

Instructions from your Medical Provider

Procedure Date:

Arrival Time: (Day of your procedure)
____:____ am / pm

DO NOT EAT OR DRINK AFTER

____:____ am / pm ON _____.
(including gum, candies and mints)

Medications:

Take these medications with a **SIP OF WATER** the morning of your procedure:

STOP taking these medications

before your procedure on:

Insulin directions for the day before your procedure:

Additional changes to medication regimen:

Before your Procedure

- You will **need to have a person** that will drive you home after your procedure, if you do not your procedure **WILL BE CANCELLED**.
- You **CANNOT take a taxi/ride share service** home after your procedure without family/friend with you.
- **No smoking, alcohol use, or drug use** 24 hours before your procedure.

The day before your procedure a nurse will call you and confirm your arrival time.

Preparing at home

- **Shower and brush your teeth.** You will be provided special wipes to clean your body on the day of your procedure.
- **Do not shave** the surgical site.
- **Wear loose, comfortable** clothing.
- **Do not wear** makeup, lotions, deodorant, or nail polish.
- **Remove all** body piercings, jewelry, contact lenses, and dentures prior to your procedure.
- **Leave all valuables** at home.

What to bring

- Photo ID
- Cards – insurance, prescription, Medicare, etc.
- A list of your medications, including name, dose and how often you take them
- Someone to drive you home
- CPAP machine and inhaler (if asked by PAT nurse or physician)



The Day of Your Procedure

Know what to expect before and after

Checking in

- **Arrive on time** to the 1st floor waiting room, you will register at this location.
- **You will need a designated contact person** to be updated throughout your procedure.

Before we Begin

- **After changing** into hospital gown, a nurse will review:
 - Height, weight, vital signs and allergies
 - medications, medical and surgery history
 - Patient consent for your procedure and obtain a signature if necessary
 - Verify surgery site
 - Start your IV
- You will **meet the Anesthesia Team** that will be caring for you.
- You will **speak with your Medical Provider or his/her team** before going to the Operating Room.

After your Procedure

- Your nurse will bring to the recovery room after procedure.
- Your Medical Provider will follow up with your designated person.
- After recovery, you may be admitted to the hospital or go home with discharge instructions.
- The nurse will review instructions with you and your designated person and answer all questions before discharge.
- You need to have someone available to drive you home and be with you 24 hours after your procedure.

Before you go Home

Before you go home, you will be given discharge instructions. Ask a family member or friend to listen to these instructions with you. That way, he or she can help you during recovery.

Our family of quality, healthcare locations

When it comes to your healthcare, convenience is key.

Nashville Healthcare Center - Main

Primary Care, Specialty Medicine, On-site Pharmacy, Lab, and Rehab services
1810 Albion Street
Nashville, TN 37208

Nashville Healthcare Center - Midtown

Primary Care, Specialty Medicine
1919 Charlotte Avenue
Nashville, TN 37203

Nashville Healthcare Center - MetroCenter

Primary Care, Specialty Medicine, Physical Therapy
131 French Landing Drive
Nashville, TN 37228

Nashville Healthcare Center - Bordeaux

Primary Care, Specialty Medicine, and Urgent Care
4007 Clarksville Highway
Nashville, TN 37218

Nashville Healthcare Diagnostic Imaging

3-D Mammography, CT, MRI, Ultrasound, X-ray Services
4007 Clarksville Highway
Nashville, TN 37218

Need to reschedule or having an issue?

If you are needing to cancel or you are having delays arriving for your procedure, please call us:

_____ - _____ - _____.

How can I provide feedback?

After you are treated and released, you may receive a survey regarding your experience in the Surgery unit. You may also leave an online review by scanning the QR code below.

