

Thank you for choosing UNC REX Healthcare for your surgery. We are happy you are allowing us to care of you and your family on your Road to Recovery. Our staff is highly trained and will give you high quality care before, during, and after your surgery or procedure. The information below is to help you. If you have any questions or concerns, please call us at the UNC REX Perioperative Planning Center **(919) 784-3102**.

## PATIENT REGISTRATION

Patient Registration is located at the Main Entrance on UNC REX Hospital campus.

Look for signs stating “**Main Entrance**.”

- Registration opens at 5:00 a.m. and closes at 9:00 p.m.
- Bring your picture ID for verification, your insurance card(s) and any Advance Directives. You will need these to be able to complete registration.
- Parking is free and located directly across from Main registration in a large parking garage.

Please see the UNC REX Campus Map for additional directions at:  
[rexhealth.com/app/files/public/980/img-rex-campusmap.pdf](http://rexhealth.com/app/files/public/980/img-rex-campusmap.pdf)

## BILLING & INSURANCE

You should call your insurance company before surgery and ask them if “pre-authorization” or a second opinion is required.

UNC REX will contact your insurance company to verify coverage. When possible, UNC REX will give you an estimate of your expected amount due. This may include any estimated amounts due based on your insurance coverage, including but not limited to co-pay, co-insurance, deductible, self-pay amounts, or related deposits.

We will request payment at the time of registration.

If you have questions about payment or need assistance with a financial plan, you should call the following number **BEFORE** your scheduled procedure or surgery.

### **UNC Health Care Patient Accounting (984) 974-2222**

Note: You will get a separate bill from your anesthesiologist, your surgeon, and your radiologist for their professional services. Those costs are not included in your hospital bill.

## ADVANCE DIRECTIVES

If you have an Advance Directive, please bring a copy with you on the day of surgery. We will scan it into your chart.

There are different types of advance directives. Some examples are a living will, a health care power of attorney, or the advance instruction for mental health treatment.

If you would like to create an Advance Directive, we can give you the North Carolina form.

You can register and access some of these forms via the North Carolina Secretary of State’s website.

All advance directive forms must be completed and notarized before your day of surgery.

# IMPORTANT INSTRUCTIONS BEFORE YOUR SURGERY



REXHEALTH.COM/PREPARING-FOR-SURGERY

## PREADMISSION TESTING APPOINTMENT

\_\_\_\_\_  
PREADMISSION TESTING DATE

\_\_\_\_\_  
PREADMISSION TESTING TIME

NO APPOINTMENT REQUIRED

## DAY OF SURGERY APPOINTMENT

\_\_\_\_\_  
SURGERY DATE

\_\_\_\_\_  
ARRIVE AT HOSPITAL TIME      \_\_\_\_\_  
SURGERY TIME

**It is very important that you arrive on time.**  
*If your surgery time changes, your surgeon's office will call you.*

## FOOD/DRINK

### **DO NOT EAT FOOD AFTER MIDNIGHT.**

Unless otherwise directed, you may have up to 12 ounces of the following clear liquids between midnight and 3 hours prior to your surgery time:

- Water
- Apple juice
- White grape juice
- Clear/yellow/green sports drinks (non-carbonated)
- Black tea or coffee. Sugar or honey is ok. No cream or milk.

## TRANSPORTATION

- Be sure that you have a ride to and from the hospital
- **ALL** patients planning to go home the day of surgery must arrange for a responsible adult (18 years or older) to drive you home
- That person must be able to stay with you for 24 hours after surgery
- You will be asked to provide an emergency contact person and phone number
- For your safety, hospital policy will not allow you to use a taxicab/Uber/Lyft to go home unless a responsible adult rides with you. This does not include the driver of the car service

## ENDOSCOPY PROCEDURES

Family or your responsible adult may not leave. These procedures take a short amount of time. Your family or responsible party must stay until you are safe to leave.

## YOUR MEDICINES

**PLEASE NOTE:** If you take blood thinners, you **MUST** discuss this with your surgeon. Do not stop taking them until you discuss this with your surgeon. This may lead to cancellation of your surgery.

## ONE WEEK BEFORE SURGERY

- Stop taking all NSAIDs (ibuprofen, Advil, naproxen, Motrin, Celebrex, Meloxicam, or others)
- Stop taking weight loss medicines, herbal medicines and herbal teas

On the morning of your surgery, you should only take your normal medicine with a small sip of water if it is for one of the conditions:

- Heart
- Blood Pressure
- COPD
- Asthma
- Seizures
- Acid reflux/GERD
- Pain

## OTHER IMPORTANT REMINDERS

- Do NOT shave or wax the area near your surgical site within 3 days (72 hours) of surgery
- Do NOT smoke, drink alcohol, or use illegal drugs for 24 hours before surgery
- On surgery day take off all your jewelry, including piercings, and leave all valuables at home
- Remove all nail polish on your fingers and toes
- Take a shower with an antibacterial soap like Dial or Safeguard. After showering, do NOT apply makeup, deodorant, lotion, powder, or perfumes
- Brush your teeth
- Wear clean, comfortable clothes
- If you use a C-PAP or Bi-PAP machine, please bring it with you
- If you use an insulin pump, bring any necessary supplies with you

**Please call your surgeon's office if you become ill, have any changes in your health, or need to cancel or reschedule your surgery.**

Please call UNC REX Perioperative Planning Center if you have questions about your pretesting appointment at **(919) 784-3102** weekdays from 8 a.m. to 4 p.m.



