

Information About Your Scheduled Procedure



The Reading Hospital
SurgiCenter at Spring Ridge

READING HOSPITAL

Advancing Health. Transforming Lives.

towerhealth.org/surgicenter

Welcome to The Reading Hospital SurgiCenter at Spring Ridge, a premier outpatient surgery facility affiliated with Tower Health and Reading Hospital.

The SurgiCenter is equipped with a large, comfortable reception/waiting area, a preoperative area, eight operating rooms, one procedure room, and a recovery area. Each area is designed to provide you with a positive surgical experience. The SurgiCenter is located on the third floor of a modern technologically advanced building. Also located at Reading Hospital SurgiCenter at Spring Ridge is a laboratory, imaging services, Wound Care Center, and Weight Management Center.

Our caring and experienced surgeons, anesthesiologists, nurses, and other healthcare professionals are committed to providing you with a safe, comfortable, and positive experience. We'll help you feel at ease before, during, and after your surgery.



Preparing for Surgery

Facility Tours

Preoperative tours of the facility are available. Please call 484-628-3050 to schedule a tour of our facility or go to reading.towerhealth.org/surgicenter to view video tour.

Well in Advance

Your doctor may have told you to have certain laboratory or other testing done in preparation for your surgery. Please be sure that you make arrangements for these tests according to your surgeon's instructions. Review and follow all the preoperative instructions you received from your surgeon and from this brochure. Not following them could cause serious complications or cancellation of surgery. If a change occurs in your physical condition prior to surgery, such as a cold, rash, sore throat, cough, fever, or upset stomach, notify your physician. Also, call your doctor if you have cuts or wounds near the surgical area. Your physician may wish to reschedule your surgery.

Gather the items you will need to bring to the SurgiCenter:

- Your health benefit identification card, even if workers' compensation.
- Your driver's license. If you do not have a driver's license, please bring another form of photo ID, if available.
- Cases for glasses, contacts, and/or hearing aids. We'll provide a container for dentures or bridgework.

If you have young children, be sure to make arrangements for someone to take care of them while you are having surgery.

Arrange for a relative or friend to drive you to the SurgiCenter and take you home. Generally, patients can expect to be in and out – from arrival through discharge – within two to three hours. Your specific procedure, however, may require more time, so please check with your doctor. You may use a taxi after surgery, but only if you have an escort to go with you or if you received only local anesthesia. This precaution is for your safety. **Arrange for a responsible adult to be with you for the first 24 hours after surgery.**

Before Surgery

Once your surgery is scheduled, please visit reading.towerhealth.org/surgicenter and click on the "One Medical Passport" link to complete your health history. This questionnaire will take about 15 minutes to complete and can be done in the privacy of your home. The information is confidential and will be reviewed by one of our nurses. We may contact you to discuss your health history once we review it.

If you do not have access to a computer, one of our nurses will contact you about a week before your procedure to complete your health history.

Your surgery could be canceled if we are unable to reach you for your health history.

If you are having a procedure that requires anesthesia (sedation) you **MUST** make arrangements for someone to drive you home following your surgery.

Please note: One to two days before your surgery date, you will be notified of your exact time to arrive. This time is usually one hour before the start of your operation.

If you are unable to keep your appointment or you are delayed, please contact the SurgiCenter immediately at 484-628-3050.

Medications

Please take your medications for the following with a sip of water the morning of your procedure:

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| - Asthma | - Chronic Pain | - Seizures |
| - Blood Pressure (except Lisinopril) | - Depression | - Steroids |
| - Cholesterol (only if you normally take in the morning) | - Glaucoma | - Stomach |
| | - Heart | - Anxiety |
| | | - Parkinsons |

DO NOT take:

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| - Diabetic medications, including insulin | - Potassium |
| - Diuretics | - MAO inhibitors |
| - Lisinopril for blood pressure | |

If you take blood thinners such as Coumadin, Plavix, Pradaxa, or Refludan, please check with your cardiologist or family doctor to see if you may stop them prior to surgery. If approved to stop, please do so **five days** before your procedure.

Please stop ALL vitamins, herbals, and supplements **five days** prior to surgery. Many of these medications interfere with clotting.

The Night Before Surgery

Do not eat anything after midnight. This includes food, candy, lozenges, gum, and chewing tobacco.

Do not smoke, use any tobacco products, or consume alcohol after midnight.

Do not take any medication after midnight unless instructed in the medications section of this brochure or instructed by your doctor.

The Morning of Surgery

Up to two hours before your scheduled arrival time, you may drink clear liquids, including water, apple juice, white grape juice, white cranberry juice, black coffee, or plain tea unless instructed otherwise by your surgeon.

Take only those medications noted in the medication section of this brochure. **If you are asthmatic or insulin-dependent, please bring your own medications to the SurgiCenter.**

Bathe or shower. Do not use deodorant, lotions, oils, perfume, cologne, aftershave, or hair products.

Do not apply makeup.

Dress in loose, comfortable clothes, such as fleece pants, sweatshirts, or shirts that are easy to button. You may want to lounge in them at home after surgery. Wear low-heeled shoes.

Remove all jewelry, including body piercings and dermal piercings (this is for safety reasons). Leave them at home.

