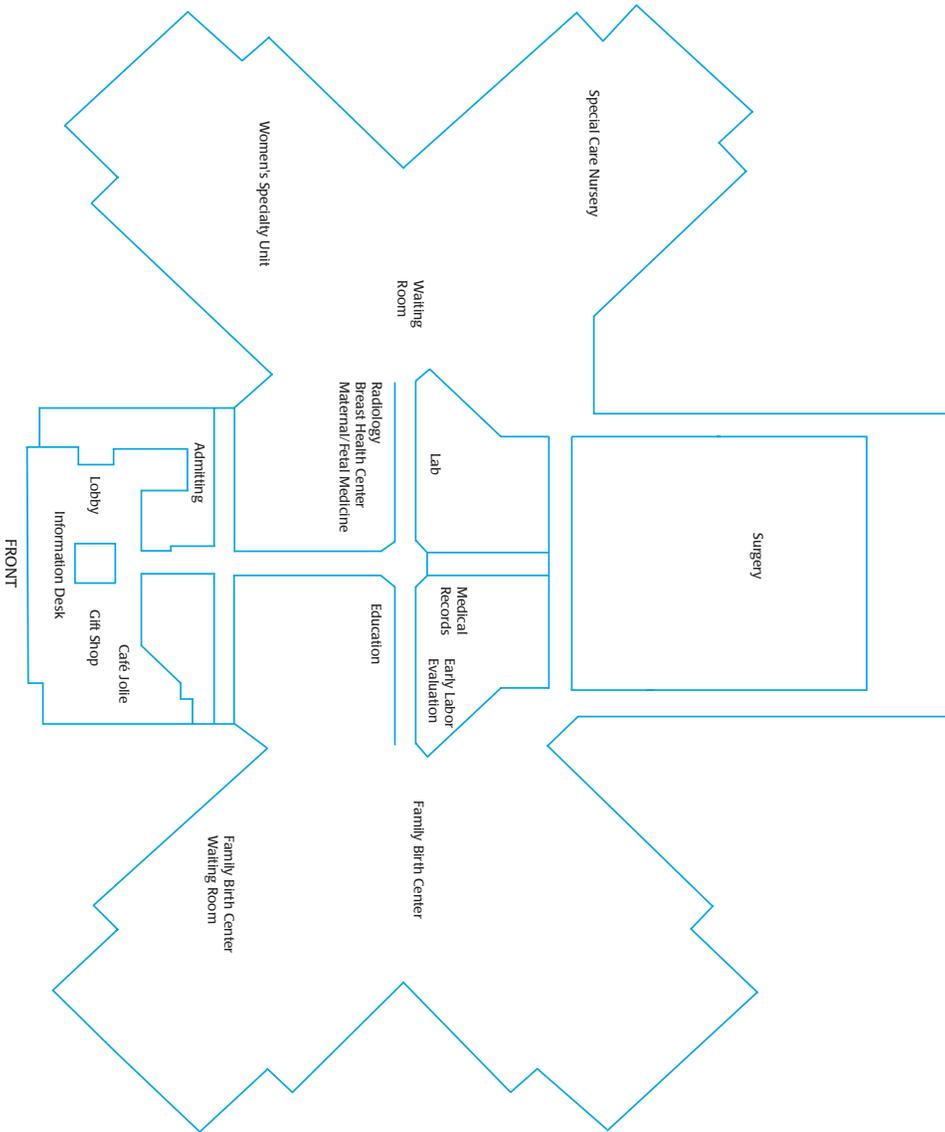
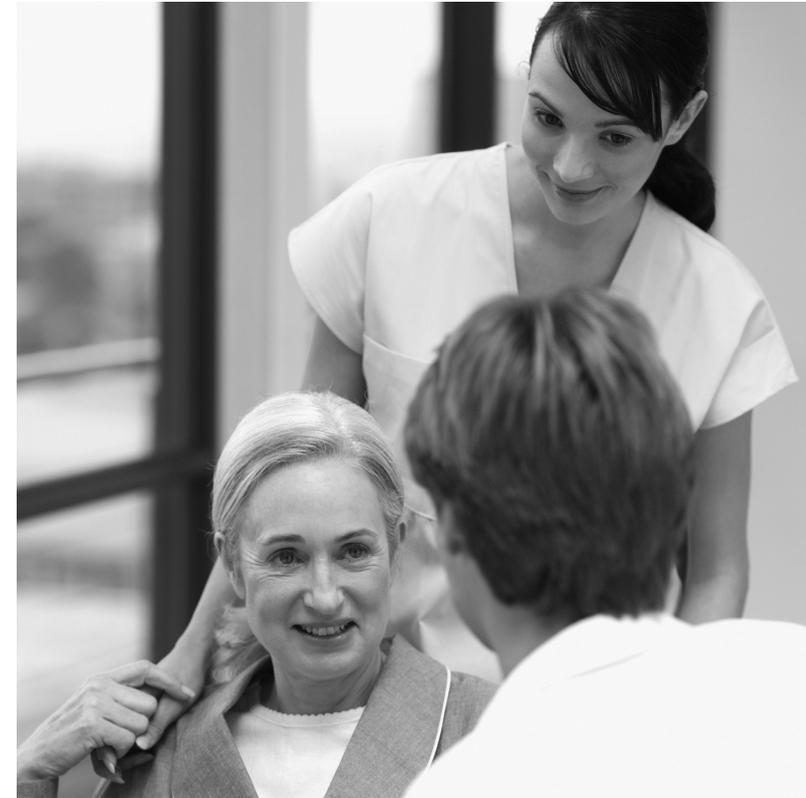


