

What You Can Expect

Pre-Surgery Care and Instructions

YOUR SURGERY WILL BE AT:

- Cape Coral Hospital
- Gulf Coast Medical Center
- HealthPark Medical Center
- Lee Memorial Hospital
- Outpatient Surgery Center

Date: _____

**LEE MEMORIAL
HEALTH SYSTEM**

LANGUAGE ASSISTANCE

We recognize that communication between our hospital team and patients is vital to providing health care services. Should you need language assistance, please let your nurse know.

Additionally, this patient guide is available in Spanish, German and French.

AYUDA CON EL IDIOMA

Nosotros reconocemos que la comunicación entre el equipo del hospital y los pacientes es vital mientras se proveen los servicios del cuidado de la salud. Si usted necesitara ayuda con el idioma, por favor, déjele saber a su enfermero(a).

Además, esta guía para el paciente está disponible en inglés, alemán y francés.

SPRACHHILFE

Wir sind uns bewusst, dass Kommunikation zwischen unserem Spitalpersonal und den Patienten als Bestandteil des Gesundheitspflegedienstes von aeußerster Wichtigkeit ist. Sollten Sie Sprachhilfe benoetigen, lassen Sie dies bitte unsere Pfleger wissen.

Zusaetzlich ist dieser Patientenfuehrer auf Englisch, Franzoesich und Spanisch verfuegbar.

ASSISTANCE EN LANGUES

Nous reconnaissons que la communication entre notre équipe d'hôpital et les patients est vital pour fournir des soins de santé. Au cas où vous aurez besoin d'assistance en langues, s'il vous plaît, faites-le savoir à votre infirmière.

En plus, ce guide pour patients est disponible en anglais, allemand et espagnol.

Who We Are...

We are your friends, your family and your neighbors.

Open since 1916, Lee Memorial Health System continues to be an award-winning health care system with more than a million patient contacts each year. Our success, however, begins with our greatest assets...our employees.

Our staff routinely is recognized for the compassionate and dedicated care they provide to their patients. More than 9,500 employees and 4,500 volunteers and auxiliaries are part of the Lee Memorial Health System family – the very heart of our health system.

Our medical staff, which totals more than 1,100 Lee County physicians, also is a vital part of our health system.

Lee Memorial Health System is governed by a 10-member, publicly elected board of directors. We are the largest not-for-profit health system in Florida that operates without the benefit of local tax support.

As one of the largest employers in Lee County, we have always had deep roots in the community. Whether it's the millions of dollars we provide each year in uncompensated care or the active role we take as a community leader, we're much more than just a health system.

We are caring people, caring for people.

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Speak Up

To help prevent health care errors, patients are urged to SPEAK UP

Speak up if you have questions or concerns, and if you don't understand, ask again. It's your body and you have a right to know.

- Your health is too important to worry about being embarrassed if you don't understand something that your doctor, nurse or other health care professional tells you.
- Don't be afraid to ask about safety. For example, if you're having surgery, ask the doctor to mark the area that is to be operated upon, so that there is no confusion in the operating room.
- Don't be afraid to tell the nurse or doctor that you think you are about to receive the wrong medication.
- Don't hesitate to tell the health care professional if you think he or she has confused you with another patient.

Pay attention to the care you are receiving. Make sure you are getting the right treatments and medications by the right health care professionals. Don't assume anything.

- Tell your nurse or doctor if something doesn't seem quite right.
- Expect health care workers to introduce themselves when they enter your room and look for their identification badges. A new mother, for example, should know the person to whom she is handing her baby. If you are unsure, ask.
- Notice whether your caregivers have washed their hands. Handwashing is the most important way to prevent the spread of infections. Don't be afraid to gently remind a doctor or nurse to do this.
- Know what time or day you normally receive a medication. If it doesn't happen, bring this to the attention of your nurse or doctor.
- Make sure your nurse or doctor confirms your identity, that is, checks your wristband or asks your name before he or she administers any medications or treatments.

Educate yourself about your diagnosis, the medical tests you are undergoing and your treatment plan.

Ask a trusted family member or friend to be your advocate.