For additional information about preparing for surgery, please visit [rexhealth.com/preparing-for-surgery](https://www.rexhealth.com/preparing-for-surgery) and watch the short video "Your UNC REX Surgical Experience."

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## WHAT IS ANESTHESIA?

Anesthesia is a way to control pain during surgery or procedures. The medications given to you while you are asleep help control your breathing, heartbeat, blood pressure, blood flow, heart rate and rhythm.

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## WHAT DETERMINES THE TYPE OF ANESTHESIA THAT IS BEST FOR YOU?

- Past and current health
- Type of surgery
- Results of blood test, EKG, and other health studies

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## TYPES OF ANESTHESIA

### GENERAL ANESTHESIA

- You are unconscious and have no awareness or other sensations
- You may receive medicine through an IV or breathe them through a mask

#### *Possible Side Effects*

- Nausea and vomiting
- Sore throat
- Dry mouth
- Metallic taste
- Sleepiness
- Shivering

### MONITORED ANESTHESIA CARE (MAC)

- You will receive sedative medications through your IV which may make you drowsy or fall asleep
- You may not remember your surgery due to the medications given during your procedure

#### *Possible Side Effects*

- Nausea and vomiting
- Sore throat
- Sleepiness

### REGIONAL ANESTHESIA

- Blocks sensation of pain to a large area of the body
- First, you may be given some medicine through your IV to help relax
- Then, a shot of medication is injected around specific nerves to block pain
- This medicine may keep you pain free or lessen the pain for up to 72 hours

