



**QUEEN'S NORTH HAWAII
COMMUNITY HOSPITAL**

ATTENTION SURGERY PATIENTS

North Hawaii Community Hospital and your surgeon request that surgery patients have a family member or care-giver accompany the patient to surgery, be available to discuss outcomes, and drive patient home post-operatively.

We are sorry for any inconvenience this may cause.

North Hawaii Community Hospital and your surgeon thank you for your cooperation.



QUEEN'S NORTH HAWAII COMMUNITY HOSPITAL

TWO DAYS PRIOR TO SURGERY

- You will receive a call from our pre-operative nurse. She will give you instructions for your medication and review your medical history

THE DAY BEFORE YOUR SURGERY

- Hydrate with water, natural juices and Gatorade.
- Eat normally, avoiding spicy and salty foods the evening before surgery unless your physician or pre-op nurse has instructed you differently. **DO NOT** eat or drink (that includes gum, candy, mints or water) after midnight the night before your surgery.
- If you have a cold, fever, skin rash or infection of any kind **PLEASE NOTIFY YOUR SURGEON.**
- Make a copy of your Advance Directive if you have one and bring to your appointment for it to be scanned into the system.

THE DAY OF SURGERY

- On the day of surgery, you will need to arrange for a responsible person to take you home from the hospital and you may also need to have them assist you in following your doctors' instructions during your recovery at home. Your surgery could be cancelled if transportation arrangements have not been made.
- Wear loose comfortable clothing
- Please arrive at the Outpatient Surgery Center at North Hawaii Community Hospital no later than 1.5 hours prior to your scheduled surgery. Surgery times are approximate, if your surgery time changes the pre-operative nurse will call to give you any time changes.
- Unless otherwise instructed, **PLEASE** leave your valuables (wallet, purse, money & jewelry) at home as we **DO NOT** provide a secure place to hold them. You will be provided an unlocked locker for your clothes only.
- If the patient is a minor, a responsible adult or legal guardian (bring papers if applicable) must stay in the hospital during the entire procedure. All other adult drivers should be within a 10-minute radius.
- You may bring one person or family member to join you in the Preoperative area prior to surgery. Due to patient privacy and limited space there is only enough room for one visitor per patient at a time.

WHAT TO BRING

- Bring a list of your medications.
- If you use an inhaler, please bring it with you.
- Eye glass case if you wear glasses.
- Copy of your Advance Directive or Power of Attorney for Healthcare or Copy of guardian ship (if necessary)
- Comfort items: reading materials, blanket, toy, etc.

TIMES VARY BUT PLAN TO BE WITH US 1.5 TO 2 HOURS PRIOR TO SURGERY UNTIL 1 TO 2 HOURS PAST FOR RECOVERY.

Any questions please call our PreOp office 881.4708



QUEEN'S NORTH HAWAII COMMUNITY HOSPITAL

Anesthesia Information Sheet

Please use this sheet as a reference when talking to your anesthesiologist so he or she may fully answer any questions you may have regarding your anesthesia. Discuss your concerns with your anesthesiologist when he visits you prior to surgery. You and he or she will decide the most appropriate type of anesthesia for you based on your medical condition and the type of surgery you are going to have.

It is very important to notify your anesthesiologist when you last ate or drank. It is also very important to notify your anesthesiologist / surgeon of all medications, including prescription medications, over the counter drugs, herbal remedies, or substance abuse (alcohol, amphetamines, marijuana, cocaine, heroin, etc.). These medications, etc., can interact with and seriously complicate your anesthetic.

TYPES OF ANESTHESIA

GENERAL: A carefully balanced combination of inhaled and intravenously injected drugs that render a person temporarily unconscious so that the entire body feels no pain.

Risks: Sore throat, hoarseness, injury to mouth or teeth, awareness under anesthesia, muscle aches, aspiration, pneumonia, nausea and vomiting, corneal abrasion, awareness, vocal cord injury.

SPINAL/EPIDURAL/REGIONAL: Medication injected near a cluster of nerves to numb only the area of the body having surgery. You may remain awake or may be given a sedative.

Risks: Temporary headache, backache, convulsions, infection, nerve injury, decreased blood pressure, residual pain or weakness, prolonged duration of anesthesia, awareness, epidural hematoma, nausea and vomiting, injury to blood vessels, incomplete anesthesia requiring general anesthesia.

MONITORED ANESTHESIA CARE: Pain medication and sedatives are given through the intravenous line by the anesthesiologist, usually in combination with a local anesthetic under skin administered by your surgeon.

