Welcome to Mount Sinai West

Thank you for choosing our hospital for your surgery.

Our expert surgeons and clinical providers, along with our committed staff, work with compassion and integrity to provide you with the highest level of care.

The guidelines in this booklet will provide you with important information on how to prepare for your surgery.
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Preparation for Surgery

You may need to have pre-testing such as blood tests or an electrocardiogram, (ECG). This will vary depending on your procedure, age, and medical history. All tests will need to be completed prior to your date of surgery to ensure the most appropriate care.

You may also need to obtain a medical clearance completed by your primary care provider 2-3 weeks prior to surgery. This will allow proper time to review the results and refer you for additional testing if necessary. Your surgeon will advise you on the need for testing or medical clearance and direct you through the process.
Pre-admission Testing

If your pre-admission testing is to be performed at Mount Sinai West, you will receive a call to set up an appointment. When you come for your pre-admission testing appointment, you will meet with a nurse, and possibly an anesthesiologist and/or medical provider.

To help make this a smooth process, please bring your photo ID, insurance card, a list of medications, including doses and how often you take each medication, as well as any reports of blood work and other test results that you may have recently had.

Pre-admission Testing Center location:
Mount Sinai West
1000 Tenth Avenue (at 58th Street)
Floor 1, Suite 1A-69
New York, NY 10019
Phone: 212-523-6424
Things to Avoid Before Your Surgery

• Heavy drinking of alcohol
• Smoking
• It is recommended that 7 days before surgery, you stop taking non-steroid anti-inflammatory drugs (NSAIDs) such as ibuprofen (Motrin, Advil) or naproxen (Aleve, Naprosyn). These medications can affect your blood’s ability to clot properly.
• Herbal supplements and over-the-counter medications should also be stopped 7 days before surgery.
• **You may take** acetaminophen (Tylenol).

Please consult with your doctors if you are taking the following medications:
• Blood thinners, including aspirin
• Diabetes medications, including insulin
• Cancer medications
• Immunotherapy, hormone therapy or steroid therapy
• Antibiotics

Call your surgeon if you have fever, cough, cold, stomach flu, diarrhea, or asthma symptoms.
One Day Before Surgery

A preoperative nurse will call you in the afternoon to confirm the time of your surgery.

If your surgery is scheduled on Monday you will receive a call on the previous Friday.

If you did not have any pre-testing at Mount Sinai West, please be ready with a list of your current medications, vitamins, herbs, supplements, other over-the-counter medications, any known allergies, and your medical history.

Please have the name and phone number of an emergency contact or escort.

To avoid cancellation of your surgery, please make arrangements for someone to take you home upon discharge.

Your escort must be over 18 years of age.

The preoperative nurse will answer specific questions you may have.

If for some reason you do not receive a call from us by 5 pm the day before your surgery, please call Mount Sinai West at 212-523-6424 until 6 pm and 212-523-6398 after 6 pm.
The Night Before Surgery

- Do not eat or drink anything after midnight, unless you are instructed otherwise. This includes mints, gum, candy, and vitamins.
- You may take your regular morning medications with a sip of water except for diuretics (water pills), diabetes medications (pills or injections), or medications you were specifically told not to take.
- Your doctor may have given you special instructions to prepare for surgery.
- Please follow the instructions carefully, and call your doctor if you have any questions.
Day of Surgery: Before You Leave Home

• Bathe, brush your teeth and gargle as usual. If you were given special instructions about bathing, please follow those instructions.
• Do not shave the surgical area.
• Please follow any special instructions from your doctor.
• Wear loose, zip- or button-down clothing and comfortable non-slip footwear.

Bring With You:
• Eyeglasses or contact lenses with container and solution, if applicable.
• Hearing aid, with the storage container.
• A photo ID, your insurance card, and pharmacy prescription card.
• A list of your medications, including over the counter medications, doses, and frequency.
• Pharmacy prescription insurance card.
• Any relevant paperwork including advance medical directives (health care proxy, living will) if you have one.
• A parent or legal guardian must accompany patients 18 years of age or younger.

Please observe the following:
• Do not wear oils, lotions, or make up.
• Remove all body piercings.
• Do not wear any jewelry.
• Do not bring cash or valuables.
• You may bring your cell phone.
When You Arrive at the Hospital

- Enter through the Outpatient Entrance of the hospital located on West 59th Street between 9th and 10th Avenues.
- The security guard will direct you to the Surgical Reception Area on the 5th floor where you will check in.

