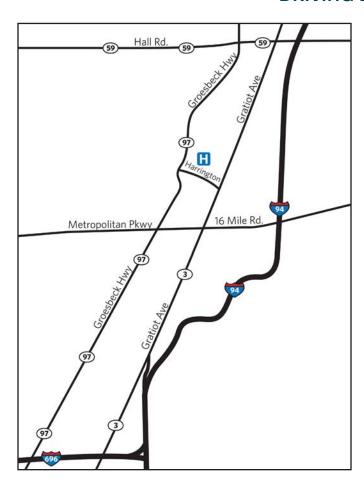
DRIVING DIRECTIONS



From the West:

Take I-696 to I-94 East. Merge into the left lane ready to exit on the left at Gratiot Ave. Travel north on Gratiot approximately one mile past Metro Parkway (16 Mile Rd). Turn left at Harrington, cross southbound Gratiot and continue east on Harrington for less than one mile. McLaren Macomb is on the right side.

From the Northwest:

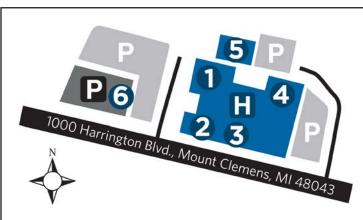
Take M-59 (Hall Rd.) to Romeo Plank Rd. Turn right on Romeo Plank Rd. and continue as road curves to the left (turns into Cass Ave.). Turn right on Groesbeck (Rite-Aid on corner). Continue south on Groesbeck until you reach Harrington (one half mile). Turn left on Harrington. McLaren Macomb will be within your view on the left side.

From the South:

Take I-94 East to Gratiot (left exit just past I-696). Drive north on Gratiot approximately one mile past Metro Parkway (16 Mile Rd). Turn left at Harrington Blvd. (Pizza Hut on corner). Cross southbound Gratiot and continue east on Harrington for less than one mile. McLaren Macomb is on the right side.

From the North:

Take I-94 West to Metro Parkway (west). Take Metro Parkway to Gratiot, turn right (north), and drive approximately one mile to Harrington and turn left. Travel approximately one mile and McLaren Macomb will be on the right side.



McLAREN MACOMB

- 1 Surgery Center
- Main Entrance / MOB
- 3 Emergency Department
- 4 Mat Gaberty Heart Center
- 5 Ted B. Wahby Cancer Center
- 6 Parking Structure





DOING WHAT'S BEST.®





TO OUR PATIENTS

Thank you for choosing McLaren Macomb hospital for your medical needs. We understand that you have a variety of choices when choosing a healthcare facility, which can be overwhelming. This guide was developed to assist with preparing you for your hospital visit and orientation to our facility and to inform you of the services that we offer, which we hope will make your stay more pleasurable and comfortable.

