Dear

Your surgery, _________________________________, is scheduled for ________________________________________________________________ at Howard County General Hospital or the Health Care and Surgery Center (HCHS). For both inpatient and outpatient surgeries, please report the admitting desk at the Health Care and Surgery Center (HCHS). You need to report there at _________________________________. If you are late, your surgery may be cancelled. Remember to bring with you your picture ID and insurance card. If you forget these, your surgery may be cancelled.

You will need the following preoperative clearances for your procedure. Please do these tests at least two weeks before your surgery in case there is a problem. It is your responsibility to call Documentation Central to verify that all of your information has been received from your primary care physician. **If we do not receive your paperwork at least seven (7) days prior to the day of your scheduled procedure/surgery, your case may be delayed or cancelled.**

- H&P and medical clearance from your primary care physician. If you do not have a primary care physician, please call us right away and we can help you find one.
- EKG
- Laboratory blood work
- Chest x-ray
- Cardiac clearance
- Pulmonary clearance

Please have all results sent to our office at fax number 410-884-8190 and to the hospital Documentation Central Office at fax number 410-884-4842.

Please contact us if you have any further questions or need help with these instructions. We appreciate the opportunity to take care of you.

Sincerely,

The Physicians of Signature OB/GYN
SURGICAL INSTRUCTIONS FOR PATIENTS OF
SIGNATURE OB/GYN

www.hopkinsmedicine.org/Signature_obgyn

10710 Charter Drive           5961 Exchange Drive #108          The Health Care and Surgery Center
Columbia, MD 21044            Eldersburg, MD 21784            5759 Cedar Lane
Phone 410-884-8000           Phone 410-884-8000          Columbia, MD 21044
Fax 410-997-6019             Fax 410-549-7399           Phone 410-884-4500
Email: Signature-col@jhmi.edu Email: Signature-eld@jhmi.edu Fax 410-884-4842

Howard County General Hospital
5755 Cedar Lane
Columbia, MD 21044
Phone: 410-740-7890
O.R. Fax: 410-884-4842
TTY/TDD: 410-740-7990
Website: www.hcgh.org

We, the doctors of Signature OB/GYN, would like to make your surgical experience as smooth as possible and hope these instructions will help. Our Surgical Coordinator is Mona Sherrill and she can be contacted at the Columbia office at 410-884-8000 x48147 or email at signature-surg@jhmi.edu. Good Internet sources for questions about gynecologic surgery are www.acog.org, www.nci.nih.gov, www.oncolink.org, www.sgo.org.

1. **Lab tests:** Many surgeries require preoperative lab work that will be ordered by your surgeon or primary care physician and should be done at your regular laboratory least 2 weeks before the surgery.

2. **Preoperative physicals:** All surgical patients are required to have a preoperative physical. This will be done either by your surgeon and/or by your primary care doctor. If your primary care doctor does your physical, please have him/her fax the results to our office at 410-884-8190 and to the hospital at 410-884-4842.

3. **Bowel prep:** If your surgeon instructs you to do a bowel prep the day before surgery, please follow these instructions: On the day before your surgery, ingest no solid foods, but only clear liquids: water, clear broth, cranberry or grape juice, lemonade, Kool-aid, soda, clear Jell-O (any flavor), Popsicles (without cream), Italian ices, coffee or tea (without milk, cream, or creamer) or Gatorade. You should drink at least a ½ gallon of fluid during the day.

   Also on the day before surgery, drink an 8-10 oz bottle of magnesium citrate at 4pm and again at 8pm. This will cause diarrhea. If you chill the liquid, it will go down better. This does not require a prescription and is available in any drugstore or grocery store.

4. **Diet:** Nothing to eat or drink from midnight onwards up to and including the day of surgery, except up until 4 hours before your surgery, you may have small amounts of water, Sprite, white grape juice or ginger ale. You may brush your teeth.

   **If you do not follow these instructions exactly, your surgery will be cancelled.**

5. **Preoperative preparation:** In general, having a recent dental check up, good nutrition, adequate rest, and stopping smoking are important preparations for any surgery. Taking a multi-vitamin with iron daily is also helpful.

