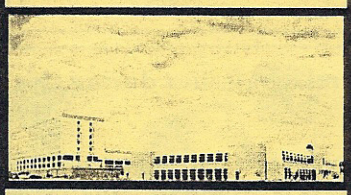
PENSACOLA, FLORIDA



Naval Hospital APU

UPDATED NOVEMBER 2007

☑ Procedure date is planned for

_____

My "show time" is:

_____

Please call **505-6277 or 505-6769** between 1500-1600 on the last working day before your procedure for your "show time"

THE PATIENT AND THE ESCORT OR CAREGIVER ARE ALL RESPONSIBLE FOR THE INFORMATION PROVIDED IN THIS PAMPHLET.

We ask that escorts or caregivers remain in the main hospital until the procedure is completed in case questions arise.

APU Procedures

Welcome to the Ambulatory Procedures Unit (APU). Your first visit with us will be during your scheduled pre-procedure appointment. The next time will be on the day of your actual procedure.

We are required by the Health Insurance Portability and Accountability Act (HIPAA) to make sure your health information is kept private.

Dependant on the OR schedule for the day, you may or may not have a private room, therefore, we cannot guarantee any auditory privacy. We request you limit your visitors (family members, friends and command reps) to only one adult family member or escort during your pre-procedure appointment and on the day of your procedure. Only patients are permitted in patient care areas.

Please have only one parent or legal guardian available to accompany pediatric patients in the APU, Main Operating Room Pre-op Holding Area, and Post-Anesthesia Care Unit (PACU).

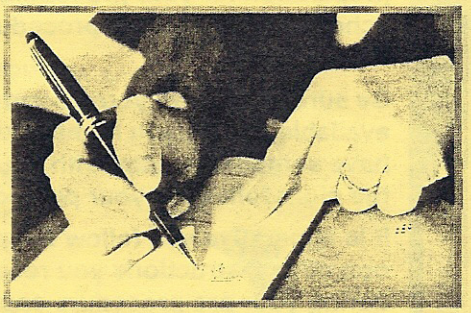
Escorts will be directed to our waiting area during your procedure.

Language translators are available to you upon request or if your health caregiver needs help with your plan of care. Chaplain services are also available upon request.

We ask that escorts/ caregivers remain in the main hospital until the procedure is completed in case questions arise.

If you would like to have a private conversation with your healthcare provider, please let us know.

Pre-procedure Visits



At your pre-procedure visit, your physician will confirm your need for your procedure; discuss benefits, risks, side effects, and any alternatives available. Your physician will complete a history and physical examination and may request an EKG, x-rays, laboratory tests or other tests if necessary.

At this appointment, you should ask your physician any questions you have regarding your plan of care including your treatment while recovering at home, medications, and when you can get back to your regular activities. You will be asked to sign a consent form stating you understand and agree to your treatment plan.

Clinic personnel will have you proceed to the APU on the 5th floor to see the pre-operative nurse. Please bring any paperwork your physician gave you at your pre-procedure visit. You must see the pre-op nurse before your scheduled day of surgery.

Pre-procedure RN Visit

You will meet with a Registered Nurse that will provide you with important information about your procedure.

When you arrive at the APU for your visit, you will meet with a Registered Nurse (RN) who will review with you and have you sign necessary documents, provide your pre-operative teaching, and answer any questions you may have regarding your plan of care.

It is quite normal for you to have some fears or anxiety about your procedure, so please discuss them with the nurse. The nurse will instruct you when and where to have any tests ordered by your physician performed.

All tests must be performed within 72 hours of your procedure to ensure they will be ready in time. If not, your procedure may be cancelled and rescheduled.

If the results are abnormal, your physician may need to order additional testing or even postpone or cancel your procedure. An anesthesia provider may be consulted to discuss any health related issues during this time.

Please be sure to bring your medical record if it is stored outside the closed medical record system at Naval Hospital Pensacola and a list of any medications you are taking to include over the counter medications, and herbal or dietary supplements.

Bring any copies of advance directives such as a Living Will or a Durable Power of Attorney for Healthcare to give directions about your future medical care. See your Legal Office for assistance in obtaining an advance directive or ask any staff member for additional information.

For your health and safety, if you develop a cough, cold, fever, sore throat, flu-like symptoms, or if you have had contact with anyone suffering from any communicable disease within two weeks of your surgery, please notify your physician.

The Last Working Day Before Your Procedure

Be sure to confirm your escort will be available to take you home and that you have someone to stay with you through the night following your procedure.

Please call 505-6277 or 505-6769 between 1500 and 1600 on the last working day before your scheduled procedure and request your "show time." Your show time is when you need to report to the APU in preparation for your procedure. Patients scheduled for Monday procedures should call on Friday.

Be sure to confirm your escort will be available to take you home and that you have someone to stay with you through the night following your procedure.

It is imperative you follow the pre-operative instructions you received during your pre-procedure appointment. If you do not follow these very important instructions, your procedure may be cancelled and rescheduled. Do not eat anything after midnight the night before your procedure and follow any instructions you were given regarding drinking fluids or taking medications the morning of your surgery.

Pediatric Patients: Please follow the Pediatric handout given at the pre-procedure appointment concerning fluid intake.