- Infection prevention is a very important part of your hospital stay and everyone, including caregivers, visitors and patients, can help prevent infection. Ask your caregivers, family and visitors to wash their hands and cover their cough.
- Health care associated infections could increase your hospital stay and increase the amount of medications and treatments that may be involved in your care. Even if you are on isolation precautions, you can still remind caregivers and visitors to follow the directions for isolation precautions. Ask for any isolation brochure(s) you would like given to you.
- If you have any concerns about your family member's condition, please notify a health care provider.

Know what medications you take and why you take them. Medication errors are the most common health care mistakes.

Use a hospital, clinic, surgery center or other type of health care organization that has undergone rigorous onsite evaluation against established, state-of-the-art quality and safety standards, such as that provided by The Joint Commission.

Participate in all decisions about your treatment. You are the center of the health care team.

If you have questions about SPEAK UP, please ask any health care provider.

Tobacco Free Lee

Lee Memorial Health System is a tobacco free health care system. All forms of tobacco, including cigarettes and smokeless tobacco like chewing tobacco or dip, are prohibited from use on Lee Memorial Health System properties, both owned and leased.

Nicotine replacements are available in the gift shops at all four hospitals. If you would like more information about quitting the habit, speak to your physician or call 877-U-CAN-NOW.

What You Can Expect

PRE-SURGERY CARE AND INSTRUCTIONS

We are pleased that you have been scheduled for surgery in the hospitals of Lee Memorial Health System. The following information will help you to know what to expect throughout the surgical process. We will work to answer any questions or concerns that you may have.

YOUR SURGERY DATE AND ARRIVAL TIME

Some of the surgeons' offices give their patients arrival times for the day of surgery. For all others, we will call you the afternoon prior to surgery to give you an arrival time. We are unable to tell you a definite arrival time any earlier because surgery times are subject to change.

It is very important that you give your surgeon's office accurate telephone numbers where you can be reached. Please include home, work and cellular telephone numbers.

TESTING PRIOR TO YOUR PROCEDURE

Days, or even weeks, before your procedure, a nurse may call you to obtain your medical history. If your medical history indicates the need for testing, the nurse will make an appointment for you. In this brochure, we have provided sample pre-procedure health questions to give you an idea of the types of questions the nurse will ask.

In addition to having blood drawn, you may also have an electrocardiogram (EKG) or a chest X-ray. If you have an EKG, chest X-ray, angiogram, MRI or CT scan that was not done within Lee Memorial Health System, please bring a copy of the results to avoid duplication and charges.

These tests help the surgeon and anesthesiologist look at your overall health.

Do bring your method of payment (Medicare/insurance card, cash, check and/or credit card) and your driver's license and/or other photo identification for patient registration. Also bring the identification cards for any implants you may have, such as a pacemaker or an automatic implantable cardioverter defibrillator.

THE WEEK BEFORE SURGERY

- Do not take aspirin or aspirin products for one week before and after

surgery, unless otherwise instructed by your doctor. Talk to your doctor if you take Coumadin, Motrin, ibuprofen, vitamin E or other blood thinners.

- Do not drink alcoholic beverages or take recreational drugs 48 hours prior to surgery.
- Do not smoke during the 24 hours before your surgery. Smoking may cause anesthetic problems and increased carbon monoxide in the bloodstream.

THE EVENING BEFORE SURGERY

The following instructions are very important and **MUST** be followed, otherwise, your surgery may be canceled.

- Follow all instructions given to you by your surgeon's office or our Pre-procedure Testing department.
- Prepare a list of your current medications and dosages, as well as a list of all allergies and the reactions you have to them. Remember to include any over-the-counter medication and/or vitamins you may be taking.
- Do not eat or drink anything after midnight the night before your surgery, including water, juice, coffee, chewing gum, candy and mints.
- If you are diabetic, do not take any diabetes medications or insulin the morning of the procedure.
- Leave all jewelry, valuables and medications at home.
- For your safety, the following must be removed:
 - All jewelry and body piercings
 - Contact lenses - including extended wear
 - Wigs, hairpins, hair clips
 - Makeup
- Leave at least one fingernail free of nail polish.
- Shower the evening before surgery with an antibacterial soap (Dial), and/or as directed by your surgeon.
- Do not use lotions, gels, hairspray, cologne, perfume or powders. If your surgery is above your chest, do not use deodorant.

