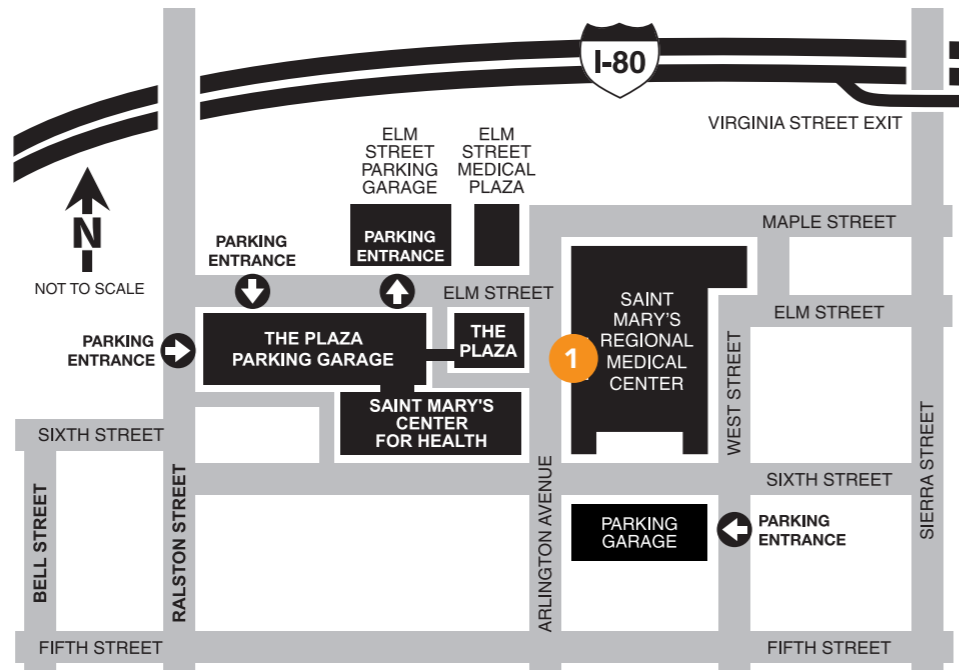




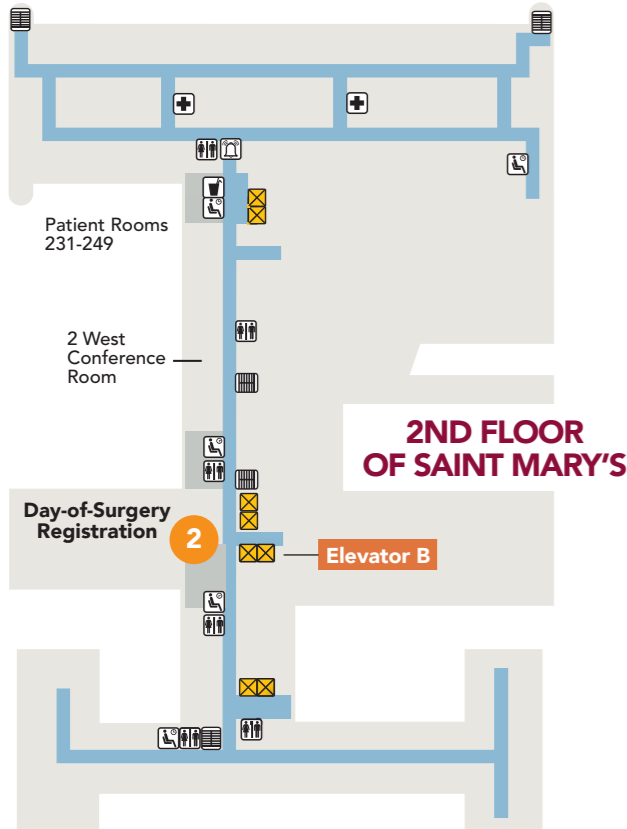
If you have any questions or concerns, please call

775.770.STAR (7827)



Saint Mary's Regional Medical Center
 235 West Sixth Street • Reno, NV 89503
 775.770.7827 (STAR Main Number)
 775.770.3757 (STAR Clinic Fax)

- 1 STAR Appointment Check-in**
 Saint Mary's Regional Medical Center
 Arlington Avenue Registration Desk, First Floor
 Just inside the main entrance on Arlington Ave.
- 2 Day-of-Surgery Registration**
 Saint Mary's Regional Medical Center
 Take Elevator B to the 2nd Floor
 Visit the Surgery Registration office



Parking Information

Valet parking is available at the Arlington entrance from 6:30 a.m. to 8 p.m. Monday through Friday. Saint Mary's also provides convenient sheltered parking within three parking garages located on our campus. Street-level parking (metered and non-metered) is also available. If you have an oversized vehicle, such as a RV, or would like an escort to and from your vehicle, please contact Saint Mary's Security at 770-3135. Please remember to lock your vehicle at all times.

Surgical Testing And Registration



A guide to help you plan for your upcoming procedure

Call **775.770.STAR (7827)** a minimum of 2-weeks prior to your scheduled surgery/procedure to schedule your pre-operative testing and registration.

Where do I go for my STAR appointment?

Saint Mary's Regional Medical Center
 Arlington Avenue Registration Desk, just inside the main entrance at Arlington Avenue.
Open Monday-Friday.

Where do I go for my surgery/procedure?

Saint Mary's Regional Medical Center
 Surgery Registration Desk (2nd Floor)
 Take Elevator B to the 2nd Floor.
Open Monday-Friday.