6. **If you are having abdominal surgery:** The night before and the morning of your surgery, please wash with a special soap called chlorhexidine gluconate. A brand name is Hibiclens but any brand name will do. You may shampoo your hair as usual but after the shampoo please wash your body only from the neck down with the Hibiclens only and do not use soap. Pay particular attention to the abdominal area and to your belly button. Wash gently for five minutes; do not scrub hard, and then rinse and dry as usual. If you are having only surgery in your vagina, the Hibiclens wash is not necessary. Do not shave your pubic hair before surgery. Do not apply moisturizer.
7. **Medications:** Unless otherwise instructed, take your usual medications up to and including the day of the surgery with a sip of water. Discontinue smoking if possible before surgery. Stop all herbals including but not limited to garlic, ginko, kava, ma haung, St. John’s Wort, ephedra, Echinacea, ginseng, or Valerian root at least 2 weeks before surgery. Do not take phentermine, aspirin, NSAIDs such as ibuprofen or naprosyn for 2 weeks before surgery. Continue birth control until surgery. If you think you are pregnant at the time of the surgery, please tell us!

8. **Please don’t wear any make-up, jewelry, or contact lenses to the hospital.** Remove all metal piercings as there is a risk of a burn on your skin from any metal on the outside of your body from the electrical cautery used in surgery. If you have a tongue piercing and you are going to sleep for your surgery, this must be removed, even if it is non-metal. Acrylic nails can be left in place. Do not bring any valuables with you. You MUST bring your picture ID and insurance card.

9. **Anesthesia:** You will meet with an anesthesiologist before the surgery and can discuss going to sleep (general anesthesia or sedation) or being awake (epidural or spinal anesthesia) for the surgery. If you have a strong preference for being asleep or awake, please discuss this with your surgeon also. Please be sure to tell him/her about usage of all medications, herbals, cigarettes, alcohol, and drugs or any family history of anesthetic complications or difficulties.

10. **Post-anesthesia care:** After the surgery is done, your surgeon will talk with your family in the waiting room as you are being moved into the post-anesthesia care area. If you are having outpatient surgery, once you are awake and stable, your family may come and sit with you until you are discharged. Most people stay in the post-anesthesia care area for 1 hour. You must have someone drive you home if you have had any anesthesia. You cannot be released to an empty taxicab. If you are being admitted after the surgery, you will stay in the recovery area approximately 1 ½ to 2 hours and then will be moved to your hospital room. Your family can see you once you are in your hospital room.

11. **Incision care:** Keep the incision dry for 24 hours. Remove the bandage after 24 hours. Please see your surgeon for a postoperative visit as instructed by your surgeon.

12. **Home care:** If you develop fever greater than 101, severe pain, difficulty with urination, vomiting, heavy vaginal bleeding, or drainage from your incision, please call us. Your surgeon will tell you if there are any restrictions on your activity. In general, if you are having any vaginal bleeding, it is best to avoid intercourse and tub baths until that has subsided.

Revised: 12/14/2012
Post Operative Instructions for Patients Having General or I.V. Sedation Anesthesia

Do Not:
- Drive a car or operate mechanical equipment for 24 hours
- Participate in activities requiring reaction time for 24 hours
- Sign any legal documents or become involved in judgmental decisions for 24 hours
- Smoke any substances or drink alcoholic beverages for 24 hours
- Be alarmed if you experience nausea, vomiting, dizziness or headaches today. If these conditions persist for more than 24 hours call the office. Inflammation at the intravenous insertion site is not unusual. If you experience discomfort, apply moist heat.