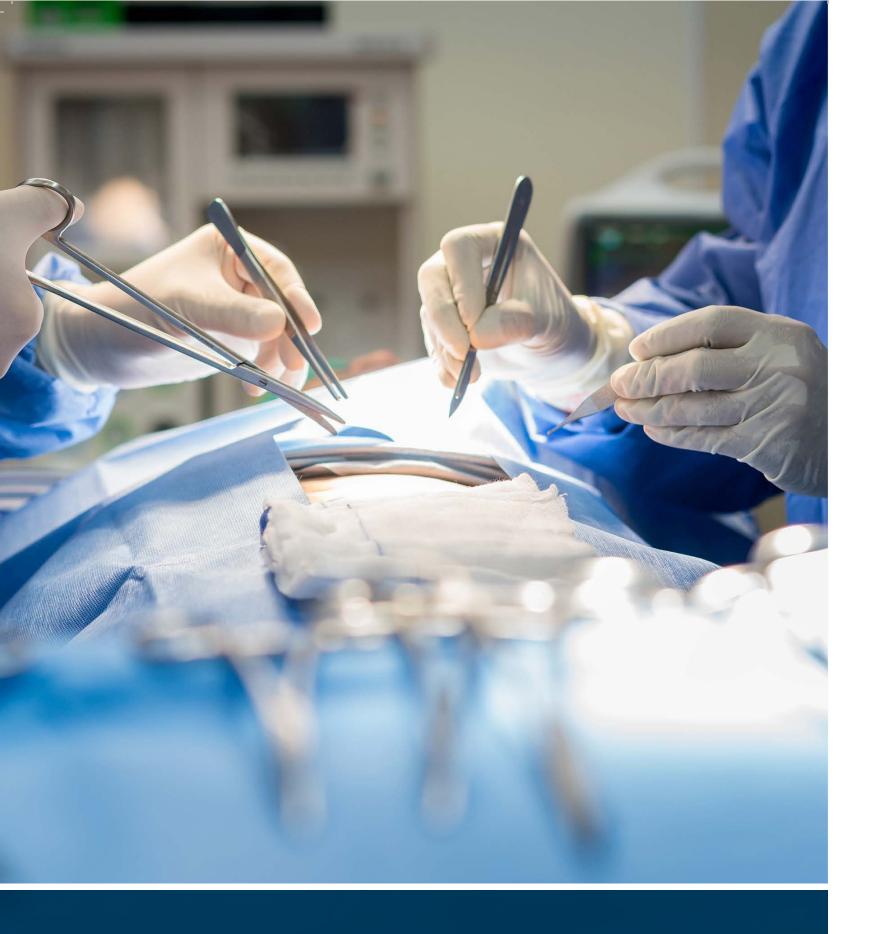
McLaren Macomb is the first hospital in Macomb County to become a level II trauma center and is known for innovative care, advanced technology and compassionate care. We offer exceptional physicians, nurses, ancillary staff and other healthcare professionals who all work together to provide the highest quality of patient care possible. It is our goal to meet your needs with exceptional customer service in an efficient manner.

Sincerely,

Thomas Brisse
President and CEO at McLaren Macomb

McLAREN MACOMB SURGERY CENTER TABLE OF CONTENTS

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THANK YOU AGAIN FOR CHOOSING MCLAREN MACOMB HOSPITAL IN MOUNT CLEMENS FOR YOUR SURGERY. OUR HEALTHCARE TEAM WISHES YOU AND YOUR FAMILY THE BEST PATIENT EXPERIENCE AND A SPEEDY RECOVERY.

McLAREN MACOMB HOSPITAL

Thank you for choosing McLaren Macomb hospital for your surgery. Our healthcare team is composed of highly dedicated, specially trained healthcare professionals. Our goal at McLaren Macomb is to provide top-of-the-line care to every single patient and family member that we serve. This information will assist you in having the best possible patient experience and promote a faster recovery.

If we have failed to meet your expectations, please do not hesitate to contact someone from our team: You can leave a message for either Alecia Ngo, Clinical Manager, at (586) 493-1725 or Asia Viers, Assistant Clinical Manager, at (586) 493-1619. If this is a medical emergency or concern, please call 9-1-1 or contact your physician.

Your care and recovery is very important to everyone here at McLaren Macomb. You may also receive a patient satisfaction survey either by mail or email to allow you to give us feedback on your experience at McLaren Macomb. We appreciate you taking the time to complete the survey and we will use that information and share with staff.

Thank you again for choosing McLaren Macomb hospital in Mount Clemens for your surgery. Our healthcare team wishes you and your family the best patient experience and a speedy recovery.

Alecia Ngo, BSN, RN, CEN, CPEN Clinical Manager Preop/Recovery/Endoscopy (586) 493-1725 Asia Viers, BSN, RN Assistant Clinical Manager Preop/Recovery/Endoscopy (586) 493-1619



McLAREN MACOMB SURGICAL SERVICES TEAM

Each team will help you through your surgery as follows:

Pre-admission testing (PAT) which consists of:

- Registered nurses
- Pre-admission technician

Pre-op, which consists of:

- Anesthesiologist/CRNA
- Peri-operative technicians
- Registered nurses
- Surgeons

Surgery, which consists of:

- Anesthesiologist/CRNA
- Registered nurse
- Scrub technician
- Surgeon

Recovery room - PACU, which consists of:

- Anesthesiologist
- Peri-operative technician
- Registered nurse

FREQUENTLY ASKED QUESTIONS:

Can I eat or drink before surgery?