If your procedure is on Saturday or Sunday, please use the admitting desk phone for instructions. You will be directed to the Emergency Room for check in/admission.

Your STAR Appointment Details

Date: _____
 Time: _____ AM/PM
 You may receive the following:
 Labwork ▪ EKG ▪ Chest X-ray ▪ Other

Day of Your Procedure

Physician: _____
 Date: _____
 Arrival Time: _____
 Please check with your physician for specific arrival time.

If you have any questions or concerns, please call **775.770.STAR (7827)**.



Preparing for your procedure

At your STAR appointment we will...

- Register you for your procedure
- Perform lab tests, EKG and chest X-ray, as needed
- Update your existing information and assist you in completing any additional required forms

Please bring the following items with you:

- All insurance / Medicare cards
- Photo ID
- Current list of medication you are taking, including the dosage. Include prescriptions, over-the-counter medication, vitamins and herbal supplements. If convenient, bring the bottles and packages with you.
- Complete list of all physicians you see and their phone numbers
- Pacemaker or defibrillator information card

Animal visitation:

- In order to prevent post-operative complications, such as infection, animals are not allowed to visit patients in the hospital after surgery. The only exception to this policy is if the patient absolutely requires the assistance of a "Service" dog during his/her recuperation. Documentation must be provided by the pet owner prior to admission to the hospital verifying service designation and current vaccination in order to request approval from the Infection Prevention Department and SMRMC administration. Additional information regarding this policy is available upon request.

One week before your surgery...

- **Aspirin or aspirin products (Excedrin), vitamins, herbal supplements and non-steroidal anti-inflammatory drugs (NSAIDs) such as Advil, Ibuprofen, Aleve and Motrin should be stopped seven days before your surgery unless otherwise instructed by your physician.**
- **Unless instructed by your surgeon, do not stop your prescription medication prior to surgery**
- **Check with your surgeon on whether to take certain blood pressure, heart and/or seizure medication on the day of surgery, with a sip of water.**
- Notify your physician as soon as possible if you get a cold, fever or any illness prior to your surgery date.

24 hours prior to your surgery...

- Do not drink alcohol, smoke or use chewing tobacco or marijuana products after 6 p.m. the day before your procedure.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT ON THE DAY OF YOUR SURGERY! This includes water, candy, mints or gum.** This is very important for your safety and comfort. Disregarding this instruction may cause a delay or cancellation of your surgery.

A financial counselor will contact you prior to your procedure to go over the patient liability portion of your bill (i.e., deductibles and/or copayments).

For more information, please call 775.770.3000 and ask to speak to a financial counselor.

The day of your procedure

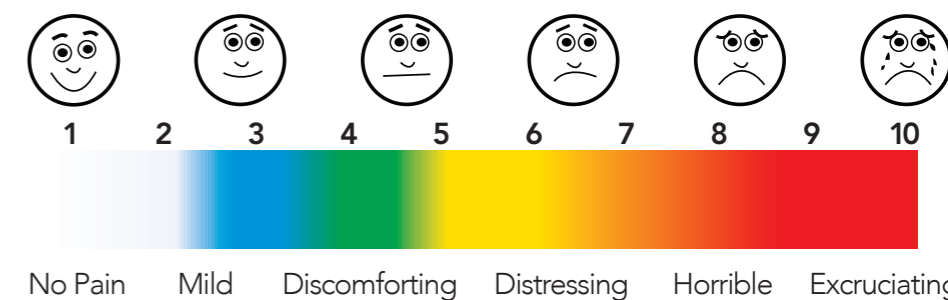
The day of your procedure...

Check-in is located at the Surgery Registration desk. Take Elevator B to the 2nd Floor.

- Shower with an antibacterial soap before arrival. Antibacterial soap can be purchased at most grocery or drug stores. Please do not apply any body lotions, oils or perfumes.
- Wear loose, comfortable clothing, and leave your valuables at home. **Do not wear jewelry**, including wedding rings and/or body piercings.
- Bring inhalers, CPAP Machine, including mask and tubing and know your settings. Bring containers for contacts, glasses and/or dentures.
- Children are encouraged to bring a favorite blanket or small toy with them. This helps them feel more secure when they come to the hospital.
- **You will need a responsible adult to drive you home. Please note: You may only take a taxi or bus if you have an adult family member or friend accompany you. After receiving an anesthetic, you will NOT be permitted to drive.**
- **MINORS:** A legal guardian must be here before, during and after the procedure.
- **LEGAL GUARDIANS:** Please be prepared to present proof of guardianship at the time of surgery.

Managing your pain is our goal!

Your nurses will use this scale to assess and manage your pain.



What to expect after check-in...

- Before any medication is given, you will be asked to read and sign a form giving your doctor and the hospital permission to perform your surgery.
- Dentures may be left in place until you reach the operating room, where they will be removed. A denture cup will be provided.
- You will have intravenous (IV) fluids started as a way to provide medication as needed.
- Only one visitor is allowed in the pre-operative area with you.

After your procedure...

- You will spend time in the recovery room until you are sufficiently awake. Nurses will monitor your recovery.
- After your surgical procedure, it is normal to anticipate some discomfort. Your care team will work with you to determine your post-surgical goals and will use a standardized pain scale (see below) to establish an appropriate pain-management plan. We want your surgical experience to be exceptional, and we will do everything we can to make sure your needs are met.
- Before you leave, you will be given home-care instructions. Please follow these instructions carefully.
- Out of State Patients: Prescription pain medication needs to be filled in Nevada.

If you have any questions or concerns, please call 775.770.STAR (7827).



SaintMarysReno.com