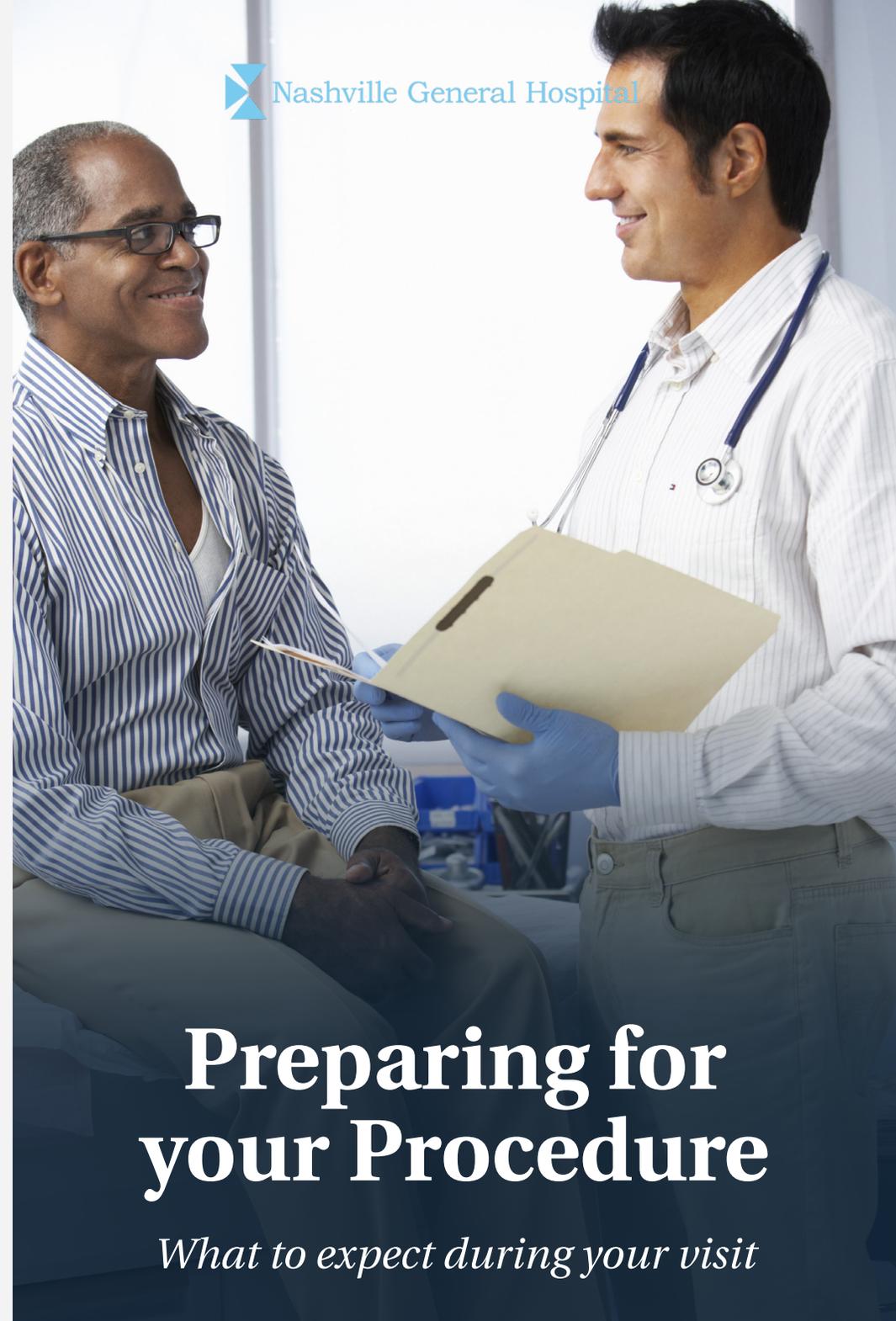
We value and appreciate your feedback. Your reviews help guide us in enhancing our patient care.

If you prefer a more personal touch, or would like to recognize specific staff members, our Patient Experience team is here to listen. Feel free to contact them directly with any comments, concerns, or suggestions you may have.

Phone: 615.341.4241

Email:

PatientExperience@NashvilleHA.org



Preparing for your Procedure

What to expect during your visit