# Ambulatory Surgery Guide

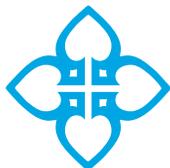


**Lake Charles Memorial  
Hospital for Women**

Admitting – 337-480-7020  
Surgery – 337-480-7090



**Lake Charles Memorial Hospital  
and  
Lake Charles Memorial  
Hospital for Women**



Thank you for scheduling your procedure at Lake Charles Memorial Hospital or Lake Charles Memorial Hospital for Women. It is an honor to care for you, and we will work hard to exceed your expectations during your stay with us. Please use this pamphlet as a guide to help you prepare for your surgical procedure.

On the day of your procedure, you may be asked to arrive at the hospital very early. Your surgery schedule is determined by the doctor's schedule, anesthesia and physician availability, type of procedure and whether or not the procedure is scheduled due to medical emergency. The hospital staff will do everything within their control to make your stay as pleasant as possible and your surgery takes place on time. However, uncontrollable circumstances may occasionally delay surgeries. We ask for your patience should this occur.

## Planning Ahead

*To be considered in the days before your procedure.*

1. You will not be allowed to eat or drink anything after midnight of the night prior to your surgery (unless otherwise instructed by your physician). Please, plan accordingly.
2. You will need to leave anything of value at home on the day of your procedure (watch, necklaces, rings, piercings, check book, cash etc.).
3. You will need to bring your driver's license and insurance card(s).
4. You must bring all medications you are currently taking.
5. For your convenience and a swift transition from hospital to home, post-op prescriptions may be filled at Medical Plaza Pharmacy on the 1st floor.
6. You will need to bring contact lens case and solution, reading glasses and denture cup.
7. You will need to bring original living will or a copy of the original.
8. Wear loose, comfortable clothing that is appropriate to the type of procedure. Cotton underwear and socks may be worn depending upon the type of procedure.
9. Plan for one adult visitor who may legally sign consent forms to be there at all times during your hospital stay. You will also need to make arrangements for an adult to drive you home and be with you until the following morning.
10. A good suggestion is to have a surgery bag that you will bring with you to the hospital. In preparation for your surgery, pack all of the items listed above that you will need to bring with you on the day of your procedure. Please see the Checklist on page 5 for a quick-reference guide to help you pack and prepare.
11. Familiarize yourself with the other pages of this brochure, including the Day of Surgery and After Surgery pages. Knowing what to expect is a powerful tool for a pleasant experience and speedy recovery.

