

# Preparing for your surgery

AT RIVERTON HOSPITAL • Outpatient Center - Building 2

## WEEK BEFORE SURGERY

### ☐ Call to pre-register

- Call to pre-register a week prior to surgery (801) 442-8600 or toll-free 1-888-269-8674. Weekdays: 8 a.m. to 7 p.m.

### Be prepared to:

- Confirm insurance and billing information
- Update contact information
- Discuss your financial responsibility
- Receive email link for online health history

### ☐ Complete your health history

- Call 2-3 days prior to surgery to confirm or complete your health history (801) 285-2841 or toll-free 1-877-734-3999. Weekdays: 8:30 a.m. to 4 p.m.

**Be prepared with** a list of all medications and supplements with dosage and schedule and also the name and phone number of your pharmacy. Please choose one of the options below to complete your health history:

#### Option 1: Online (preferred)

- Complete online health history with link from pre-registration
- Call pre-screening nurse to confirm history
- Receive instructions for surgery

#### Option 2: Telephone

- Call pre-screening nurse to give and review health history
- Receive instructions for surgery

### ☐ Advance directive

- Bring a copy of your Advance Health Care Directive, Living Will, or Durable Power of Attorney for Healthcare or a Medical Treatment Plan the day of surgery
- If you do not have one, the Information will be provided upon request

### ☐ Arrange for your ride home

- You **MUST** arrange for a responsible person to drive you home and for someone to be with you for the first 24 hours following surgery
- Please, no visitors under the age of 12

## DAY BEFORE SURGERY

### ☐ We will call you with your surgery arrival time

- Riverton Hospital will call with your surgery arrival time between 2 p.m. and 4 p.m. the day before your surgery
- If you have not received your arrival time by 4:30 p.m., call 801-285-2832
- You will receive a call on Friday for a Monday surgery

### ☐ DO NOT EAT any food after midnight the day before your surgery

- This includes NO gum, mints, tobacco, alcohol, orange juice, milk or milk products

## DAY OF SURGERY

### ☐ DO NOT EAT any food

### ☐ You may **ONLY** drink water, apple juice, soda, tea or coffee without milk or cream **UP TO 4 HOURS** before arrival

- Diabetic patients may only have diet soda and water **4 hours prior to arrival**
- **Absolutely nothing by mouth 4 hours before your arrival time or your surgery may be cancelled.**

### ☐ Medications

- Take specific medications with a small sip of water as instructed by the pre-screening nurse
- Bring inhalers and medications as instructed by the pre-screening nurse
- Diabetic patients:
  - Test your blood sugar the morning of surgery. If 80 or below or greater than 200, call the nurse at 801-285-2832 or toll-free 1-877-702-9797.
  - Do not take diabetic medications unless otherwise instructed by the pre-screening nurse.
- Sleep apnea patients: Bring your CPAP mask

### ☐ Bring your advance directive

# Driving directions to the Surgical Center at Riverton Hospital

We are located on the Riverton Hospital campus inside the Outpatient Center (building 2). Park in the lots designated with a green number "2".

**From the North** – On I-15 southbound exit at 12300 South (exit 291), turn right (west) on to 12300 South. Continue west on 12300 South. 12300 South will turn into 12600 South. Turn left at 3600 West. Riverton Hospital will be on the right. Follow the signs to the Outpatient Center, identified by a green number "2".

**From the South** – On I-15 northbound exit at Bangerter Highway/UT-154 (exit 289) turn left (west) onto Bangerter Highway. Continue northwest on Bangerter. Turn right (east) onto 12600 South. Riverton Hospital will be on the right. Follow the signs to the Outpatient Center, identified by a green number "2".