- Adults and children 6 years of age and older: Nothing to eat or drink after midnight the day before your surgery: This includes mints, gum, candy, coffee, etc. Medications may be taken with a sip of water.
- Children 5 years old and younger: No formula or solids 6 hours prior to surgery. Clear liquids (liquids that you can see through with no solids) up to 2 hours before arrival time.
- Infants 12 months old and younger: Please give clear liquids up to 2 hours prior to surgery. Examples of clear liquids include:



- **Medications** narcotics, antidepressants, bowel medications, bladder relaxants
- Underlying health issues enlarged prostate, prolapsed bladder, neurological issues, memory issues and mobility issues contribute to urinary retention
- Immobility lack of activity slows body's system

*If you are unable to urinate, please contact your physician

How should I eat following surgery?

If you are not nauseated: Begin with clear liquids such as water, tea or soda and then advance to easily

digested light food such as crackers, cereal and toast. Do not eat anything greasy for 24 hours after anesthesia.

If you are nauseated: Limit intake to small sips of clear liquids such as Popsicles, Jell-O, broth, tea, coffee, water, soda and fruit juice without pulp. Call your surgeon if you are unable to tolerate food or fluids the following day after surgery.

When should I contact my surgeon?

Since everyone responds differently to surgery and recovery varies from person to person, here are some things to watch for.

Common complications and treatment:

Difficulty urinating	You may feel that your bladder is full but are only able to pass a small amount of urine, or none at all.	If you cannot urinate, you may need to go to the emergency center. Patients who receive spinal and local anesthetics may be more likely to have this occur. Please contact your physician.	
Inflammation at IV site	Tenderness and bruising can occur at your IV site.	Bruising will improve on its own. Warm compresses may be applied if needed. Contact physician if no improvement after a week or two.	
Nausea	Upset stomach.	This is common after anesthesia and narcotic pain medications. Limit fluid intake and advance diet slowly after nausea has resolved. Contact surgeon if not able to tolerate fluids the day after surgery. Can last for 24 hours after surgery.	
Constipation	Unable to have a bowel movement.	Contact physician if you have constipation not relieved by over-the-counter medications or if you have abdominal pain.	
Skin rash	May see rash, hives and have itching.	Contact your physician, as this may be an allergic reaction.	
Infection	You may see redness, swelling and foul-smelling drainage and may have fever and chills and increased pain or tenderness at incision site.	It is important to monitor for signs and symptoms of infection and these symptoms should be reported to your surgeon.	

HOW DO I CARE FOR MY SURGICAL SITE?

Depending on the type of surgery you have, you may see a variety of dressings listed below and your surgeon will provide you with specific instructions regarding caring for your incision after surgery.

Types of dressings you may see:

- **Steri-Strips:** Little white or clear pieces of tape to cover small incisions and laparoscopic sites. Please leave these in place until they fall off, which is usually in 7-10 days.
- Liquid bandage/glue: This is a clear or purple adhesive that can be used instead of stitches and Steri-Strips. This is gradually absorbed or will peel off on its own.
- Adhesive bandages: Also known as Band-Aids. These can be removed the day after surgery and you may see some drainage on them that is clear to pink in color. If needed, you can re-apply the bandage, but preferably keep the incision open to air.
- **Gauze:** Your surgeon will give you instructions regarding care for gauze dressings.

General instruction for your incision after surgery:

(No baths or swimming for 14 days unless permitted by your physician and always follow your individualized instruction provided by your surgeon)

- Rectal surgery: The outer gauze dressings can generally be removed 24 hours after surgery. It may be necessary to replace this dressing or to use sanitary pads if drainage continues. Your surgeon will let you know if you have rectal packing in place, which can usually be removed in 24 hours or with the first bowel movement.
- Nasal surgery: You may have nasal packing inside your nose, which the surgeon will inform you when to remove. Underneath your nose you may have a moustache or sniffer dressing that can be changed as needed.
- Vascular procedures: This includes vein stripping and dialysis shunts. You will have a

- gauze dressing and ace wrap. Your surgeon will give you specific instructions on how to shower and change the dressing.
- Hernia and laparoscopic procedures: You can remove gauze dressings the day after surgery. Steri-Strips will stay in place and will fall off in 7-10 days. Instead of Steri-Strips you may have liquid glue. You can shower in 24 hours after surgery but need to avoid taking a bath.