Leave valuables at home. Remember to bring your health benefit card, driver's license or photo ID, and cases for eyeglasses, contact lenses, and/or hearing aids.

Arriving at Spring Ridge SurgiCenter

When you arrive at the SurgiCenter, park anywhere in front of the building or your driver may drop you off at the front door. Take the elevator to the third floor. Please check in with the registration staff at the front desk. A nurse will call your name and escort you to the private pre-operative area. A friend or family member may wait in the lounge or accompany you. Please limit to one or two people.

At this time, you will be prepared for your procedure and your personal belongings will be secured in a locker. If you are to be sedated, an IV will be started. The anesthesiologist will visit you prior to your surgery. Then, you can relax on your recliner or bed for a short time while you await your operation. Just before entering the operating room, you may be asked to remove any eyeglasses. If you wear contact lenses, hearing aids, or dentures, you may need to remove them.

During Surgery

Depending on the type of procedure and the medication selected, you may be awake, sedated or asleep during surgery.

You may need to be admitted to the hospital of your choice if:

- More extensive surgery is needed.
- Complications arise due to the anesthesia or surgery
- You experience more pain than expected.

During your surgery, your driver may stay in the waiting area on the third floor. If your child or a dependent adult is having surgery, a responsible adult must stay on the third floor at all times.

Planning Your Discharge

Before you leave the recovery room, you will be given specific written instructions regarding your care after discharge from the SurgiCenter. It is important to have your caregiver available during the postoperative discharge instructions, as you may experience difficulty remembering those instructions due to the type of anesthesia you receive.

For your comfort and safety, we recommend:

- You have someone stay with you for the first 24 hours following surgery. Take it easy until your physician says you can return to your normal routine.
- Do not drive, operate machinery or power tools, or drink alcoholic beverages for at least 24 hours following surgery.
- It is very important to remember you must have a responsible person to drive you home.
- It is natural to experience some discomfort in the area of the operation. You may also experience some drowsiness or dizziness for the first 24 hours depending on the type of anesthesia you receive.
- Follow your physician's instructions regarding diet, rest, and medication.
- If you feel you are having problems after discharge, contact your physician. If your doctor is not available, call the Emergency Department at Reading Hospital at 484-628-3637 or the Emergency Department of your choice.

If you have any questions, you may contact the SurgiCenter at 484-628-3050 from 6 a.m. to 4:30 p.m. Monday through Friday.



Insurance & Financial Information

The Reading Hospital SurgiCenter at Spring Ridge has worked with your physician's office to obtain the insurance and financial information needed to submit your insurance claim. As a convenience to you, our billing staff will make every effort to check your insurance coverage, based on the information that was provided to us. However, it is the patient's responsibility to ensure that the physician's office has the most updated insurance information to expedite payment of the insurance claim (i.e. referrals and preauthorizations). Our billing staff will provide you with an estimate of any copayment or deductible your insurance company may require. Please be prepared to pay the copayment and deductible on the day of surgery. Any patients without insurance or whose insurance does not cover the surgical procedure to be performed should also make arrangements to pay their facility fees on the day of surgery. Any coinsurance will be billed after insurance pays. For your convenience, we accept cash, personal checks, money orders, cashier's checks, Visa, Master Card and CareCredit. Regardless of the type of insurance you may have, ultimate responsibility for the SurgiCenter bill rests with the patient or guarantor. If your insurance company does not make payment within 60 days of submission, the account will become your responsibility and payment in full will be required.

You will receive separate bills for the following:

- Your surgeon, dentist, or podiatrist.
- Anesthesia – if you received general anesthesia or required sedation administered by anesthesia personnel.
- Laboratory Tests – for any lab tests required prior to, during, or after surgery.
- Radiology/Imaging – for any x-ray services required prior to, during, or after surgery.
- Pathology – for the examination of any tissue or specimen removed during surgery.

If you have any questions about your bill, insurance issues, or financial responsibilities, you may contact the billing office at 484-628-3072.

Following Surgery

You may be asked to complete a questionnaire on the care you received during your stay. Your comments are very important to us and will help us improve our services and provide the finest care in outpatient surgery in Berks County.

A member of the SurgiCenter staff will attempt to call you the next business day to check on how you are doing. If you would prefer not to be contacted, please let us know before you are discharged. If we are unable to contact you by telephone, we will send you a letter about your post-operative experience.

Directions to The Reading Hospital SurgiCenter at Spring Ridge

From Route 222:

Take the Broadcasting Road exit, and head toward Broadcasting Square. Go past Spring Ridge Elementary School, and turn left onto Keiser Boulevard. Turn left at the Reading Hospital sign. Go past the first building and driveway. This road ends in our large parking lot; our brick building will be on your left. Enter through the glass revolving doors. Take the elevator to "3." Check in at the Reception Desk when you arrive.

From State Hill Road:

Turn at the traffic light onto Westview Drive. At the fork, go straight; this is Keiser Boulevard (Westview Drive branches to the left). Turn right at the Reading Hospital sign. Go past the first building and driveway. This road ends in our large parking lot; our brick building will be on your left. Enter through the glass revolving doors. Take the elevator to "3." Check in at the Reception Desk when you arrive.





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