Colonoscopy Patients: If you are having a colonoscopy, drink only clear liquids **all day** before your procedure (clear liquids include water, clear soda, Gatorade, Propel, etc.). Depending upon your procedure, you may be required to drink a liquid medication or administer enemas. You will need to start this the day before your procedure. Please follow the instructions given to you at the pre-procedure appointment carefully.

Overnight Stay on 5 West

Don't forget your crutches!

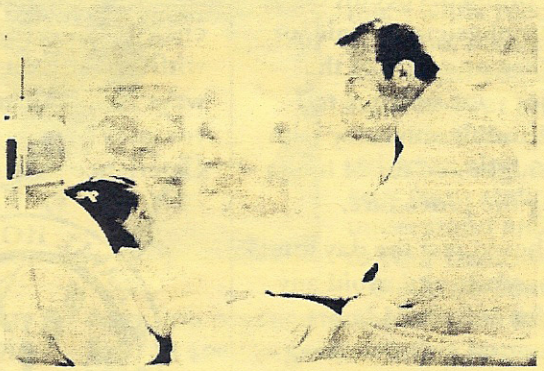
If your procedure requires you to stay overnight, you may want to bring some personal items (toothbrush, toothpaste, brush, comb, any personal clothing items). From the PACU, you will be transported to your room on 5 West.

If you are having an orthopedic surgery, remember to bring your crutches you were issued with you to use in the hospital.

Patient meals are served at 0700, 1200 and 1700. Guests may eat at the galley with a pass obtained at the 5W nurses station. A Subway sandwich shop, vending machines, and a mini-NEX are located on the 2nd Deck. A coffee stand is on the first deck across from the orthopedics clinic open from 0700-1400. Feel free to ask your nurse additional questions about your stay on 5 West.

The Day of Your Procedure

- On the morning of your procedure, bathe or shower using an anti-bacterial soap. Please cleanse the procedure and surrounding area with Betadine or Hibiclens scrub if the nurse instructed you during your pre-procedure appointment.
- Do not eat or drink anything after midnight the night before your procedure unless you were given different instructions.
- No more than one adult family member or escort may accompany you and only one parent or legal guardian should accompany children who are scheduled for a procedure.
- Do not apply cosmetics, especially eye makeup or lipstick. Avoid skin lotions, deodorant, perfumes or powders.
- Remove all fingernail and toenail polish and any artificial or acrylic nails.
- Do not smoke for at least 12 hours before your procedure, as smoking will enhance coughing following your procedure.
- Take any medications you were instructed to take before your procedure, try to remember the names, dosage and times you took the medication.
- Jewelry, eyeglasses, contact lenses and dentures must be removed before your procedure. Body piercing jewelry must be removed. Please bring a case for your eyeglasses.
- Leave valuables at home or in the care of your family or escort, bring your ID CARD with you. Wear loose-fitting clothes and comfortable shoes.
- Upon arrival, you will be instructed to change into a gown or pajamas, robe and non-skid socks. Your health caregiver will take your blood pressure, have you empty your bladder, ask you questions, confirm you name, birth date, and procedure location.
- You will be escorted to the operating holding area or procedure room where you will meet your nurse and if required your anesthesia care provider who will discuss what type of anesthesia may be used. Here again you will be asked questions, confirm your name and birth date, and procedure location.



After your Procedure

Your caregiver or escort should remain in the main hospital for the duration of your procedure.

After your procedure is complete, you will be observed for approximately one hour in the Post Anesthesia Care Unit (PACU) and approximately one hour in the APU (This depends on the type of anesthesia provided).

After procedures with IV Conscious Sedation, you will be observed in the APU.

All times are approximated and may vary on based on the procedure or your condition following your procedure. Should complications develop, you may be admitted to the hospital for further observation on 4 West, our inpatient ward.

Your escorts should remain on hand and check out with an APU nurse prior to leaving.

Leaving the Hospital

You will be released from the APU when your individualized discharge criteria is met. You will be discharged to the care of an adult family member or an escort. You cannot be discharged unless your escort is available as using a bus or taxi is not permitted.

You and your family member or escort will be given verbal and written post procedure care instructions as well as any medications prescribed by your physician.

If any problems occur, inform your physician, clinic, or the ER (see numbers to the right). For your safety, a responsible adult must stay with you overnight and for 24 hours following the procedure.

You should rest the day after your procedure and avoid any alcohol for at least 24 hours and as long as you are taking any prescribed pain medication.

The day following your discharge, a nurse from the APU will call you to check on your progress. Please feel free to ask any questions you may have or call the APU anytime between 0700 and 1800.

If you are unsure of what you should or should not do before your procedure, please call the APU and our staff will assist you.

We are committed to excellence and providing exceptional patient care. Our staff of professionals is here to ensure your satisfaction. At discharge, you will be provided with a comment card. We always welcome any feedback you may have regarding your experience with us.

Questions?

APU

Open Monday – Friday 0700-1800
Closed weekends/holidays
505-6277 or 505-6765

Clinic Numbers

Dental
505-6454
ENT
505-6456
General Surgery
505-6482
OB/GYN
505-6287 or 505-6750
Orthopedics
505-6797
Ophthalmology
505-6754
Podiatry
452-5242 x247
Urology
505-6485
Emergency Room –505-6730