



## **BELLEVUE SURGERY CENTER**

1900 116th Ave. NE Suite 100  
Bellevue WA 98004  
(425) 774-1538

[www.washingtonpain.com](http://www.washingtonpain.com)

### **You are scheduled for surgery at Bellevue Surgery Center**

Surgery Date \_\_\_\_\_

With Dr. \_\_\_\_\_

Estimated Arrival Time \_\_\_\_\_

**\*Surgery times are subject to change\***

*You will be contacted at least 24-48 hours prior to surgery by a preoperative nurse to notify you of your final arrival time based on the most current surgery schedule. Please make sure we have your best daytime phone number correct and on file.*

*Call your doctor and Bellevue Surgery Center before your surgery day if you develop a cold, fever or infection*

*Please take the time to read this information before your visit. We hope that your surgical experience is a pleasant one.*

### **Before Coming to the Surgery Center...**

You will receive a call from the Surgery Center nurse at least 24-48 hours prior to surgery to verify the following: **Health History, Medications and Final Arrival Time**

The nurse will also explain what to expect during your surgical visit and answer any questions. Call (425)774-1538 WCPM or (425) 777-4411 Apex Surgeon if you have not received a call within 24-48 hours prior to your surgery date.

#### **No Eating**

#### **No Drinking**

#### **No Smoking**

- Arrive 1 hours early for your appointment (unless otherwise instructed)
- If you may be pregnant, please inform our staff prior to surgery, as x-ray guided procedure cannot be performed.
- Nothing to eat or drink after midnight the night before surgery (including water, coffee, gum, mints, chewing tobacco)
- **\* Clear liquid the morning of will be allowed for certain types of surgery. Nurse will inform you during the call\***
- **We will instruct you which medications you may take the morning of surgery with a sip of water.**
- No smoking after midnight. Smoking can irritate your lungs and increase your risk of post-operative complications. **(For certain type of surgery requires you to refrain from smoking 2 weeks prior to surgery)**

*\*Please note: Failure to follow these requests may result in cancellation of your surgery\**

### **Medications...**

#### **DO NOT TAKE THE FOLLOWING MEDICATIONS UNLESS OTHERWISE INSTRUCTED BY YOUR PHYSICIAN**

- Do not take oral diabetic medications. Clarify insulin with your doctor. (bring with you to the Surgery Center).
- Please STOP the listed medications below (Note: do not stop these medications prior to requesting and obtaining approval from prescribing doctor).

<b>MEDICATIONS</b>	<b>PLEASE STOP BEFORE SURGERY</b>
Aspirin, greater than 81 mg a day-Excedrin, ecotrin	7 days
Coumadin(warfarin), Xarelto	7 days ( May need PT/INR day of or 1day prior to surgery)
Lovoneox, Fragmin, subcutaneous Heparin	7 days
Plavix (Clopidogrel), Ticlid (Ticlopidine)	10 days- 14 days
Celebrex (Celecoxib)	7 days
Garlic, Ginseng, Vitamin E, Ginger, Gingko Biloba, Omega 3, other herbals	7 days

**If you have any questions about your medication instructions, please call us\***

## ***The Day of Surgery...***

Please bring the following:

- Insurance card and facility copay or due amount toward surgery
- Hearing aides / Eye glasses with case / Denture container
- Inhalers/ insulin/ C-PAP Machine if portable
- Heart medications in its original prescription bottle
- Any special equipment i.e. lumbar or cervical brace, crutches/walker.

**\*You MUST arrange for a ride home with a responsible adult and arrange for someone to stay with you for at least 24 hours to help with your post-operative care.\***

### **Don't forget to...**

- Take a shower using Hibiclens for 4 days consecutively and on the morning of surgery. You can pick up Hibiclens from any pharmacy. Apply to the area of the surgery.
- DON'T shave your surgical area, shaving increases risk of infection (*nurse will notify you if special shaving of your head is required for certain type of surgery*)
- Please remove make-up or on arrival you will be asked to remove it
- You can brush your teeth without drinking water
- You will need to remove artificial nails or polish prior to surgery
- Wear loose fitting, comfortable clothing
- Please leave all jewelry and valuables at home
- Remove all body piercings

### **After you check in at the Suite 100, what to expect...**

*Since you will be entering a sterile surgical room, you will be changing into a hospital gown, a surgical hat and our anti-slip socks. In the pre-op area, we will verify information including your surgical site. You will be asked several times by different people the same questions, such as the kind of procedure you are having and which side, left or right. Please understand that this is to ensure your safety. You will be speaking to the following providers: anesthesiologist, the OR nurse, and your doctor prior to surgery. Also, we will start your IV in the pre-op area if ordered.*

### **MAY BE INSTRUCTED TO TAKE THIS MEDICATIONS THE MORNING OF SURGERY (WITH A SIP OF WATER)**

- Blood pressure/ heart medication
- Acid Reflux medication (*you may be asked to take Zantac the night before and 1 during the morning of your surgery with a sip of water per nurse's instruction*).
- Anti-anxiety medication
- Parkinson's medication
- Asthma medication/ inhaler

## Post-Operative Instructions...

- *Upon discharge, you will be given written instructions specific to your postop care.*
- *You will NOT be allowed to drive yourself home due to the medication given during surgery.*
- *Be prepared to stop by your pharmacy after leaving the surgery Center or nurse will instruct family member to pick-up prescription to fill during patient's recovery time. Nurse will give first dose of medications prior to patient leaving the facility.*
- *You may be sent home with a prescription for pain medication. Do not take this medication on an empty stomach.*
- *Please expect a call from the Surgery Center next 24 to 48 post-op. We will be calling to check on your progress and address any concerns you may have.*
- *For post-op questions or concerns, please call your physician's office.*
- *For an emergency, CALL 911 or report to the nearest hospital.*

### Visitors:

Due to limited space and the short time you will be at the Surgery Center, only one adult should accompany you. No children please.

