

Your Hospital Stay

Pre-admission testing (when ordered by your surgeon):

1. Arrive at the Clovis Community Medical Center Outpatient Care Center.
2. The nurse will document your medical history.
3. Bring a **current list** of all your medications. Be sure to tell the nurse about any allergies you have including food and/or latex.
4. You will have blood drawn, a chest X-ray done and an electrocardiogram (EKG) depending on your surgeon's orders.
5. Call **(559) 324-4979** to speak with the nurse if you have any pre-operative questions. A nurse is available Monday through Friday 5:30 a.m. to 5:30 p.m.

Parking

Valet parking is free and available at the Clovis Community entrance 7:30 a.m. to 4:30 p.m. There is a new patient and visitor parking structure. It is located north-west of the hospital entrance, and can be easily accessed from the Temperance Avenue entrance to the hospital complex.

Registration:

1. Bring your insurance card, Identification (driver's license) and co-pay if required.
2. If you have a Durable Power of Attorney, Living Will, Blood Refusal, or any other advanced directive, please bring a copy with you.
3. Do not bring valuables (cash, credit cards, jewelry, purse, etc.)
4. You will need someone responsible (18 years or over) to drive you home. They may come with you and stay or the nurse can call them when you are ready to go home. Bring their phone number.

Pre-operative:

1. **Nothing to eat or drink after midnight the day before surgery.**
2. The morning of surgery you will be instructed to take a shower at home before coming to the hospital.
3. You may be advised to take certain medications with sips of water the morning of your surgery. Refer to instructions given to you by your surgeon. Also, if you use a CPAP machine bring it to use in the hospital.
4. Do not wear jewelry, body piercing(s), makeup, nail polish, hairpins or contact lenses on the day of surgery.
5. You will be asked to change into a hospital gown. You will be required to remove all undergarments.
6. You may have a few hours of waiting time depending on the preparation of your surgery. You may wish to bring a book or iPod, etc.
7. Your family can stay with you until you are taken to the operating room. Your family will then be directed to the waiting room where your surgeon will speak to them upon completion of your surgery.

Once you arrive in the pre-operative area, the nurse will do a brief physical examination and ensure your comfort. You will have an IV inserted and the surgical site will be clipped if necessary (do not shave this site at home.) You will be asked to sign the consent for surgery. **Feel free to ask questions or bring up any concerns that you may have.** Your surgeon and anesthesiologist will talk to you and your family about your surgery and what to expect afterward.

Surgery:

1. The operating room will be cold.
2. You will be asked to transfer to an operating table.
3. You will be given oxygen and a medication to help you relax.
4. When you wake up, you will be in the recovery room.
5. Surgery generally takes 1-2 hours.

Recovery:

1. You will recover/wake up in the recovery room.
2. Recovery may take 2-3 hours.
3. Your family will be able to see you when you are transferred to your room or are ready for discharge home.

Hospital room/Floor (hospital admission only):

1. If your surgeon admits you to the hospital, you may stay 1-2 days.
2. You will be up and walking within hours of reaching your hospital room.
3. You may have a pain medication pump connected to your IV. It allows you to administer your own pain medication. Your nurse will instruct you on usage and limitations.
4. Education will begin on how you will take care of yourself after your discharge home.

Discharge:

We expect you to have an uneventful recovery. **Call your surgeon IMMEDIATELY if you experience any of the following:**

1. Shortness of breath, chest pain, or persistent productive cough
2. Bloody diarrhea
3. Temperature greater than 101.5°
4. Severe abdominal pain or new, severe left shoulder pain
5. Persistent pulse greater than 100 beats a minute
6. Persistent nausea or any vomiting
7. The inability to drink or keep liquids down
8. Difficult, painful or inability to pass urine
9. Wound separation or excessive drainage. A small amount of bruising and/or clear to slightly bloody drainage is to be expected.
10. Any other issue for which you have serious concerns