## Day Before Surgery

*To be completed the day before your procedure.*

1. DO NOT EAT OR DRINK (including water) anything AFTER MIDNIGHT PRIOR TO SURGERY unless instructed otherwise by your physician. If instructed to take medication the morning of surgery, use only enough water to get the medication down.
2. Please refer to the Checklist and Planning Ahead section to make sure that you have everything you will need.
3. Relax. The capable surgery staff at Memorial Hospital will do everything in our power to ensure that you have a successful surgery experience and a swift and pleasant recovery.

## Day of Surgery

*Directions and a play-by-play of what to expect on the day of your procedure.*

1. Parking will be located in the parking lot across from the garage on Oak Park Boulevard for our main campus. Free valet parking is also available for ambulatory surgery patients, and is located at the main entrance of Memorial Hospital on Oak Park Boulevard beginning at 6am.

At Memorial Hospital for Women, parking will be available in the front parking lot of the campus.

2. If you have pre-admitted, please proceed to the Ambulatory Surgery elevators (see map) to the Ambulatory Surgery unit (3rd floor). You will go left out of the elevator and check in at the nurse's station to your right (glassed-in window).

At Memorial Hospital for Women, please proceed to the admitting office and the staff will alert the floor that you have arrived.

If you are admitting the day of your procedure, either at the main campus or Memorial Hospital for Women, please enter from the main entrance of the hospital where your procedure will take place and go to the information desk immediately as you walk in. Someone from the admissions office will further direct you to where you need to go.

**Note:** Please refer to the maps if you are unfamiliar with these areas.

3. After checking in at the nurse's station, you will be escorted to your room. If a room is not available immediately, you will be escorted to a small waiting area on the Ambulatory Surgery unit. The nurse will update you frequently.
4. A nurse will assess you, check your vital signs and complete other perioperative criteria. Please use this time to ask any additional questions you may have involving your surgery. Anesthesia services will meet with you either in your room or in the holding area. During this time, they will explain your anesthesia needs and answer your questions. They will also ask you or a legal guardian to sign consent forms. It is important that a person who may legally sign consent forms be present at all times.
5. Your surgeon may opt to bring you to the holding area. This is your last stop prior to surgery. Your surgeon will visit with you here to answer any final questions. Only two adult visitors are allowed in the holding area.
6. Ask your physician to mark your surgical site, and about the "Time Out" process.
7. The nurses will instruct your family where to wait while you are in surgery.

## Checklist

*What you will need on the day of surgery.*

- \_\_\_\_\_ Driver's License
- \_\_\_\_\_ Insurance Cards
- \_\_\_\_\_ Medications you are currently taking.
- \_\_\_\_\_ Living Will (original or copy)
- \_\_\_\_\_ One adult who can legally sign consent forms to be with you throughout your entire hospital stay and for at least 24 hours afterward.
- \_\_\_\_\_ Contact lens case and solution (or reading glasses).
- \_\_\_\_\_ Denture cup (if applicable).
- \_\_\_\_\_ Wear comfortable clothing that is appropriate for your type of surgery.
- \_\_\_\_\_ Do not wear any nail polish.
- \_\_\_\_\_ Do not wear any valuables or bring any with you. Leave all jewelry, checkbooks, cash, and other items of value at home.
- \_\_\_\_\_ Do not eat or drink anything after midnight prior to your surgery.

