



**Thank you for
choosing to receive
care at our facility.**

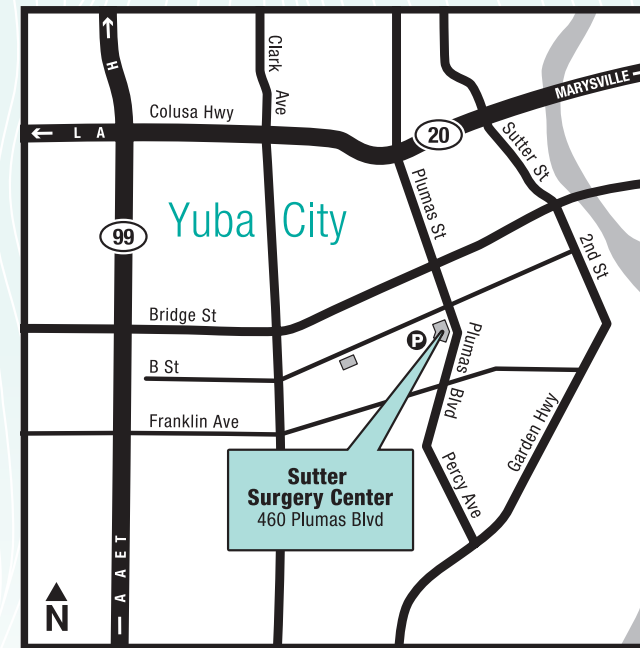
Our state-of-the-art, accredited center is designed to provide you with safe, high-quality care in a comfortable and efficiently managed setting. Our team of medical professionals understands caring for your health means taking the time to listen to your concerns and help you relax as much as possible. Please read the following information to help us familiarize you with our center and provide answers to many of your questions.

Why Choose an Outpatient Surgery Center?

At one time, many surgical procedures required long hospital stays with even longer recovery periods – those days are over. Many procedures can now be done in outpatient surgery centers with shorter, less painful recovery times.

The Sutter Medical Foundation Surgery and Endoscopy Center is proud to offer high-quality surgery services in a comfortable and family-friendly setting. Our state-of-the-art facility offers care in a convenient location with predictable scheduling options. And we're accredited by the Accreditation Association for Ambulatory Health Care for providing quality care and excellent patient safety services.

Map to Surgery Center



460 Plumas Blvd. Suite 202
Yuba City, CA 95991
530-749-5500
sutterhealth.org/smf



**Your Procedure at
the Sutter Medical
Foundation Surgery and
Endoscopy Center**



Patient Information

Prior Notifications

You'll be given verbal and written information prior to your procedure, including documents about:

- Patient Rights and Responsibilities
- Notice of Privacy
- Policy on Advance Directives

A few days before your procedure, you'll receive a phone call from our staff to evaluate your readiness and give instructions for your procedure.

Anesthesia

Anesthesia is used to relieve pain and sensation during surgery. There are five types of anesthesia, such as general, regional, IV sedation, local and topical. Your doctor or your anesthesiologist will explain and pick the type of sedation or anesthesia best for you.

One to Two Weeks Before Your Procedure

- You may be asked to stop taking blood thinning medications and nonsteroidal anti-inflammatory drugs (NSAIDS). Check with your primary care or prescribing doctor about how long you should avoid these medications prior to your procedure. You may be advised to stop taking vitamins and herbal supplements as well. It's important to tell your doctor if you're taking any medications, vitamins or herbal supplements.
- Tell your doctor if you have a cold, fever or flu-like symptoms. Please report any cuts, scrapes or rashes near the procedure site.

Day Before Your Procedure

- Don't drink alcohol. Drinking alcohol may affect your procedure.
- Ask a responsible adult friend or a family member to drive you to and from the facility and stay with you after you return home. You won't be permitted to leave the facility unaccompanied and alone in a taxi. We'll be forced to postpone your procedure if you don't have a responsible adult companion with you.
- If you're the guardian or caregiver of a minor or you have a power of attorney for the patient, you must bring a copy of the paperwork showing legal verification with you.
- A surgery center staff member will call you a few days before your procedure to confirm the date and required arrival time of your procedure. The time of arrival can change due to unforeseen circumstances.

Night Before Your Procedure

Food or drink: From midnight to the time of your procedure, don't eat or drink unless you've been instructed differently by the surgery center staff. Please follow restrictions on liquids and special instructions given to you.

Morning of Your Procedure

- Nursing staff will call you before your procedure to discuss which medications to take. Don't take insulin or oral diabetic medication unless told to do so by your doctor.

- If you use inhalers, CPAP or insulin, you may be instructed to bring them with you to the center.
- Remove all jewelry, body piercings and metal hairclips.
- Personal belongings: Don't bring valuables with you, such as electronic devices and expensive items.
- Personal care for all procedures except colonoscopies: Remove all nail polish and makeup. Shower and wash your hair. Don't shave your operative site or use perfumes, deodorant or lotions. Don't mark the procedural or nonoperative site in anyway. Your surgeon will mark the site if necessary. Wear comfortable, loose-fitting clothing, such as pants with an elastic waistband or a button-up shirt. Bring a zippered or buttoned jacket or sweater with you if you'd like. Wear secure footwear, such as sneakers or rubber-soled flat shoes.
- Bring a list of all medications and supplements you're currently taking. Write the name, dose, how often and your reason for taking it. Please write the name of the doctor who prescribed each medication.
- Bring your insurance card, photo identification and advance directives (if you have one) with you.
- Have a responsible adult companion drive you to the surgery center.
- If the patient is a child, the parent, guardian or surrogate is required to stay at the center during the procedure and until the child is ready to be sent home. Please bring their favorite toy or blanket.

After Your Procedure

- You'll be monitored and cared for by our postanesthesia care unit (PACU) nurses immediately after your procedure. Recovery occurs in the PACU.
- Your recovery time will vary depending on your procedure and type of anesthesia used. You'll be discharged from the center once your doctor determines it's safe for you to go home.
- You and your caregiver will be given written home care instructions. Your caregiver will also be taught how to care for you and the surgical area. Overnight supplies for dressing changes will be sent home with you, if needed.
- Please follow the doctor-ordered restrictions while recovering at home. Depending on your procedure, your restrictions may include strenuous physical activities, drinking alcoholic beverages, operating machinery, driving a car or making important decisions.
- Our nurse will call you the day after your procedure to check on your progress.
- Contact your doctor if you experience severe pain or complications requiring immediate attention following your procedure.
- If you have any reason to think you need urgent help, call 911 or go the nearest emergency room.