



PATIENT GUIDE TO SURGERY



Mission

Healthier People, Stronger Community.

Vision

Our compassion, excellent clinical care and extraordinary service make us the community’s preferred choice.

Surgery Locations

Mount Nittany Medical Center
1800 E. Park Avenue
State College, PA 16803
814.231.7000

Mount Nittany Surgery Center
1850 E. Park Avenue, Suite 103
State College, PA 16803
814.234.6750

Services provided by Mount Nittany Medical Center

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Welcome to Mount Nittany Health



Mount Nittany Medical Center and Surgical Center departments are dedicated to providing the very best care. Our full range of same-day and inpatient services feature the most advanced technology, equipment, and procedures. Our surgical service departments are led by a first class team of doctors and healthcare professionals.

Our facilities and procedures are designed for your comfort and convenience to make your time with us pleasant as possible. Carefully read and follow all instructions to ensure a successful surgery and positive experience. Your cooperation is greatly appreciated.

Please bring this booklet with you to your pre-admission testing appointment.

A Message from your Healthcare Team



We look forward to partnering with you to meet your healthcare needs. Our goal is to provide high-quality, safe care in a quiet, comfortable environment. We want you and your family to understand what to expect before, during and after your surgery, for a quicker recovery.

Please ask a member of our team if we can assist you with anything during your stay.

Interpreter Services



Interpreters for foreign languages and the hearing impaired are available free of charge. Please tell your nurse if you need communication assistance.

Before Surgery Appointment



Pre-Admission phone interview - A nurse will call to review your health history and current medicines. This is done to help you have the best outcome. If you have not heard from us by two weeks before your procedure, call us at 814.278.4643.

Pre-Admission Testing (PAT) and Evaluation

Your doctor may schedule you for a PAT appointment. It includes:

- Anesthesia staff will review your medical history and medicines.
- Instructions on which medicines you should and should not take before surgery.
- Information and answering your questions about surgery.
- Completing pre-op tests such as blood/urine testing, electrocardiogram (ECG) and X-rays.
- For your PAT appointment, report to the main entrance of the hospital. PAT designated parking is available.

What to bring:

- Any forms or papers related to your surgery from your surgeon.
- A current list of medicines with the name, dose and how often they are taken.
- Photo ID and insurance cards.



QUESTIONS OR CONCERNS?

Call the PAT Clinic at 814.231.7050 between 9:00 am and 4:00 pm, M-F. If unable to reach us, leave a message and we will return your call during normal business hours.

Planning for Surgery



- Complete pre-op testing as directed; blood and urine testing, electrocardiogram and X-rays.
- If crutches/walkers will be needed, have them in your vehicle for after surgery.
- Ask your doctor or PAT staff what medicines you should and should not take before and after your surgery. If you take Aspirin, Coumadin or other blood thinners, contact your prescribing doctor or surgeon for instructions. Please check at least 10 days before your surgery for these instructions.

Visitor Guidelines



One person may accompany you and our staff will direct them to the designated waiting area. These guidelines may change due to special circumstances and to promote social distancing. Please ask about the current visitor policy when you receive your arrival time.

All minors (under 18 years of age) must have one parent or legal guardian with them at all times. If you are bringing a small child for surgery, we encourage you to bring a special toy or blanket with them. We will make every attempt to keep you and your child together as much as possible.

DO NOT DRIVE FOR 24 HOURS AFTER SURGERY!

Have a responsible adult with you the day of surgery. This person should stay in the waiting room area. They are responsible for your transportation. A taxicab/bus/Uber/ride share is not permitted for transportation following surgery unless a responsible adult is also with you (NOT the driver of taxicab/bus/Uber etc.)

Day Before Your Surgery



Confirm your surgery time

Procedures at Mount Nittany Medical Center:

Call 814.234.6108 or 1.866.757.2317 (toll free, ask for admissions)
Between 2:00 pm – 7:00 pm the day before your surgery



Procedures at Mount Nittany Surgical Center:

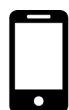
Call 814.234.6750 or 1.888.440.2272 (toll free)
Between 1:00 pm – 3:00 pm the day before your surgery

*Call on Friday for Monday surgery dates.

