



You may have questions about what will happen before, during and after your surgery at Copley Hospital. Our staff has prepared this brochure to answer some of those questions making your time with us as easy and comfortable as possible. Please review this entire brochure before you arrive at the hospital for your pre-operative visit.

Copley Hospital
528 Washington Highway
Morrisville, Vermont 05661
802-888-4231

www.copleyvt.org

Insurance Preparations

Please be sure to bring your insurance card and any forms supplied by your insurance company. This will ensure for a smooth admission the day of your surgery. Many companies now require pre-approval of services prior to hospitalization. It is your responsibility to review these requirements with both the insurer and your physician before your hospital visit.

If you do not have health insurance and will be paying the charges yourself, please contact our Business Office IN ADVANCE. They will be happy to talk with you about the payment arrangements. Business Office hours are Monday through Friday from 8:00 a.m. to 4:00 p.m.

Before Surgery

Before you have surgery, you may have to visit the hospital for pre-operative education, laboratory work, x-rays, or other tests depending on your health and the surgical procedure being done. Please bring this brochure with you. It has important information for you and space to take notes.

Arriving at the Hospital

Please call 888-8255 between 1:00 p.m. and 3:00 p.m. the day before surgery to find out what time you need to be at the hospital. Call on Friday if your surgery is on Monday.

First, please check in at the Admitting Desk located in the main lobby. You will then be directed to Copley's Center for Out-Patient Services to check in with our receptionist. The receptionist will ask you to fill out a questionnaire and bring you to see the pre-surgical care nurse who will talk to you about the surgical process and post-operative instructions and notify the laboratory that you are ready for any tests your doctor has ordered. You may have blood drawn, urine collected, an electrocardiogram (EKG), x-rays or other tests.

PATIENT NAME

.....
first last

PRE-OPERATIVE VISIT

.....
date

Patient's Date of Birth

.....

Surgery Date:

Your surgery is scheduled for

.....

After you are admitted to the Surgery Unit, your surgery will begin as soon as the operating room schedule for the day permits (allowing for emergencies).

It is extremely important that you avoid smoking for at least two days before surgery. This also means no smoking the day of surgery. Do not drink any alcohol for at least 24 hours prior to your surgery.

You may drink 8 ounces of a clear liquid such as water, coffee or tea (without milk), cranberry juice (no orange juice) two hours before you come to the hospital.

After Being Admitted

When you report to the Surgery Unit, you will change into hospital attire. Your nurse will check your blood pressure, temperature, pulse and listen to your lungs.

The anesthesiologist will explain his or her part of your procedure. Any consent forms you need to sign for the anesthesia and surgery will be explained and signed at this time.

An intravenous tube (commonly called an "I.V.") will be inserted into your arm to give you fluids during and after the surgery. This tube also provides a means to administer any medication that may be needed.

Your operating room nurse will go with you to surgery and stay with you throughout the operation.

The Operating Room

The surgeons at Copley Hospital are assisted by registered nurses and technicians who are specially trained in surgical care techniques. Their primary concern is your safety, comfort and prompt recuperation.

The people in the operating room will be wearing surgical face masks, caps and gowns.

Your anesthesiologist will give you anesthesia and remain with you at the head of the operating room table throughout your surgery.

While you are in the operating room, any friends and family who accompany you to the hospital are welcome to wait in the solarium and visit the cafeteria. Both are located near the surgery unit.

The Recovery Room

After surgery, you will be taken to the recovery room. A nurse will monitor your condition and check your blood pressure, pulse and breathing regularly. She/he will help you change position to keep you comfortable, and encourage you to take slow deep breaths. Medication for discomfort will be available, as needed.

The Recovery Room (continued)

If you are expected to go home the same day as your surgery, you will be transferred to the day surgery area. Usually you may have one or two visitors at a time. Your nurse will determine the number and timing of your visitors.

With the recommendation of your surgeon, your nurse will assist you in getting out of bed and moving around until you are able to do so on your own. You will regain strength by being active.

Day surgery patients will be discharged after meeting the criteria that indicate it is safe and you are physically able to return home. These indicators will be discussed with you during your pre-operative visit with the pre-surgical care nurse.

If you are staying overnight, we will transfer you to your room once you have recovered from the effects of anesthesia. Your family or friends can join you in your room.

Going Home

You will receive written information about your post-operative care. This may be in the physician's office or in the day surgery area. You will be given instructions about your diet, general activity or exercise, and your medications. You will be given a follow-up appointment with your doctor if one is not already scheduled. The day after your surgery, a nurse will call you at home as a follow-up to your care.

If you have ANY concerns or questions after you get home, please feel free to call your surgeon.

Copley Hospital's Patient and Family Services staff is also available to work with you and your doctor to help you with any special arrangements after you leave the hospital.