How do I avoid constipation?

Constipation can occur from decreased fluid intake, pain medication, change in diet and decreased activity.

To treat or avoid constipation:

- Ensure you drink enough water. Six 8-ounce glasses of water is recommended. Green tea (only 1-2 cups daily) can naturally stimulate bowel movements. Avoid caffeine and alcohol, especially while taking narcotic pain medications.
- Use fiber supplements or medications such as stool softeners. Examples include Colace, Dulcolax, Phillips. Bulk laxatives include Metamucil, Benefiber, FiberCon and Citrucel. Chemical laxatives include Miralax, Milk of Magnesia and Ex-lax.

*If these measures do not work, please contact your physician for further instructions.

Why am I having difficulty urinating?

Being unable to urinate (urinary retention) commonly occurs after surgical procedures or hospitalizations. Usually this is temporary and will resolve on its own. Contributing factors to urinary retention include:

- Pain medications can slow the body's normal functions
- **Constipation** lack of activity, change of eating habits, pain meds
- **Type of surgery** pelvic, rectal, urological, orthopedic and hernia repairs increase risk of urinary retention
- **Anesthesia** may take some time to get out of system, which slows bladder response

water, apple juice, white grape juice, chicken broth etc). No formula or breast milk 6 hours prior to arrival time.

What if I feel sick or have a cold?

If you have a fever, cold or flu symptoms or a significant change in your health within 24-48 hours of your surgery, please call the doctor performing your surgery.

PREPARING FOR YOUR STAY:

Scheduling your admission for hospitalization was prepared in advance by your physician's office and they will notify you of your admission time after your surgery. Your physician may also schedule outpatient medical tests such as blood draws or x-rays. These tests may be performed at the hospital or your physician's office.

If you are a surgical patient, you will be contacted by pre-admission screening and testing within 7 to 10 days of your surgery. The nurse will complete an anesthesia assessment by phone and the interview should last approximately 15 minutes. The hours for pre-admission testing are between 8 a.m. to 4 p.m. Monday through Friday.

It is important that we have several available phone numbers so that we are able to reach you. Please provide your home phone, cellular phone and work phone. We will try whichever number you specify first.

* Please note: If we are unable to reach you, your surgery may be cancelled.

To prepare for the phone interview, please have the following information available:

- A complete list of your medications (both overthe-counter and prescription medications as well as vitamin and herbal supplements)
- A list of your allergies
- Your medical and surgical history
- Cardiologist/Family practice physician's name and phone number if you are currently under their care
- Implant information such as for automated implantable cardioverter/defibrillator type and mode

The anesthesia team will review the information you provide and determine if you need to come into the hospital for advance testing. If so, the nurse will schedule an appointment to have your testing completed.

If you do not receive a phone call from the pre-admission testing nurse within two days of your surgery, please call (586) 493-8178. If we leave a message, please return the call to the extension that we left on your voicemail. The hours for pre-admission testing are from 8a.m. to 4 p.m. Monday through Friday.

IMPORTANT INSTRUCTIONS FOR YOUR SURGERY

(Typically 7-10 days before your surgery)

Eating requirements: (Children 5 years and younger, see page 2 for special instructions:

- Do not eat or drink after midnight the day before your surgery; this includes gum, candy, mints, coffee, tea, etc. This is for your safety and is required for anesthesia. Your stomach must be empty to avoid vomiting while you are under anesthesia, which can cause serious complications even a mint causes your stomach to fill up with fluids.
- You may be required to take medications the morning of your surgery; the pre-admission testing nurse will provide you with instructions on which medications to take with a sip of water and when. If you have questions, please call (586) 493-8178.
- Please refrain from drinking alcohol or using tobacco products 24 hours before your surgery.
- Do not take aspirin, ibuprofen (Motrin), herbal supplements, vitamin E (Including multivitamins) for 72 hours before surgery unless instructed by pre-admission testing or your doctor.
- If you are on blood thinners, please take as directed by your primary care physician.