Canceling Surgery



If there are changes in your physical condition, such as a cough, cold, fever, infection or rash, notify your doctor before coming to the hospital or Surgery Center. If you are unable to reach your doctor, please call:



Mount Nittany Medical Center
814.234.6121

Mount Nittany Surgical Center
814.234.6750

In case of emergencies, all procedures at Mount Nittany Surgical Center will be delayed or canceled. You will be notified if your surgery is delayed or canceled.

Evening Before Your Surgery



- Bathe or shower the night before or morning of your surgery.
- Follow special bathing instructions as provided by your surgeon or PAT staff. If you were given instructions for CHG Antiseptic Skin Preparation, please complete as directed.
- Do not shave operative site, use hair removal creams or do anything that might damage the skin at or around the area of your surgery within the 24-hours before your operation or as directed by surgeon. Small nicks, cuts or skin irritation may increase your risk of infection. The anesthesiologist may give special instructions for men to trim their facial hair.

After midnight before the day of your surgery:

- Do not eat (including gum/mints).
- Do not drink (including water) except for sips of water with approved medicine.
- Do not smoke or use chewing tobacco.

Note: If you were instructed by your doctor to bowel prep, you may prep as instructed with only the amount of fluids required for the prep.

Day of Surgery



- Make sure you are available by phone in case of schedule changes.
- Arrive on time per your instructions.
- Wear comfortable, loose-fitting clothing and wear/bring special shoes if you have them.
- Do not wear makeup.
- Remove nail polish.
- Leave jewelry and valuables at home. Remove piercings and rings.
- Do not use fragrance, perfumes and hair spray.
- Do not eat or drink anything the day of your surgery, including chewing gum, hard candy and any kind of tobacco products (cigarettes, cigars, pipes, vaping devices, or chewing tobacco).

What to bring:

- Insurance cards and photo ID.
- Crutches, braces, or a walker if ordered by your doctor.
- Your home C-PAP unit if spending the night.

If you are a female between the ages of 12-55, you may be asked to give a urine sample when you arrive.

Take any scheduled prescribed medicines as directed by your doctor and/or Pre-anesthesia (PAT) staff with a sip of water the morning of surgery unless told otherwise.

If you take Aspirin, Coumadin or other blood thinners, please follow instructions from your prescribing doctor or surgeon.

If you have diabetes:

- Check your blood sugar that morning. Follow instructions provided by your doctor and/or pre-anesthesia (PAT) staff.
- Do not take any of your diabetic oral medication that morning.
- If you experience low blood sugar, drink 3 oz. of apple juice or your emergency glucose tablet or gel.

Check-in and Patient Registration



Your insurance and information will be reviewed and then you will go to the pre-op area where a nurse will prepare you for surgery.

- **Mount Nittany Medical Center:** Enter the Medical Center at the main entrance and stop at the front desk.
- **Mount Nittany Surgical Center:** Check-in and register at Mount Nittany Health's Surgical Center, 1850 East Park Avenue, Suite 103. Do not register at the hospital!

Pre-operative Room



- You will need to change into a patient gown and will be given an ID band.
- A nurse will review your health history, allergies and medicines with you.
- The anesthesiologist will see you and talk with you about which type of anesthesia is best for your surgery.
- An intravenous line (IV) will be placed in your vein for fluids.
- Medicine may be given to prepare you for surgery.
- Dentures, contact lenses, eyeglasses and wigs will be removed at this time.
- Instructions will be given by your nurse.

Anesthesia



There are several types of anesthesia. The type used for your surgery will depend on many factors. In most cases, the surgery you are having will determine what kind of anesthesia will be used.

When you meet your anesthesiologist, they'll explain the risks and benefits of each type of anesthesia, along with possible side effects. You will be watched carefully to avoid side effects.

Types of anesthesia:

General: Patient is unconscious, meaning they cannot see, hear or feel anything during surgery. General anesthesia can be given as a gas (a breathing mask or tube) or through a vein (an intravenous line). It is used in major surgery.

Regional: The general area of the body that needs surgery is numb. Patients are awake but may be given medicines that make them drowsy. Regional anesthesia is given as an injection.

Spinal: Patient is given an injection into the spinal fluid that makes the body numb from chest to toes.

Epidural: The patient is given an injection into the spine that makes the surgery less painful. A tiny tube (catheter) is also inserted so a constant flow of medicine may be given. This tube can be left in for a few days to give pain medication and then removed.