Remember, you will be unable to drive after your procedure, so it is important that you arrange for a family member or friend to take you to the hospital and pick you up if you are to be discharged. Patients that have received anesthesia will not be able to drive themselves home after their procedure.

PLEASE CONTACT YOUR PHYSICIAN IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS PRIOR TO YOUR PROCEDURE:

- Elevated temperature
- Respiratory congestion
- Open sores or rashes
- Scratches, bug bites or bruises on or around the surgical area

Any of the above symptoms could indicate an illness that may require delaying your surgery.

If you feel you cannot comply with these guidelines, please call the preoperative nurses at the hospital location where your surgery will be performed.

CAPE CORAL HOSPITAL	239-424-3696
GULF COAST MEDICAL CENTER	239-343-0635
HEALTHPARK MEDICAL CENTER	239-343-6750
LEE MEMORIAL HOSPITAL	239-343-3720
OUTPATIENT SURGERY CENTER	239-343-9600

SURGERY DAY

Arrive at the hospital at the time you were instructed. If you already are admitted to the hospital, the nursing unit you are on will coordinate with the preoperative area to have you transported for your surgery.

Remember, for your safety, remove all jewelry, piercing and contacts. If you have dentures and partials, you will be asked to remove these. Do not bring any valuables with you to the surgical area. Please leave them at home, or with the Security department or family member if you are currently a patient in the hospital.

If you will be going home the day of surgery, remember to wear clean clothing that is easy to take on and off, keeping in mind the type of procedure you will be having and what will be comfortable to wear home.

Once you have been registered and/or prepared by your nursing unit, if you are an inpatient, you will be brought to the preoperative unit.

In the preoperative area, your preoperative nurse, anesthesiologist and operating room nurse will interview you. During this interview, it may seem as though each person is asking you the same questions; however, it is for your safety that we all ask these questions to ensure that you are

informed and understand the different aspects of your surgery. During this time, you may be asked to sign consents, and additional lab work and tests may be done if needed.

During this time, an intravenous catheter, also known as an IV, will be inserted if you do not already have one. Depending on the type of surgery you are having, we may need to insert additional IVs.

If your surgery involves a specific side of your body, your surgeon will be coming in and marking the surgical area for additional safety. If at any time you have concerns or questions, you should speak up and voice your concerns to the staff and/or your surgeon.

Before going to surgery, the nurse may be applying special stockings and/or leg wraps. These devices are used to promote circulation during and after your surgery.

You may be given some medication to relax you before going to the operating room.

Once you are ready to be taken to the operating room any family and/or friends will be directed to the waiting room where a liason will continue to update them on your progress.

AFTER SURGERY

Once your surgery/procedure is completed, you will leave the operating room and be transported to a recovery area.

The length of time you spend there depends upon the anesthetic you received and the type of procedure you underwent. The average length of stay is approximately 45 minutes to one hour. During this phase, a special team of recovery room nurses, along with the anesthesiologist, will monitor your blood pressure, pulse, breathing and pain.

Your family will continue to wait in the family waiting room while our team addresses your needs. If for some reason you have an extended stay in the recovery area, one of the team members will update your family. You will be reunited with family when you are transferred to your patient room if you are being admitted, or to the secondary recovery area if you are being discharged.

SAMPLE PRE-PROCEDURE HEALTH QUESTIONS

A registered nurse representing Lee Memorial Health System may call you prior to your surgery date. The purpose of this telephone call is to gather information regarding your health history so we may determine the need for preoperative tests, such as blood tests and X-rays.

The telephone interview will last approximately five to 10 minutes. Please review the following questions. Fill in the blanks so you are prepared to speak with the nurse.