YOUR SURGEON
OFFICE PHONE

Hospital Emergency Department Number 888-8368
For All Emergencies Call 911
Patient & Family Services 888-8311

Your Questions and Notes

[Empty box for questions and notes]

Pastoral Care

If at any time you or your family would find it comforting to talk with your clergy or our hospital Chaplain, please let your nurse know. He or she will arrange for a visit. You are also welcome to contact our Chaplain directly at 888-8112.

No Smoking Please

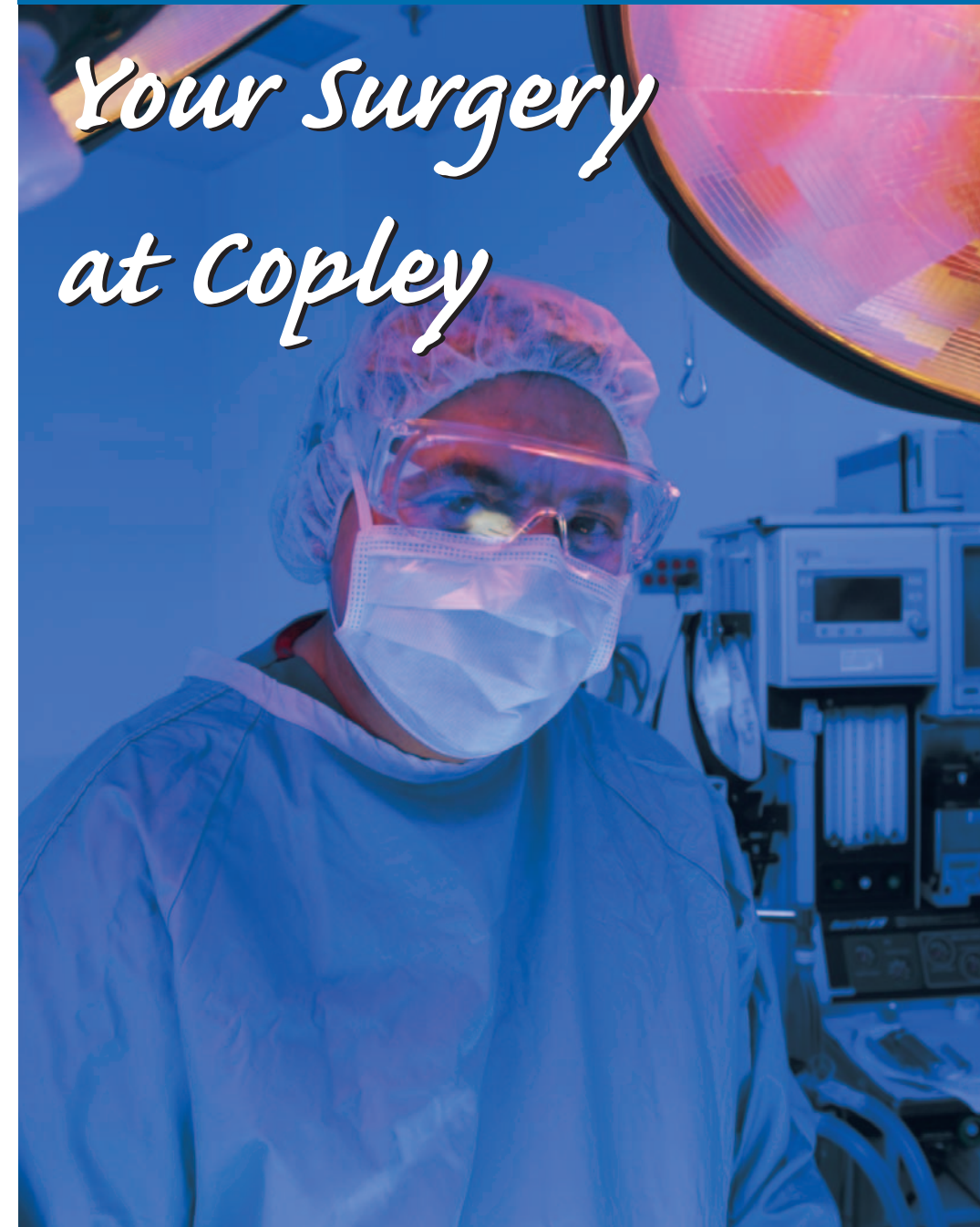
Copley Hospital provides a smoke free environment to prevent fires and health risks associated with smoking and second-hand smoke. We realize that not smoking may be stressful for some of our patients and their visitors and we appreciate your cooperation in not smoking inside or adjacent to the hospital.

Copley Hospital offers support to assist patients in adjusting to the no smoking policy, including educational materials, individual counseling, and training in relaxation techniques.

If you anticipate difficulty, we'd like to help. Please discuss your concerns with your doctor in advance and he or she will help you determine what special assistance might be best for you.

Copley has your Health at Heart

We hope the information in this brochure has given you a better understanding of your surgical process. We encourage you to ask questions. We are here to help you.



*Your Surgery
at Copley*



Copley, Keeping You Healthy - For Life!