Monitored Anesthesia Care (Deep Sedation): The Patient gets medicine through a vein (an intravenous line). You will be sleepy and most patients do not remember anything from the procedure. It is a twilight sleep and not as deep as general anesthesia.

Local: The specific area on the body that needs surgery is numb. Local anesthesia is given as an injection and is used for minor surgery.

Operating Room



- You will be taken to the operating room by your nurse and/or anesthesia team.
- The operating room will be cold and brightly lit. Warm blankets will be available for your comfort.
- You will be helped onto a bed and a safety strap will be secured.

- A monitor for blood pressure will be placed on your arm.
- Heart monitor stickers will be placed on your chest.
- A clip will be placed on your finger to monitor oxygen.

Recovery Room



- Depending on your surgery/anesthesia, you will be in the recovery room until you are fully awake.
- Monitors for heart rate, blood pressure and blood oxygen level will be used in the recovery room.
- Oxygen will be given to help you until you wake easily.
- You may experience a scratchy or dry throat.
- You will be asked frequently to breathe deep and cough.
- If needed, pain medicine will be given.
- Medicine for nausea (upset stomach) may be given.
- When you are awake, you will be moved to the discharge area or your hospital room.

Post-op Room Preparing to Go Home



- You will be moved on your bed to your room (if you are staying the night) or to the last recovery room prior to discharge. The person who accompanied you may visit at this time.
- Your blood pressure, heart rate and breathing will be watched.
- Your pain and nausea will be monitored and you will receive medicines as ordered by your doctor.
- If approved by your surgeon, you may have something to drink and crackers to eat.
- You may be asked to go to the bathroom (pass urine) before you are discharged.
- If you had spinal anesthesia, nurses will be checking with you until your legs return to feeling normal.
- Your IV will be taken out before you leave.
- You will be helped to get dressed.
- Some pain, drowsiness and nausea may continue. We will make you as comfortable as possible.
- Your discharge instructions will be reviewed with you and the responsible adult who is with you. Any prescriptions for medications will be sent to your pharmacy. Any other needed items will be given at this time, as well.
- You will need to get your prescriptions filled at a pharmacy of your choice. A pharmacy is not available at Mount Nittany Medical Center.

Privacy and Confidentiality



Your health is a personal matter. As your healthcare provider, we recognize that and work hard to ensure your privacy. To protect your information, we maintain physical, electronic and procedural safeguards. We ask that you share medical information with your family and friends as appropriate.

If you are to stay overnight, a safeguard you will be asked to help with is to give a “code word” to the staff and your family/friends. This code word will be used to keep your information protected when we are speaking with your family/friends.

Advance Directive



An Advance Directive allows you to express your wishes about medical treatment when you are unable to make or express them yourself. If you have an existing advance directive, living will or healthcare power of attorney, please provide a copy to your doctor for your medical record. Blank Advance Directive forms are available at your request.

Your Medical Records



The confidentiality of your medical information is important to Mount Nittany Health. The health information management department maintains patient records. A signed consent form is necessary for the release of your information.



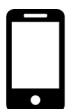
NEED ASSISTANCE?

Contact the correspondence secretary
ext. 6167 or 814.234.6167

Patient Accounts



Patient accounts associates can answer questions about your Medical Center bill and help you understand our financial policies and billing procedures.



NEED ASSISTANCE?

Contact patient accounts
Ext. 6171 or 814.234.6171, M-F, from 8:00 am to 4:30 pm
Toll-free at 866.686.6171 or visit mountnittany.org

Visiting Guidelines



For patient's well-being, Mount Nittany Health recommends no more than two visitors per patient at a time. These guidelines may change due to special circumstances and to promote social distancing. Please ask what the current visitor policy is when you receive your arrival time. Upon arrival, you and your support person will be given instructions on the surgical waiting process.

Lost and Found Items



If you lose something, tell your nurse immediately. Mount Nittany Health is not responsible for lost items, but we make every effort to help find them. The security office keeps unclaimed articles for a limited time.



LOST SOMETHING?