## During Surgery

*For your family's convenience while they wait.*

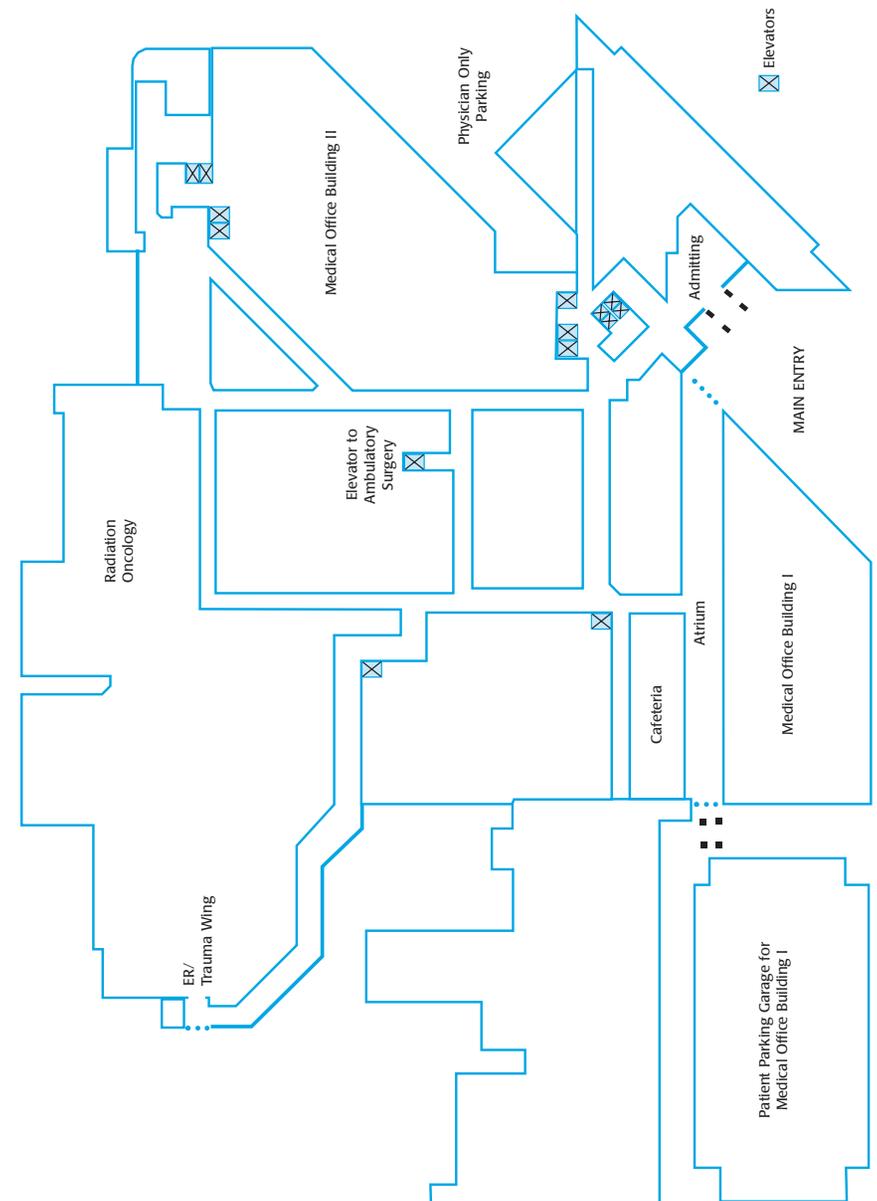
1. Someone will check with your family periodically to update them on your progress during surgery.
2. There are several vending machines located throughout the hospital. Your family may also grab a bite to eat in the Lunch & Munch or Café Bon Vie, located on the first floor next to the Atrium at the main campus.

At the Women's campus, your family can find food and snacks at Cafe Jolie, located next to the gift shop and front desk.

3. If your surgery is held at the main campus, ask about having your prescription filled at the pharmacy while your family waits for you in surgery.

## After Surgery

1. After surgery, you will spend 30 minutes to one hour in the recovery room. No visitors are allowed in this area. When released from Recovery, you will proceed back to your Ambulatory Surgery room or to another floor, depending upon your physician's orders.
2. Your nurse will offer water and make sure you are comfortable. Please do not attempt to sit or stand alone. Call the nurse first. Please do not take anything by mouth without checking with your nurse, including food or medication.
3. You will be discharged when an order has been received from your surgeon and when you have met the criteria for discharge. This criteria includes tolerating fluids, stable vital signs, little or no nausea, ability to ambulate and void, if indicated by your surgery.
4. Prior to discharge, you will receive home instructions from your nurse. We encourage you to ask questions about your continued care once you have been discharged.
5. Please make arrangements for an adult to drive you home and be with you until the following morning. We cannot release a patient not meeting this requirement.
6. Within 48 hours, if your recovery is not progressing as you feel it should, or if you have additional questions, please contact your surgeon's office directly, or call our Ambulatory Surgery unit.



Lake Charles  
Memorial Hospital

*Everything Your Healthcare Should Be.*

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