Height: _____

Weight: _____

Allergies: _____

Name of family doctor: _____

Significant family medical history: _____

Medications:

Dosage/how often? _____

Have you had any other surgeries? _____

Skin:

Any bruises, bug bites or scratches? _____

Alcohol Use:

How much? How often? _____

Smoking:

Do you smoke?_____ How many years?_____ How many per day?_____

Have you had an EKG, stress test, echocardiogram or chest X-ray in the past year? If yes, where? _____

Cancer:

Do you have or have you ever had cancer?_____ Where?_____

Did you have chemotherapy radiation or stem cell treatment?_____

Family history of cancer?_____

Do you have any bleeding problems? _____

Have you or a relative ever had any problems with anesthesia? _____

Do you have any body piercings? _____

Heart:

- chest pain heart attack heart failure
- high blood pressure pacemaker defibrillator

Respiratory:

- shortness of breath emphysema
- productive cough asthma

Neurological:

- headaches seizures stroke
- faintness back problems head injury

Psychological:

- depression substance abuse suicide thoughts or attempts

Infectious disease:

- tuberculosis HIV hepatitis

Gastrointestinal:

- liver problems pancreatitis reflux
- hiatal hernia weight loss or gain

Endocrine:

- diabetes thyroid problems
- bladder problems prostate problems

Miscellaneous:

- arthritis glaucoma blood transfusion
- blood reaction recreational drug use

Cape Coral Hospital

REGISTRATION AND CHECK-IN

Park your vehicle on the north side of the hospital near the main entrance.

Go in through the main entrance. Just to the left side of the lobby, you will see a sign for Outpatient Lab and Admitting. This is where you complete your registration process.

Then you can proceed straight across the lobby into the hallway to the right of the main entrance. Continue down the hallway to the elevators. Take the elevator to the second floor and upon exiting you will see the Day Surgery waiting area. Check-in at the desk inside the Day Surgery waiting area.

CHECK-IN WITHOUT REGISTRATION

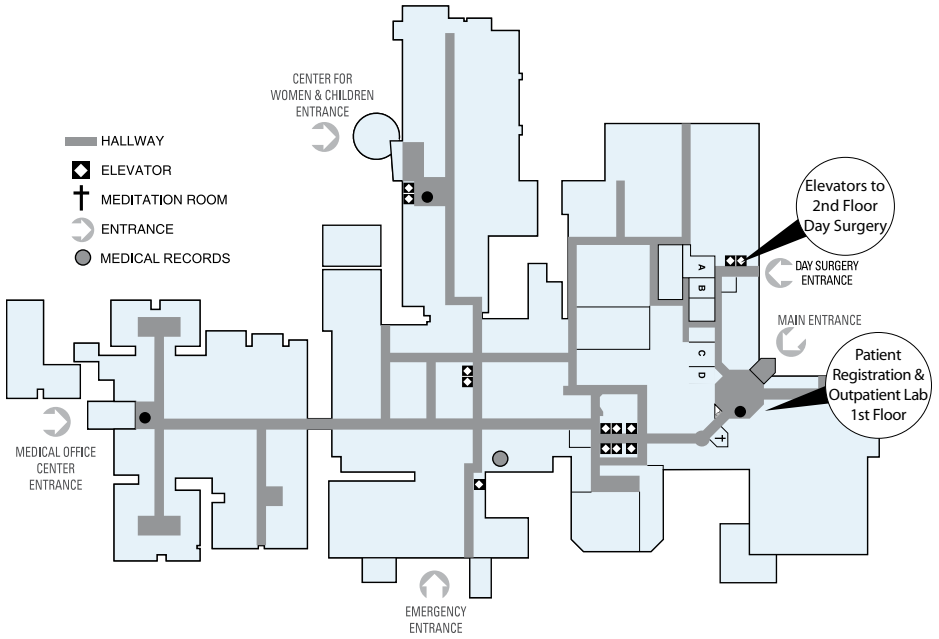
Some patients already have completed the registration process. Prior to the day of surgery, those patients will be instructed to report directly to the Day Surgery check-in area. For those patients:

Park your vehicle on the north side of the hospital near the Day Surgery entrance.

Go in through the Day Surgery entrance. Just inside the hallway on the right are the elevators. Take the elevator to the second floor. Upon exiting, you will see the Day Surgery waiting area. Check-in at the desk inside the Day Surgery waiting area.

