

## **WHAT TO EXPECT AS YOU PREPARE FOR SURGERY**

*When you are getting ready for surgery, it helps to know what to expect. Here, you will find answers to the questions our patients ask us most often. We hope you, and your friends and family, will find them useful. Please don't hesitate to call the contact numbers provided if you have questions that are not answered here.*

*We look forward to taking very good care of you and to making your time with us as pleasant and comfortable as possible.*

*Sincerely,  
Wayne E. Keathley  
President & Chief Operating Officer  
The Mount Sinai Hospital*

### **Do I need to have any tests before my surgery?**

In most cases, yes. Pre-admission testing typically includes blood work, an electrocardiogram, and a chest x-ray, and should be performed three to ten days before the procedure. Your surgeon will tell you which tests you need and help you schedule them. If you have any questions, you can also call the Pre-Admission Testing Center at **212-241-3188**.

When you go for your tests, bring a list of all the medications you are taking, including supplements and herbal remedies. Also bring a list of any allergies you have. It is especially important to let the clinical staff know if you are allergic to latex.

### **What should I do if I get sick before the procedure?**

If you develop a cold, virus, sore throat, or other illness during the week before your surgery is scheduled, contact your surgeon immediately to discuss whether your surgery should proceed.

### **What if I need to cancel my surgery?**

If you need to cancel your surgery, please notify your surgeon as soon as possible. If you cannot reach your doctor, call **212-241-2273** (Surgical Admissions Planning) any time Monday through Friday between 8:00 am and 6:00 pm.

### **I'm worried about pain from the surgery. What should I do?**

Making sure that you are as comfortable as possible after surgery is a priority at Mount Sinai. We offer many different methods of alleviating pain, and you should discuss them with your surgeon or anesthesiologist. They will help you understand the options and select the best solution for you.

### **What kind of hospital bills should I expect after I'm discharged?**

Before your surgery, a member of the Finance Department will call to verify your insurance information. Depending on your coverage, you may have to pay a deposit prior

to your procedure. Please be aware that you will receive bills from all attending physicians/specialists involved in your care, in addition to the hospital bill.

If you have any questions or concerns, please feel free to call **212-731-3600** (Financial Counseling) any week day between 8:00 am and 5:00 pm.

### **What should I bring to the Hospital?**

Be sure to bring a list of medications (including herbal remedies and over the counter drugs) that you take on a regular basis and a list of any known allergies, as well as your insurance cards and any correspondence with your insurance company regarding your admission. If you have been asked to make a deposit, please bring the deposit with you, too.

Also bring personal items that you rely on, such as, eyeglasses, hearing aids, or dentures, and any documents you may have regarding advance medical directives. We encourage you not to bring jewelry, large amounts of cash, or other valuables.

### **What happens on the day of surgery itself?**

- You will first go to the registration area on the second floor of the Guggenheim Pavilion (for a map please visit [www.mountsinai.org/map](http://www.mountsinai.org/map)), where you will receive important information regarding your rights as a patient and review the information in your file (e.g., spelling of your name, home address, insurance, and planned procedure). *If you will be staying at Mount Sinai overnight, please let us know if you are interested in one of our private rooms.*
- Next, you will go to the patient assessment area to change into a hospital gown. A registered nurse will verify your medical history and condition, and review any allergies you may have. Your nurse will also review the results of any test(s) ordered by your physician and perform any necessary final testing.
- You will then be escorted to the pre-surgical holding area, where you will meet the surgical team, which includes your surgeon, anesthesiologist, and nurse. The team will prepare you for the procedure and mark the surgical site. From the holding area, you will go to the operating room.
- After your surgery, you will be taken to the post-anesthesia care unit (PACU), where the nursing staff will make you comfortable and monitor your condition as you recover.

If you are staying overnight at Mount Sinai, you will then be taken directly to your room. If you are scheduled to go home the same day and you have had any type of sedation, you will need a responsible adult to escort you home. (This is a legal requirement.)

### **Can my family members stay with me until I go into the operating room?**

Friends and family members are welcome to accompany you to the registration area on the day of surgery, but, for the safety of the patient, visitors are not permitted in the pre-operative assessment, holding, or PACU areas.

There is a Surgical Family Waiting Area, located on the second floor of the Guggenheim Pavilion, where your family/escort can stay while you are in surgery. Your surgeon will contact them when the procedure is done. Please do not bring children with you on the day of your surgery, since the wait can be very difficult for them and they will not be allowed to see you after the procedure.

The waiting area is staffed Monday through Friday from 8:00 am to 6:00 pm in case questions arise. The number is 212-241-7778.

### **Directions**

The Mount Sinai Medical Center has two main entrances to the Guggenheim Pavilion: 1190 Fifth Avenue and 1468 Madison Avenue. Both entrances are between 100<sup>th</sup> and 101<sup>st</sup> Streets. Surgical Patient Registration is located on the second floor.

#### **By Car**

##### ***From Brooklyn***

Take the Brooklyn-Queens Expressway (North) to Grand Central Parkway (West) and Triborough Bridge to the FDR (see \* below)

##### ***From Long Island and Queens***

Take the Grand Central Parkway (West) and the Triborough Bridge to the FDR Drive (see \* below)

##### ***From New Jersey***

Take the George Washington Bridge to the Harlem River/ FDR Drive. (see \* below)

##### ***From Staten Island***

Take the Verrazano Bridge to the Brooklyn-Queens Expressway (North) to Grand Central Parkway (West) and the Triborough Bridge to the FDR Drive (see \* below)

##### ***From Westchester and Connecticut***

Take the New England Thruway (95 South) to the Triborough Bridge to the FDR Drive. (see \* below)

##### ***\* From the FDR Drive***

Exit at 96 Street and proceed on 96<sup>th</sup> Street to Madison Avenue. Turn right on Madison Avenue, left on 101<sup>st</sup> Street, left on Fifth Avenue, and left on 98<sup>th</sup> Street. You will see the blue awning on the left side of the street.

#### **Parking**

Parking is located on East 99<sup>th</sup> Street between Madison and Park Avenues. From Faculty Practice Associates, make your first left onto Madison Avenue, and your first right onto 99<sup>th</sup> Street. You will see the garage on your right.

#### **By Bus**

*From the North*

Fifth Avenue buses M1, 2, 3, or 4 stop at 98th Street.

*From the South*

Madison Avenue buses M1, 2, 3, or 4 stop at 99<sup>th</sup> Street.

**By Subway**

Take Lexington Avenue Line (No. 6) to 96<sup>th</sup> Street and Lexington Avenue. Walk west on 96<sup>th</sup> Street to Madison Avenue and north on Madison Avenue to 98<sup>th</sup> Street.

**Contact Numbers**

Main switchboard	212-241-6500
Pre-Admission Testing Center	212-241-3188
Surgical Admissions Planning	212-241-2273
Financial Screening	212-731-3600
Surgical Patient Registration Area	212-241-7778
Surgical Family Waiting Area	212-241-7778
Inpatient Admissions	212-241-1900

[www.mountsinai.org](http://www.mountsinai.org)