Call security
ext. 7191 or 814.234.7191

Infection Prevention



Standard precautions will be taken with patients in the handling of bodily substances. Staff members must wash or disinfect their hands between patients and wear gloves when in contact with body secretions or fluids. Hand washing is the most important way to prevent the spread of infection. Ask anyone who might touch you to wash their hands with soap and water for at least 20 seconds, or to use the alcohol hand sanitizer, rubbing hands until dry. Wash your hands often, especially after using the restroom and after touching anything soiled. Questions? Ask your nurse or call ext. 6164 or 814.234.6164.

For Your Safety...Be a Part of Your Healthcare Team



You can help make our health system safer by being an active member of your healthcare team. This means taking part in every decision about your healthcare.

Personal Items

Personal items kept at the bedside or with family (such as dentures, eyeglasses, hearing aids, and walkers) are the responsibility of the patient. Please label personal items with your name and keep them in an appropriate container when not in use. Your nurse can provide a denture case upon request. If you lose something, please tell your nurse immediately. Mount Nittany Health is not responsible for lost items, but we make every effort to help find them.

Your Room and Accommodations

Your comfort and safety are important to us. Bedside rails are used for your protection and may be raised if you are resting, recovering from surgery or taking certain medicines. Our staff will show you how to use your bed.

Preventing Falls

If you need help, please call using the bedside call bell button. We will respond as quickly as possible.

This is especially important if:

- It is the first time you get out of bed after surgery and/or you were given medicine for pain or sleeping, or your side rails are up.
- You feel weak or dizzy. Follow instructions given by your doctor or nurse about whether you may get out of bed, use the restroom, walk in the hallways, etc.
- Wear non-skid slippers or appropriate shoes while walking and use ambulatory-assist devices that you need, such as a cane, walker, wheelchair, or crutches.
- If you have special footwear or shoes related to nerve damage (neuropathy), please have them with you.

Tobacco and Weapon Free Zone



Mount Nittany Health facilities and properties are tobacco/weapon free to ensure a clean, safe and healthy environment for our patients, visitors and staff.

Photography and Video Policies



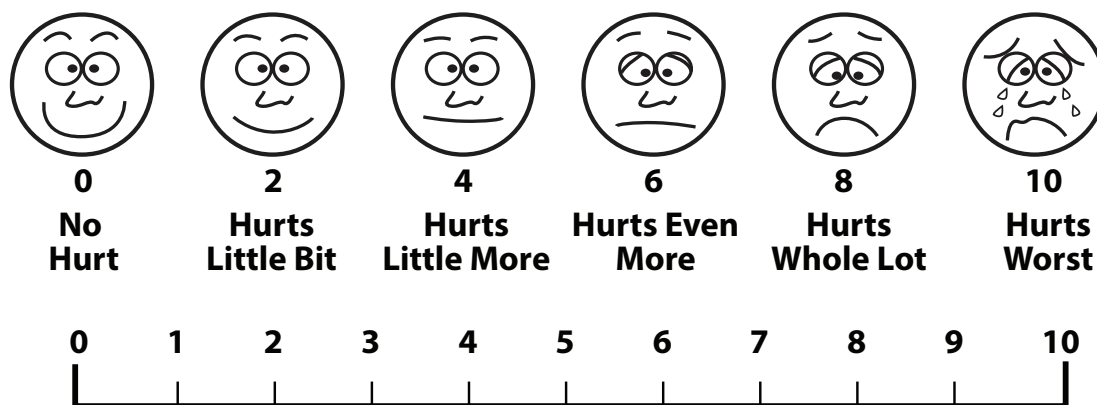
No photos or videos may be taken in Mount Nittany Health facilities.

Pain Prevention and Control



What is Pain?

Pain is an uncomfortable feeling that tells you something may be wrong in your body. Pain is your body's way of sending a warning to your brain. Your spinal cord and nerves provide the pathway for messages to travel to and from your brain and the other parts of your body. Pain medicine blocks these messages or reduces their effect on your brain. Your doctors and nurses will ask you about your pain because they want you to be comfortable. You, your doctor and your nurse will decide which pain control methods are best for you.



Pain control can help you:

- Maintain greater comfort.
- Get well faster after surgery. With less pain, you can start walking, do breathing exercises, and get your strength back more quickly. You may even leave the hospital sooner.
- Improve your results. People whose pain is well controlled seem to do better.
- Some patients have shared their concern about not wanting to take pain medicine because they fear becoming addicted. Most studies show that short-term pain medicine does not cause a problem, but please discuss your concerns with your physician.