NOTES

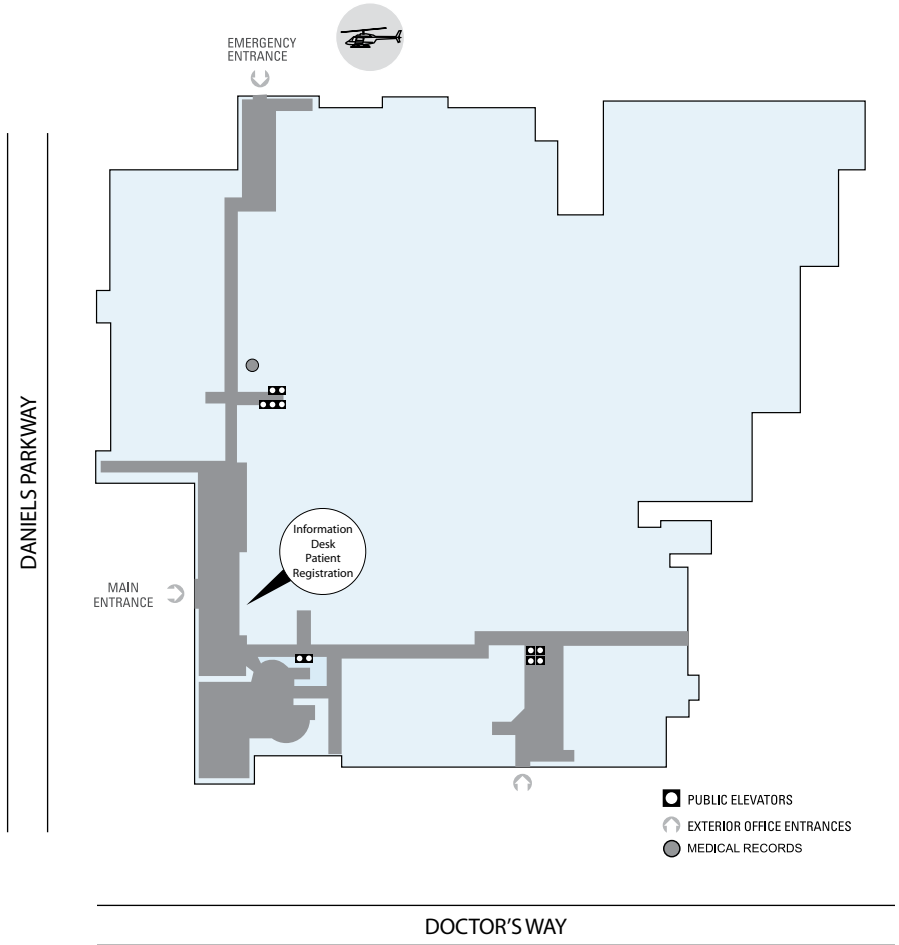
CAPE CORAL HOSPITAL



DEL PRADO BOULEVARD

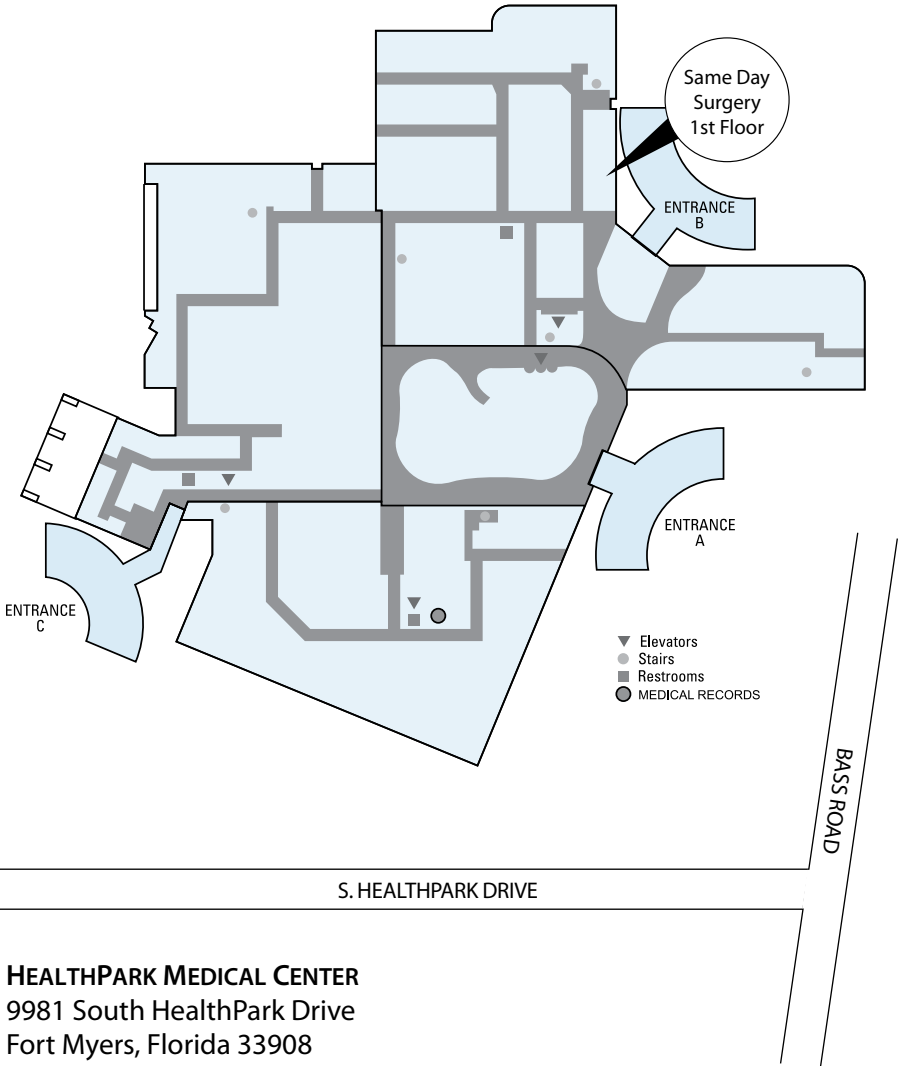
CAPE CORAL HOSPITAL
636 Del Prado Boulevard
Cape Coral, Florida 33990
239-424-2000

GULF COAST MEDICAL CENTER



GULF COAST MEDICAL CENTER
13681 Doctor's Way
Fort Myers, Florida 33912
239-343-1000

HEALTHPARK MEDICAL CENTER



HEALTHPARK MEDICAL CENTER
9981 South HealthPark Drive
Fort Myers, Florida 33908
239-343-5000

Lee Memorial Hospital

REGISTRATION AND CHECK-IN

Park your vehicle on the south side of the hospital near the main entrance.

Go in through the main entrance. You will see a sign for Registration on the left side of the lobby. This is where you complete your registration process.

Then you can proceed to the left out of registration to the main elevators. Take the elevator to the second floor. Upon exiting, you will see the Surgery waiting area. Check-in at the desk inside the Surgery waiting area.