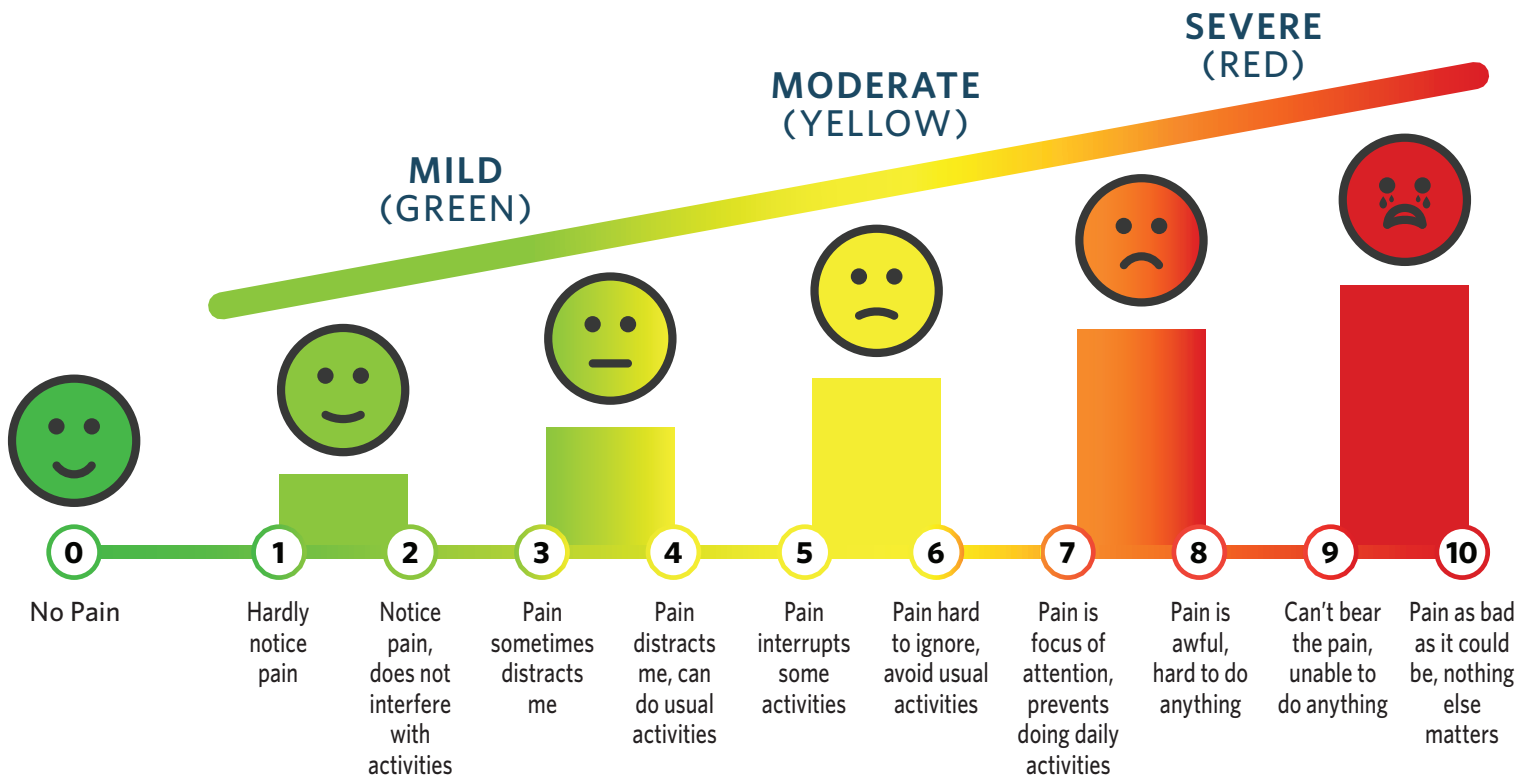
#### *Possible Side Effects*

- Headache
- Difficulty urinating
- Back pain
- Discolored swollen area
- Collapsed lung
- Temporary weakness in legs
- Damage to nerves



Your comfort is very important to your recovery. At UNC REX we want to control your pain after surgery. We use the scale below to help evaluate your comfort level. Talk about your discomfort with your nurse and ask for help to manage it. There are many options to help with pain relief such as medicines, repositioning, prayer, etc. Your nurse will explain them to you. If you are experiencing side effects from any medicine given to you (nausea, itching, etc.) please tell your nurse. Nausea can be a side effect of anesthesia. Please tell your anesthesiologist if you have had nausea in the past. Medicine can be given before and/or after your surgery for your comfort.

## DESCRIBING YOUR PAIN



Please see reverse for infection prevention.

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## INFECTION PREVENTION

At UNC REX, we are committed to your health and wellbeing.

Here are a few things we do to prevent you from getting an infection at the site of your surgery.

### TO KEEP YOU HEALTHY

- We will clean our hands with soap and water or an alcohol-based hand gel before and after caring for each patient. If you do not see a team member clean their hands, ask them to do so.
- We will use clippers, not a razor, to remove any hair near your surgery or procedure site.
- Your surgical team will clean their hands and arms with antimicrobial soap and wear hair covers, gowns, masks, and gloves in the operating or procedure room.
- We will clean the skin at the site of surgery with a special soap that kills germs.
- We may give you antibiotics before or during your surgery.

### WHAT CAN YOU DO TO HELP PREVENT INFECTION?

- Wash your hands! This is the most important step everyone can take to stop the spread of germs and stay healthy.
- Clean your hands before and after you eat.
- Clean your hands after you use the bathroom.
- Always clean your hands before and after touching your wound.
- Call your doctor if you have any signs of infection, such as redness and pain at the surgical site, drainage or a fever.

**Please see reverse for pain and nausea management.**

# WHAT CAN WE HELP YOU FIND? TODAY

The UNC Health app can help you find the care you need, when and where you need it.

## With the UNC Health App, you can:

- Get turn-by-turn directions from home to our hospitals
- Drop a reminder pin at your parking space
- Find points of interest inside the hospital like dining options, restrooms or waiting rooms
- Search for a provider near you
- Find Urgent Care wait times and reserve your spot in line
- Connect to My UNC Chart or UNC Virtual Care options



## DOWNLOAD THE UNC HEALTH APP TODAY:

- TEXT UNCAPP TO 43506 OR
- SEARCH FOR "UNC HEALTH" IN YOUR APP STORE

 **UNC**  
HEALTH CARE



# MAP



June 2019

# DRIVING DIRECTIONS TO UNC REX HOSPITAL



REXHEALTH.COM

UNC REX Hospital is located at the corner of Blue Ridge Road and the Lake Boone trail.  
Our Address is **4420 Lake Boone Trail, Raleigh, NC 27607.**

## FROM I-440 BELTLINE

- Take exit #5 for Lake Boone Trail
- Turn right at the end of ramp at the stoplight
- Travel about ½ mile
- Turn right at the 4th traffic light onto Rexwoods Drive (past the Raleigh Fire Station)
- Travel past the Cancer Center & Patient Tower. You will see the Main Entrance of the hospital
- The parking deck is directly to the left of the entrance

## FROM DURHAM, CHAPEL HILL AND POINTS WEST

- Take I-40 east to Raleigh
- Take exit 289 for Wade Avenue toward US-1 N/Wade Ave
- Continue onto Wade Avenue for about 2 miles
- Take the Blue Ridge Road exit
- At the end of the ramp, turn left onto Blue Ridge Road
- Go about 1.5 miles and turn right onto Lake Boone Trail
- At the first stoplight (Rexwoods Drive), turn left onto UNC REX Hospital Campus
- Travel past the Cancer Center & Patient Tower. You will see the Main Entrance of the hospital
- The parking deck is directly to the left of the entrance

## FROM CLAYTON, BENSON AND POINTS EAST

- Take I-40 west to Raleigh
- Take I-440 inner beltline (US 64 East/US 1 North)
- Take exit #5 for Lake Boone Trail
- Turn right at the end of ramp at the stoplight
- Travel about ½ mile
- Turn right at the 4th traffic light onto Rexwoods Drive (past the Raleigh Fire Station)
- Travel past the Cancer Center & Patient Tower. You will see the Main Entrance of the hospital
- The parking deck is directly to the left of the entrance