Do:
- Take frequent naps and rest quietly today
- Have a family member or friend stay with you and help you at home for the remainder of the day
- Progress your diet as you tolerate it
- Start with liquids and slowly return to solid foods. Avoid greasy, spicy and/or heavy foods for 24 hours
- Take a deep breath in and forcefully cough out 3 times each hour (except when sleeping) for 24 hours. This will help clear your lungs of anesthetic agents

Gynecological Procedures
1. You may expect light bleeding and mild cramping for several days; take Tylenol or ibuprofen for any discomfort
2. Do not put anything in your vagina (no tampons or intercourse) until you are seen for a follow up exam. Schedule the follow up appointment for 2 – 3 weeks after your procedure unless instructed otherwise.
3. If you have an abdominal incision, keep it dry for 24 hours. You may than shower and change the bandage. Unless otherwise instructed, you will have stitches under the skin; the stitches will dissolve on their own and do not require removal.
4. When you arrive home, you may shower (no tub baths and do not ever douche)
5. You may eat lightly until your appetite returns to normal
6. If you are using hormonal contraceptives before your procedure, continue taking as prescribed even if you have had a sterilization procedure.
7. If you have any symptoms of vomiting, severe pain, heavy bleeding (soaking through a full size sanitary pad in less than 1 hour), significant drainage or bleeding from your incision or fever greater than 100.5°F. please call the office at 410.884.8000

Additional Instructions:  
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Directions

Howard County General Hospital
5755 Cedar Lane
Columbia, Maryland 21044
410-740-7890

Health Care and Surgery Center
5759 Cedar Lane
Columbia, Maryland 21044
410-884-4501

From Baltimore
• Take Baltimore Beltway I.695 to Exit 16 – I.70 West toward Frederick (this exit is after Security Boulevard.)
• Exit at Route 29 South - toward Columbia.
• Continue on Route 29 to Exit 18 - Broken Land Parkway. Upon exiting, stay in the left lane (West) & turn left at the light onto Broken Land Parkway.
• At second traffic light, turn left onto Little Patuxent Parkway.
• Continue on Little Patuxent Parkway for approximately 1 mile - you will pass Howard Community College & Central Maryland Oncology Center on your left.
• Turn left to enter Howard County General Hospital just before the traffic light at the intersection of Cedar Lane & Little Patuxent Parkway. Arrive @Howard County General Hospital.
• The Center for Ambulatory Surgery building is immediately to the right.

From Baltimore taking 95 South
• Take I.95 South to Exit 38B - Route 32 West.
• Follow Route 32 to exit 17 - Cedar Lane. Upon exiting, bear right onto Cedar Lane.
• Continue on Cedar Lane (approximately 2.5 miles) - after the third traffic light, stay in right lane & Howard County General Hospital is located on the right just before the intersection of Cedar Lane & Little Patuxent Parkway. Arrive @Howard County General Hospital.
• The Center for Ambulatory Surgery building is immediately to the right.

From Frederick
• Take I.70 East towards Baltimore.
• Bear right onto Route 32 East towards Columbia.
• Follow Route 32 to Exit 17 - Cedar Lane. At the light, turn left onto Cedar Lane.
• Continue on Cedar Lane (approximately 2.5 miles) - after the third traffic light, stay in right lane & Howard County General Hospital is located on the right just before the intersection of Cedar Lane & Little Patuxent Parkway. Arrive @Howard County General Hospital.
• The Center for Ambulatory Surgery building is immediately to the right.

From Washington D.C. & Points South
• Take I.95 North or Route 29 North from the Beltway I.495 to exit 38B - Route 32 West towards Columbia.
• Follow Route 32 to exit 17 - Cedar Lane. Upon exiting, bear right onto Cedar Lane.
• Continue on Cedar Lane (approximately 2.5 miles) - after the third traffic light, stay in right lane & Howard County General Hospital is located on the right just before the intersection of Cedar Lane & Little Patuxent Parkway. Arrive @Howard County General Hospital.
• The Center for Ambulatory Surgery building is immediately to the right.

From Annapolis & Points East
• Take Route 50 West to Exit 21 - I.97 North. Follow I.97 to Exit 7 - Route 32 West towards Columbia.
• Follow Route 32 to exit 17 - Cedar Lane. Upon exiting, bear right onto Cedar Lane.
• Continue on Cedar Lane (approximately 2.5 miles) - after the third traffic light, stay in right lane & Howard County General Hospital is located on the right just before the intersection of Cedar Lane & Little Patuxent Parkway. Arrive @Howard County General Hospital.
• The Center for Ambulatory Surgery building is immediately to the right.