Patients under 18 years of age must be accompanied by a parent or legal guardian who must not leave the Surgery Center while the minor is in surgery.

Visitors will remain in the waiting room but as soon as you are out surgery and stable in the recovery room, your visitor may sit with you.

### NO SMOKING POLICY:

Bellevue Surgery Center is a non-smoking facility.

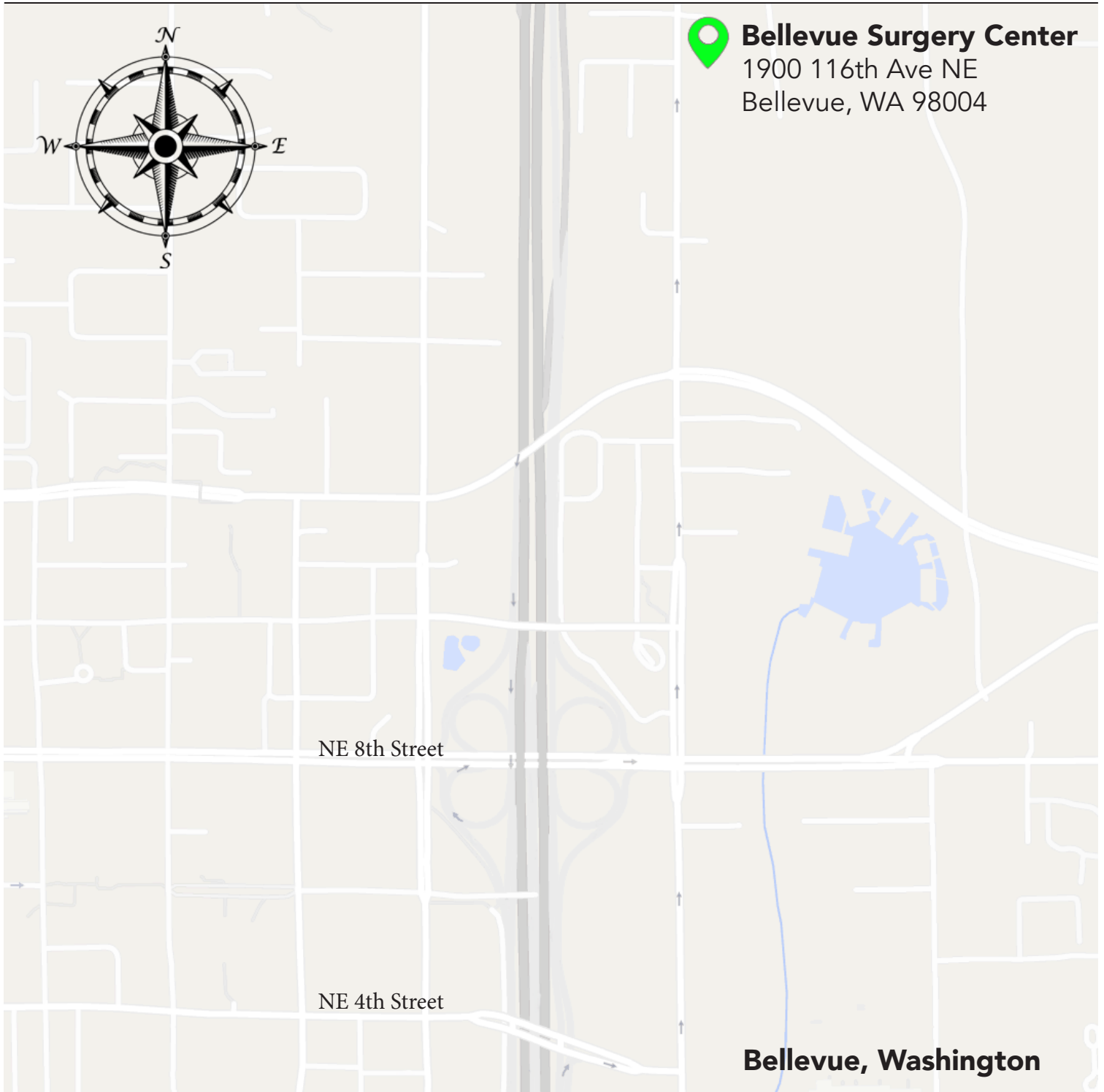
### Parking/Arrival:

Please drive down the hill towards the dumpster next to the building. Easy entry and exit from the Center.

### Patient Satisfaction Survey:

Our facility conducts patient satisfaction surveys. You may be asked to fill out a survey prior to leaving the facility. Your feedback is greatly appreciated.

# Directions to Bellevue Surgery Center



## From the North (Everett):

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- Take I-5 South
- Take exit 182 for I-405 S toward Bellevue/Renton
- Continue on I-405 S for 16 miles
- Take exit 13B for NE 8th St E
- Merge onto NE 8th St
- Take 1st left onto 116th Ave NE
- Continue on 116th Ave NE for approx.1 mile (past Overlake Hospital and Seattle Children's)
- Destination will be on the Right

## From the South (Renton):

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- Take I-405 N
- Take exit 13A-B toward NE 4th St
- Keep right at the fork and merge onto NE 4th St
- Turn Left onto 116th Ave NE
- Continue on 116th Ave NE for 1 mile (past Overlake Hospital and Seattle Children's)
- Destination will be on the Right