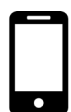
What you can do to help yourself

- Ask the doctor or nurse what to expect. Being prepared helps put you in control.
- Tell your providers what pain control methods have worked well, or not so well, for you in the past.
- Tell them about any reaction you have had to pain medicines. Side effects such as nausea and vomiting are generally not considered an allergy. These can be treated effectively.
- Try other measures to help manage your pain, including position changes, relaxation, positive thinking, music, meditation or other things to distract you.

Patient Rights and Responsibilities



As a patient at Mount Nittany Medical Center, you have certain rights and responsibilities to ensure you receive the best possible care. The brochure “Patient Rights and Responsibilities” will be provided upon your request. If you feel your issue requires more attention or is not resolved to your satisfaction, please call the patient representative.



PATIENT REPRESENTATIVE

814.234.6706

M-F, 8:00 a.m. - 4:30 p.m.; After hours, please leave a message.

If you prefer to speak with someone not employed by Mount Nittany Health to discuss your concerns or questions, please contact:

Pennsylvania Department of Health

Acute and Ambulatory Care Services

PO Box 90

Harrisburg, PA 17108-0090

1.800.254.5164

Office of Quality Monitoring

The Joint Commission

One Renaissance Boulevard

Oakbrook Terrace, IL 60181

1.800.994.6610

Mount Nittany Health, including Mount Nittany Medical Center, Mount Nittany Physician Group, The Foundation for Mount Nittany Medical Center and the Children’s Advocacy Center of Centre County, Mount Nittany Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Mount Nittany Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Mount Nittany Health provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Mount Nittany Health provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, please notify a staff member.

If you believe that Mount Nittany Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with the Corporate Compliance Officer at:

Corporate Compliance Officer

945 E Bishop Street, Bellefonte, PA 16823

814-231-7189 (Telephone) 814-234-7586 (Fax)

ComplianceOfficer@mountnittany.org

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>. ENGLISH

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-814-234-6706 (TTY: 1-814-234-2207).

SPANISH

ATENCION: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-814-234-6706 (TTY: 1-814-234-2207).

CHINESE

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-814-234-6706 (TTY: 1-814-234-2207)。

VIETNAMESE

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-814-234-6706 (TTY: 1-814-234-2207).

RUSSIAN

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-814-234-6706 (TTY: 1-814-234-2207).

PENNSYLVANIA DUTCH

Wann du [Deutsch (Pennsylvania German/Dutch)] schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-814-234-6706 (TTY: 1-814-234-2207).

KOREAN

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-814-234-6706 (TTY: 1-814-234-2207) 번으로 전화해 주십시오.

ITALIAN

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-814-234-6706 (TTY: 1-814-234-2207).

ARABIC

قدعاسملا تامدخ نإف ،ةغللا ركذا ثدحتت تنك اذا :فظوحلم
1-814-234 مقرب لصتا . ن اجملاب كل رفاوتت ةيوغللا
(1-814-234-2207 :مكبل او مصل افتاه مقر) 6706

FRENCH

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-814-234-6706 (TTY : 1-814-234-2207).

GERMAN

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-814-234-6706 (TTY: 1-814-234-2207).

GUJARATI

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિઃશુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-814-234-6706 (TTY: 1-814-234-2207).

POLISH

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-814-234-6706 (TTY: 1-814-234-2207).

FRENCH CREOLE

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-814-234-6706 (TTY: 1-814-234-2207).

CAMBODIAN

បំរើសេវាជំនួយភាសាសំខាន់ៗ ដោយឥតគិតថ្លៃ បើសិនជាអ្នកនិយាយភាសាខ្មែរ ឬសំខាន់ៗដទៃទៀត។ ទូរស័ព្ទលេខ 1-814-234-6706 (TTY: 1-814-234-2207) ។

PORTUGUESE

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-814-234-6706 (TTY: 1-814-234-2207).

Special Instructions and Notes for Your Procedure

*Healthier People,
Stronger Community.*



business card holder



Surgery Locations



MOUNT NITTANY MEDICAL CENTER

1800 E. Park Avenue
State College, PA 16803
814.231.7000

MOUNT NITTANY SURGERY CENTER

1850 E. Park Avenue, Suite 103
State College, PA 16803
814.234.6750

Services provided by Mount Nittany Medical Center

mountnittany.org