The pre-admission testing nurse who interviews you will instruct you to which medications you should take the morning of the surgery; take medications with only a small (teaspoon) sip of water.

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IT IS OUR GOAL TO MEET YOUR
NEEDS WITH EXCEPTIONAL
CUSTOMER SERVICE IN AN
EFFICIENT MANNER.

IMPORTANT INSTRUCTIONS FOR THE DAY BEFORE AND DAY OF SURGERY

The day before your surgery:

A surgical services team member will contact you the afternoon before your surgery to tell you the exact time of your surgery and the time to arrive at the hospital (usually 2-3 hours before scheduled surgery time). If you do not receive a call by 4 p.m. or have questions or concerns regarding your surgery, please call (586) 493-8137 and a surgical services clerk will assist you. Your arrival time will allow for a nursing assessment update, interview by the anesthesiologist and special preparation your surgeon may have requested.

Shower or bathe the night before or day of your surgery. Do not use lotion or powder on your skin. You may use deodorant. Write down any questions you may have. You may ask your doctor or our staff members these questions just before your surgery.

The day of your surgery:

Leave all jewelry/body piercings and valuables at home due to risk of items being lost or possible injury such as burns or swelling during surgery. This includes nose rings, navel rings, tongue rings, etc. Dress in loose, comfortable clothing that is easy to remove and put back on (such as a button-up shirt). If you wear glasses, contacts or dentures, you will be asked to remove them before your procedure. You must have a responsible adult (18 years of age or older) to remain with you at the hospital and to drive you home. If your family cannot stay during your procedure, your surgery may be cancelled. Your personal belongings will be sent with your family during your procedure.

Other items to note:

- If you will need a walker or arm brace after surgery, please bring them to the hospital on the day of your surgery.
- Wear loose-fitting clothing; button-up shirts are recommended.
- Bring photo identification and your insurance card the day of your surgery.

SELF-CARE INFORMATION AFTER SURGERY

Your surgeon will provide you with detailed instructions regarding your care after surgery. This guide will contain some general instructions and frequently asked questions.

How do I manage pain after surgery?

Pain is individualized and subjective; therefore, pain is going to be different from person to person. When pain is effectively managed it will reduce recovery time, may reduce complications and will ensure that you recover more comfortably. It is important to note that even with medications you may not be pain free. It is also important during this time to remember to

cough and breathe deep, sit up, and walk around so that problems with digestion, blood flow and muscle stiffness are avoided. It is also important to remember to allow time for pain medication to work, which can take up to an hour. Therefore, taking pain medications on a schedule and not waiting until pain is severe is important for pain control. Healthcare providers will ask you to rate your pain using a pain scale. This helps them determine care for you.

Universal Pain Assessment Tool













Types of pain medication:

	Narcotics (Vicodin, Percocet, Tylenol #3, Lortab)	For moderate to severe pain	Side effects can include nausea, vomiting, constipation, drowsiness. Do not drive or operate machinery while taking narcotics. Take with food to decrease risk of stomach upset.
	Non-narcotic medications (Such as Tylenol, also known as acetaminophen)	For mild to moderate pain	Is generally safe for most patients and has fewer side effects. Use caution taking these medications since they can be contained in cold, sinus or in combination of other pain medications. Do not use more than 4000 mg in a 24-hour period due to risk of liver damage.
	Non-steroidal anti-inflammatories (Such as Advil, Motrin, Aleve, Naproxen, Toradol, Celebrex)	For mild to moderate pain Also reduces swelling and inflammation	Generally safe for most patients. Have fewer side effects but may increase bleeding. Please check with your surgeon before taking post-operatively. Should not be used if you have kidney issues.

Alternative pain relief methods:

exercise can assist with pain

management

Heat or cold: The surgeon may recommend a heating pad or ice pack to reduce swelling and control pain	Activity: Changing positions, moving around, walking and standing up can relieve gas pain following surgery
Heat, massage, passive	Drinking warm tea with

Drinking warm tea with lemon or peppermint or ginger ale can also assist with pain reduction Splinting: Hold a small pillow or folded blanket to abdominal or chest incisions when coughing and changing positions. This will provide support to this area and help with pain.