CHECK-IN WITHOUT REGISTRATION

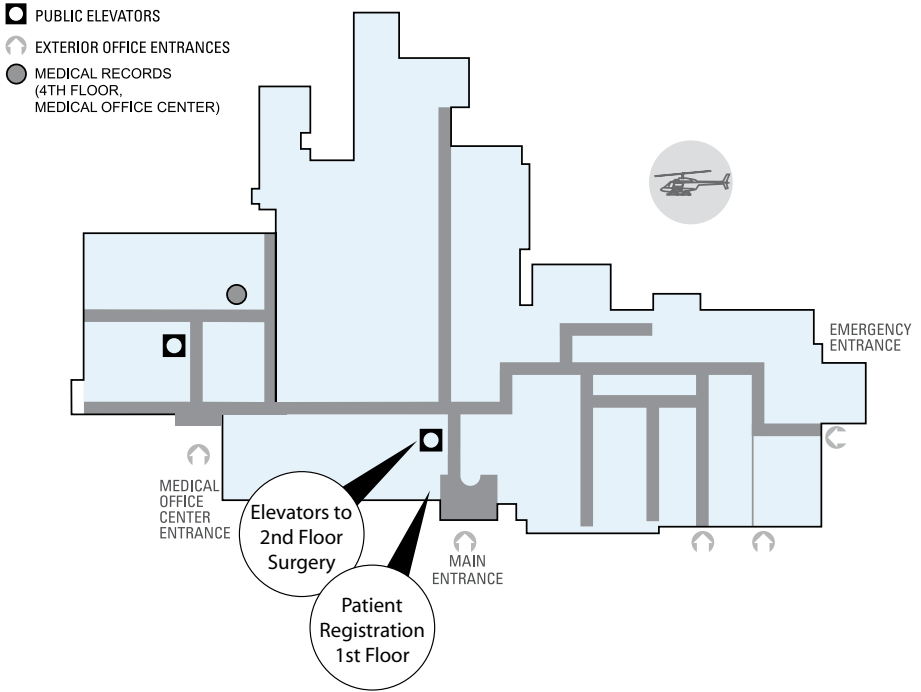
Some patients already have completed the registration process. Prior to the day of surgery, those patients will be instructed to report directly to the Surgery check-in area. For those patients:

Park your vehicle on the south side of the hospital near the main entrance.

Go in through the main entrance. Continue through the lobby to the main elevators in the back left hallway. Take the elevator to the second floor. Upon exiting, you will see the Surgery waiting area. Check-in at the desk inside the Surgery waiting area.

NOTES

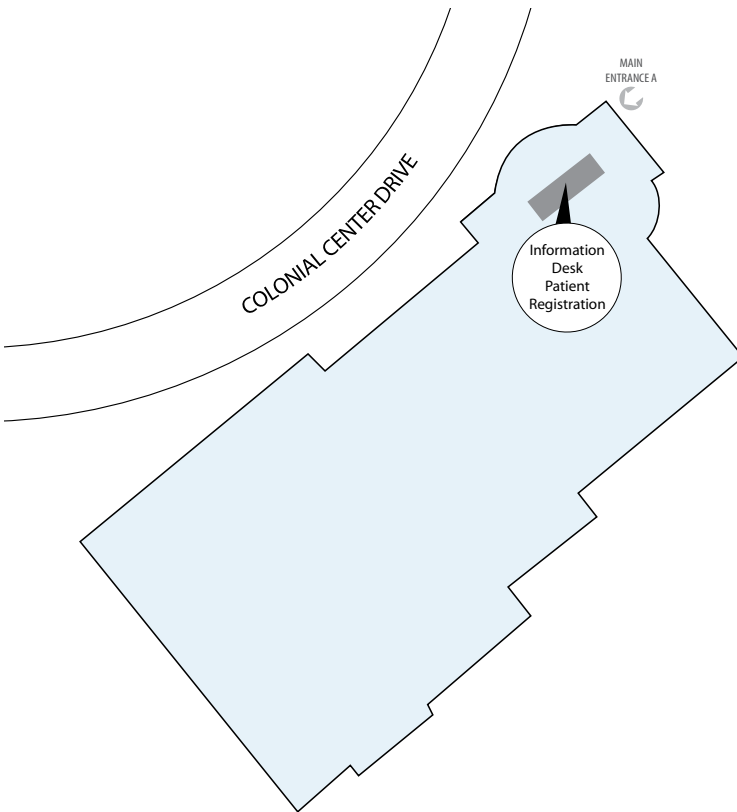
LEE MEMORIAL HOSPITAL



CLEVELAND AVENUE (US 41)

LEE MEMORIAL HOSPITAL
2776 Cleveland Avenue
Fort Myers, Florida 33901
239-343-2000

OUTPATIENT SURGERY CENTER



I-75

OUTPATIENT SURGERY CENTER*
8970 Colonial Center Drive
Fort Myers, Florida 33905
239-343-9600

*An outpatient department of Lee Memorial Hospital

LEE MEMORIAL HEALTH SYSTEM

P.O. Box 2218, Fort Myers, Florida 33902
www.LeeMemorial.org