- You will be instructed to arrive 2 hours before your scheduled time for surgery. The arrival time will be given to you by the nurse during the pre-operative phone call.
- Please be punctual in order to minimize any delay in your surgery and to allow the staff to prepare you for your procedure.
- After registering, you will go to the Ambulatory Surgery Unit where we will check your vital signs and weight, possibly start an intravenous (IV) line and administer preoperative medications, and review and complete your paperwork. During this time, you will meet with members of your anesthesiology and surgical teams.
After Registration: Preparation for Surgery

- You will be given a hospital wrist band that has your name and birthdate. Please confirm that the spelling of your name and birthdate are correct.
- You will be asked to verify your name and birthdate many times throughout your hospital stay.
- You will be asked to sign the surgical consent form that confirms the procedure that you and your surgeon have discussed, along with the risks and benefits and any potential complications.
- A parent or guardian will complete the surgical consent for a minor.
- You will be asked to remove all clothing and put on a hospital gown.
- Glasses, contact lenses, hearing aids, and dentures may remain with you until just before your surgery begins.
- Your belongings, including your cell phone, will be labeled and securely stored during your surgery.
- A visitor may stay with you until you are escorted to the operating room.
Anesthesia and the Operating Room

- Before surgery, a member of the anesthesiology team will discuss your options for anesthesia during surgery.
- Once you enter the operating room you will be introduced to other staff involved in your surgery.
- You will again be asked to verify your name, date of birth and the surgical procedure to be performed.
- The anesthesia team will then administer the anesthesia and monitor your condition throughout surgery, and in the postoperative period.
- Monitors will be applied to continuously check your blood pressure, heart rate and oxygen levels.
- Care will be taken to be sure you are warm and comfortable.
After Your Surgery: Post-anesthesia Care Unit (PACU) Recovery Room

• You will be brought to the PACU, where you will be closely monitored.
• Depending on your surgery, your recovery time will vary.
• During this time you may receive medication to keep you comfortable.
• It is normal to feel a little “hazy” when you wake up in the PACU.
• Your family will be allowed limited visitation during your stay in the PACU.
After the PACU Stay

If you are going home the same day (outpatient surgery), you will be brought to the second phase recovery area where you will be prepared for discharge to home.

You will be offered something to eat and drink, and will be assisted with standing, dressing, and using the bathroom.

Before Your Discharge

• The nurse will remove your IV and review instructions on how to care for yourself at home after surgery.
• Your prescriptions may be written or sent electronically to your pharmacy.
What to Expect at Home the First 24 Hours After Surgery

• Plan to stay at home and rest for the remainder of the day.
• Do not drive, avoid stairs, operate machinery, or make any major decisions for at least 24 hours after surgery.
• It is normal to feel sleepy, nauseous, or have a sore throat if you received anesthesia or sedation; it should pass after 24 hours.
• If you have young children, you should arrange to have help with childcare.
• If you experience a fever, chills, shortness of breath, difficulty urinating, excessive bleeding, or any unexpected or unusual symptoms while at home, please contact your doctor’s office, and/or go to the emergency room if necessary.
If You are Staying in the Hospital Overnight

- You will be brought to your assigned room to continue with your recovery, and your family may visit with you there.
- Your belongings will be brought up with you at this time.
- A team of healthcare professionals will closely monitor your care and comfort.
- **Always ask for help before getting out of bed, to a chair, or going to the bathroom.**
- Non-slip socks will be provided to you.

After Your Discharge

- You will receive a call from the hospital to check on your progress.
- You will be contacted by mail and email for an opportunity to give us feedback about your experience with us.
Travel Directions

Thank you for choosing the Mount Sinai Health System for your surgery. We look forward to providing you with excellent care.

Mount Sinai West
1000 Tenth Avenue
New York, NY 10019
212-523-4000

**Bus:** M11 (uptown) to Tenth Avenue and West 59th Street M11 (downtown) to Ninth Avenue and West 59th Street M57 (crosstown) to West 57th Street and Tenth Avenue M104 (Broadway line) to Columbus Circle (Broadway between West 58th and 60th Streets)

**Subway:** A, B, C, D OR 1 trains to Columbus Circle (59th Street) at the intersection of Broadway and Central Park South

**Car:** West Side Highway (Henry Hudson Parkway) to 56th Street exit. Travel eastbound on West 56th Street to Tenth Avenue. Turn left (northbound) on Tenth Avenue to 58th Street. Turn right on 58th Street to the main entrance driveway of Mount Sinai West.

**Parking:** The Public parking garage is located on the north side of West 59th Street between Ninth and Tenth Avenue. Additional public garages are located on West 58th Street (eastbound) and West 60th Street (westbound) between Columbus Circle and Ninth Avenue, and on West 59th Street (westbound) between Tenth and Eleventh Avenues. Valet parking is available at the main entrance to the hospital.
Important Telephone Numbers

Admitting ——— 212-523-6400
Ambulatory Surgery Center —— 212-523-6398
Anesthesia Billing ——— 800-222-1442
Anesthesia Department ——— 212-523-6121
Emergency Department ——— 212-523-6800
Insurance/Payment Information — 212-256-3800
Patient Information (Inpatient) —— 212-523-3558
Pre-Admission Testing ——— 212-523-6424
Private Rooms ——— 212-636-4000
Social Work Office ——— 212-523-8838
Surgery Confirmation ——— 212-523-6424 or 212-523-6398