Risks: Awareness, anxiety and/or discomfort, depressed breathing, need for general anesthesia.

LOCAL ANESTHESIA: The surgeon will inject local anesthetic to provide numbness in the surgical site. In this case, there may be no anesthesia team member with you.

Risks: Incomplete numbness causing pain and discomfort. Reaction to medication

OTHER RISKS & COMPLICATIONS

Good results are expected, but complications sometime occur. They can range from extremely minor complications to, rarely, life-threatening complications: All types of anesthesia and surgery are associated with complications, some are life threatening such as infection, bleeding, drug reactions, blood clots, loss of sensation, loss of limb function, paralysis, stroke, brain damage, heart attack or death.



QUEEN'S NORTH HAWAII COMMUNITY HOSPITAL

Dear Patient,

Please take a moment to read this important information about Pain Management.

At North Hawaii Community Hospital, we use the 0 to 10 Pain Scale (as shown below) with 0 as no pain and 10 as the worst pain possible. We do this so that you are able to communicate effectively with your health care provider.

Pain relief is an important part of your health care. Information about options for pain control is available to you and you are welcome and encouraged to discuss any concerns or preferences with your health care team.

If you have any question, please call the Pre-Operative Clinic at (808) 881-4708

Thank you.

WE CARE ABOUT YOUR PAIN

Patient Rights

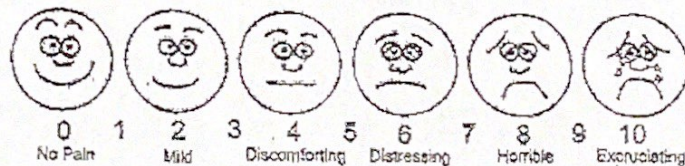
As a patient, you can expect:

- Information about pain and pain relief
- Staff who will care about you pain
- Staff who act fast when you report pain
- Staff who will ask about pain and relief often

Patient Responsibilities

As a patient, we expect you to:

- Ask your doctor or nurse about pain and pain relief
- Discuss pain relief choices with your doctor or nurse
- Ask for pain relief when pain first begins
- Tell us how your pain is relieved





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Pre-operative Medication Instruction

Please be sure to advise medical staff of all over the counter and prescribed supplements and medications that you are taking well before the time of your surgery. There are a number of medications, vitamins and herbal supplements that are known to interfere with your ability to clot blood. This action could cause unnecessary bleeding during surgery.

IF YOU ARE TAKING THE FOLLOWING BLOOD THINNING MEDICATIONS, PLEASE DISCUSS WITH YOU SURGEON AND/OR PRIMARY CARE PROVIDER WHEN TO STOP:

- Plavix (Clopidogrel)
- Pradaxa (Dabigatran)
- Xarelto (Rivaroxaban)
- Eliquis (Apixaban)
- Lixiana/Savaysa (Edoxaban)
- Coumadin (Warfarin)

PLEASE STOP THE FOLLOWING SUPPLEMENTS/MEDICATIONS TWO (2) WEEKS BEFORE SURGERY:

- Vitamin E (greater than 200 units)
- Aspirin
- Non-Steroidal Anti-Inflammatory medications (NSAIDS)
 - Ibuprofen, Motrin, Aleve, Advil, Naproxen, Meloxicam, Celebrex

STOP ONE (1) WEEK BEFORE SURGERY. THERE ARE MANY HERBS THAT INTERFERE WITH BLOOD CLOTTING, SEE ATTACHED BELOW:

Bilberry Fruit	Chamomile, German	Garlic Bulbs	Kava Kava Root
Black Currant Seed Oil	Clove Oil	Ginger Rhizome	Licorice Root
Bladderwrack	Dandelion Root	Ginkgo Leaves	Onion Plant
Borage Seed Oil	Devil's Claw	Ginseng Root	Papain
Borelain	Dong Quai Root	Green Tea	Pau D-arco
Cayenne Fruit	Evening Primrose Seed Oil	Hawthorn Leaf/Flower	Skullcap Root
Celery Plant	Feverfew Plant	Horse Chestnut Bark	Wintergreen Leaf Oil

Pre-operative washing Instructions

Prior to you surgery please do the following:

- Purchase over the counter antimicrobial wash, Chlorhexidine (Hibiclens)
- Both the night before and morning of, please shower using the Chlorhexidine soap, be sure to apply in the areas of surgery.
 - If you are having a gynecologic procedure, apply to the abdomen and genital area. Rinse off as you would any soap
- Please do NOT shave any areas the night before or morning of surgery
- Please do NOT apply any lotions, deodorant or other chemicals after showering the morning of your surgery