Avoid constipation

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Your privacy and confidentiality is very important to us. McLaren Macomb hospital is dedicated to protecting you and your privacy and confidentiality in accordance with state and federal privacy laws and regulations.

McLaren Macomb is a tobacco-free facility. As a leader in medicine, we are aware of the dangerous effect of tobacco use, which leads us to set a high standard in maintaining a healthy atmosphere for our patients, visitors and employees. Tobacco cessation support is available.

Our gift shop is located on the first floor, accessible through the main entrance of the hospital. They sell a variety of gifts, clothing, snacks, cards, toys and magazines. Their phone number is (586) 493-8105.

We appreciate your trust in us and allowing us to serve you. If you have any questions regarding your procedure, please contact us at (586) 493-8137.

Nondiscrimination Statement

McLaren Macomb complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Spanish

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (586) 493-8633.

Arabic

yatawafaq McLaren Macomb mae qawanin alhuquq almadaniat alfidiraliat almaemul biha wala yamiz ealaa 'asas alearaq 'aw allawn 'aw al'asl alqawmii 'aw alsin 'aw al'iieaqat 'aw aljins. (586) 493-8633.

Wishing you a speedy recovery!



- Please bring your durable power of attorney papers or guardianship papers with you
- You are encouraged to complete an advance healthcare directive form (this form allows a patient to state his or her preferences for medical treatment as well as to legally designate someone to make healthcare decisions if you are unable to do so).

ARRIVAL AT THE HOSPITAL:

When you arrive, go directly to the appropriate registration area.

If your procedure is in the Surgery Center, you may park in the lot out front or in the parking garage; register on the first floor, directly to your left when you arrive. If there is no clerk at the desk, please dial extension 31560 and a clerk will assist you.

If your procedure is in the main hospital you can park in the outpatient surgery parking lot on the east side of the hospital. (just past the emergency center) Register on the 1st floor, on your right a short distance after you walk in. Sign in and please indicate if you are having a surgical procedure or endoscopy procedure. After registration take the elevators to the 2nd floor and a clerk will assist you at the waiting room desk. If there is not a clerk available at the desk, please dial extension 38164 from the desk phone and a member of the surgical services team will assist you.

You will have the option to have one family member in the peri-operative area while you are prepared for surgery. If privacy is a concern, please let us know and we will have your family member/driver wait in the surgical family waiting room until you are ready. The pre-operative nurse or tech will take your blood pressure, pulse, respiration and temperature. He/she will also verify your ID bracelet and start your IV. IVs for children are typically started in the operating room when your child is asleep. If you are having hardware such as screws, plates, etc., removed, please notify your pre-op RN since there is a form required if you wish to have them back after surgery. Your anesthesia team will perform a physical assessment, discuss your plan of care and answer any questions that you may have.

General Timeline for Surgery	Time	Department Extensions
Arrival: Registration desk	5-15 Minutes	Surgery Center: 31771
Surgery Center or Main Hospital (POD 3) (Family to waiting room)	1 Hour	Pre-op: 31560 Family Waiting: 36177
Operating room	15 min-8 hours*	
Recovery Room (PACU I)	30 min-4 hours*	Main Hospital: Pre-op: 38794 Family Waiting: 38167
Recovery Room (PACU II) (Discharge Area) Admission to Inpatient Room	30 min-2 hours	31542

*Depending on type of surgery

We strive to stay on schedule because we know your time is valuable. You and your family will be informed of any delays.

IMPORTANT INSTRUCTIONS FOR YOUR SURGERY

(After your arrival and registration):

For your safety and to ensure the best possible care you will be asked the following information frequently because EACH PERSON who delivers care to you is required to verify the following information:

- What is your name?
- What is your doctor's name?
- Do you have any allergies?
- What procedure is being performed?

Please understand that we do this to provide you with the safest and highest quality of care we offer. Your doctor may talk to you before surgery. You may not see your doctor after surgery, but he or she will speak with your family.

The surgical area can be very cold. Staff will provide you with warm blankets to ensure your comfort. If you need additional blankets, please feel free to request one from the staff.

The Surgical Family Waiting Room:

- When you are taken to surgery, your family will be directed to our comfortable waiting area.
- They will either receive a pager or be asked for a phone number so that we may contact them when necessary.
- Refreshments, restrooms and phones are available.
- The Surgical Family Waiting Room is equipped with Wi-Fi for your convenience.
- The coffee bar is available for drinks, sandwiches, soups, salads and snacks.
- There are lockers available in the waiting room to store belongings.
- Family, please let us know if you leave the waiting room.
- Cafeteria hours: Monday-Friday 6:30a.m.-10:30a.m., 11 a.m.-4p.m., 4:30p.m.-7:00p.m.; it is located on the lower level of the main hospital.

IMPORTANT INSTRUCTIONS FOR YOUR SURGERY

(After surgery-post anesthesia care unit [PACU]):

When your surgery is finished, you will go to the post-anesthesia care unit (PACU), also known as the recovery room. PACU is divided into two areas: PACU phase I is for recovery immediately after surgery and PACU phase II is the discharge area.

Your nurse will monitor your need for pain medication; please let your nurse know if your pain is not controlled. You may experience some discomfort even with medication, but it should be tolerable.

Everyone wakes up differently after anesthesia, some more quickly than others. Patients typically spend 1 to 1.5 hours in the PACU. However, this time can vary greatly depending upon the type of procedure. We will let your family know you are out of surgery and in the recovery room. The doctor will talk to your family in a consultation room at this time. Please note: You are in the process of being transferred to the PACU at this time. The length of time for recovery that is given to your family by the surgeon may be longer; please do not be concerned if it is 30 minutes to 1 hour longer.

If you or your child is having surgery, please be assured that your child is never left unsupervised. We provide one-on-one care to ensure safety at all times.

After you leave PACU I, your family can visit with you in PACU II (the discharge area). Staff in the waiting room will be notified of your transfer; we will bring your family to you at that time. PLEASE HAVE YOU AND YOUR FAMILY TURN OFF CELL PHONES OFF BEFORE ENTERING THE PACU. You are usually in the discharge area for approximately 30 minutes, depending on your need for pain control and your ability to drink fluids.

If you will be staying the night after surgery, you will be transferred from the PACU to your room. Your family will follow within 30 minutes to ensure that staff members on the inpatient unit have time to discuss your plan of care and settle you into your room.

If you are having outpatient surgery:

 You may still feel drowsy when you are discharged home – this is normal.

- You will be encouraged to drink fluids before discharge.
- Your IV will remain in place until you go home.
- You may be required to empty your bladder before going home.
- Your nurse will explain and discuss your home care instructions with you and your family before discharge.
- The instructions will also be written on a form to take home. They are ordered by your anesthesiologist and surgeon. We ask that an adult be present to receive the instructions with you.
- Your instructions will include:
 - Medications
 - Diet
 - Dressing changes (if needed)
- When to call for a follow-up appointment
- Activity instructions
- Fluid intake
- Equipment needs

- Whom to contact in case of an emergency
- What to expect as normal versus reasons for concern
- When you get home you may not remember very much regarding your procedure. This is due to medications you may have received during surgery. This is normal and it is the reason that we require a responsible adult to accompany you and receive discharge instructions.
- Your safety is our priority. We will confirm that you have a responsible adult (18 years or older) to give you a ride home from the hospital and to stay with you for the first 24 hours after your procedure. If you do not have a driver, your procedure will be cancelled.
- A registered nurse will contact you within 48 hours after your surgery to answer questions and check your progress. You may also call us at (586) 493-8164 for any followup questions or concerns related to your procedure.

PLEASE UNDERSTAND THAT
WE DO THIS TO PROVIDE YOU
WITH THE SAFEST AND HIGHEST
QUALITY OF CARE WE OFFER.
YOUR DOCTOR MAY TALK TO YOU
BEFORE SURGERY. YOU MAY
NOT SEE YOUR DOCTOR AFTER
SURGERY, BUT HE OR SHE WILL
SPEAK WITH YOUR FAMILY.

