

Welcome to 3 West

General Instructions

Please follow these preoperative (pre-op) anesthesia guidelines and general instructions.

- **ALL patients must have an adult with them to take or accompany them home** if going home on the same day as the surgical procedure. **Your procedure will be cancelled** if you do not have a responsible adult to accompany you home. **(Taxi/rideshare drivers must be accompanied by a patient’s friend or family member.)** Children are not permitted in the surgical preparation or recovery areas.
- **Two days before your procedure**
 - A 3 West staff member will call you between 1:00 p.m. and 3:00 p.m., 2 days before your procedure, with your arrival time. If you do not receive a call by 3:00 p.m., please call **716-845-8476** for your arrival time. Arrival time will be earlier than your scheduled surgery time, to allow for all needed preparation prior to surgery.
 - The day before your procedure, follow any special instructions from your surgical team about diet or bowel prep.
 - **DO NOT eat or drink anything after 12:00 midnight** including gum, candy, water, and coffee, **unless you are given other instructions by your surgical team.**

Medications

Follow the guidelines below about when to stop taking certain medicines, vitamins, and supplements as some over the counter and prescription medications may increase the risk of bleeding.

7 days (1 week) before your procedure, stop:	<ul style="list-style-type: none"> • aspirin and products containing aspirin • vitamins, herbal supplements, garlic tablets • Fish Oil and Fish oil products (Vascepa[®], Lovaza[®]) • Medication: _____ <p style="text-align: right;">Last dose: _____</p>
5 days before your procedure, stop:	<p>Medication: _____</p> <p style="text-align: right;">Last Dose: _____</p>
3 days before your procedure, stop:	<ul style="list-style-type: none"> • non-steroidal anti-inflammatory medications (NSAIDs): <ul style="list-style-type: none"> ○ ibuprofen (Advil[®]/Motrin[®]) – etodolac (Lodine[®]) ○ naproxen (Aleve[®]/Anaprox[®]) – diclofenac (Voltaren[®]) ○ meloxicam (Mobic[®]) – piroxicam (Feldene[®]) ○ indomethacin ○ nabutamone/Relafen[®] • Medication: _____ <p style="text-align: right;">Last Dose: _____</p>
1 day (24 hours) before your procedure, stop:	<ul style="list-style-type: none"> • enoxaparin (Lovenox[®]) <p style="text-align: right;">Last Dose _____</p>

- **Continue taking all your other prescription medications, up to and including the day before your surgery.**
- If you take insulin, you'll be instructed to take a lowered dose the night before and morning of your procedure: _____
- **On the morning of the day of your surgery,** take only the medications your doctor has instructed. You can **take them with a very small sip of water:**
 - _____
 - _____
 - _____
 - _____
- If you are unsure about any of your medications, please call your doctor or the Anesthesia Pre-Op Center (APEC) at **716-845-1673**.

The Day of Your Procedure – At Home

- ✓ Bathe or shower the night before as instructed by your surgeon.
- ✓ **Do not apply any lotions, deodorant, or powders after your shower.**
- ✓ **Remove all piercings and jewelry, including rings.**
- ✓ Remove any nail polish from fingers (toes are OK to leave).
- ✓ Remove any nicotine patches.
- ✓ Apply any pain patches away from surgical site.
- ✓ Do not shave anywhere near your operation site.
- ✓ Brush your teeth, swish, and spit.
- ✓ Remove contact lenses, bring (or wear) eyeglasses if needed.
- ✓ DO NOT bring valuables including credit cards, jewelry, or money.
- ✓ Please pack minimally, no luggage or large bags. Many toiletry and necessary items will be provided if you are staying overnight.
- ✓ You will need to remove hearing aids, dentures, and partial dentures before proceeding to surgery. Put them in the storage box you brought with you and give them to your family/friend.
- ✓ If appropriate, bring your crutches or walker with you to the hospital, labeled with your full name and telephone number.
- ✓ Wear loose-fitting clothing. If your procedure is above the waist, please wear a button-down or zip-up shirt to make dressing easier.
- ✓ Be sure you have your health insurance ID card(s), a list of your allergies and medications, and a copy of your Health Care Proxy Form, Advance Directive, or Living Will, if you have one.
- ✓ Bring remotes and product ID card for any implanted devices (ex.- pacemaker, defibrillator, neurotransmitter, etc.).
- ✓ If you use a CPAP machine, please bring your machine with you.

How to Get Text Notifications (about the procedure)

1. Log into your Patient Portal
2. Click on Appointments tab
3. Click on Surgery Notifications tab
4. Add the people you would like to get updates

Messages Sent by the Surgical Team Include:

- Procedure in Progress
- Nearing Completion (Please come to 3rd floor – doctor will be out to speak with you)
- In Recovery – Patient is in Recovery (PACU)
- Complete – Patient has gone to the floor

The Day of Your Procedure – At the Hospital

- Parking discounts are available for eligible patients and their families in the ramp. The information desk will validate ramp parking tickets.
- Valet parking is available at the main entrance of the hospital for patients from 7 a.m. – 6 p.m., Monday – Friday (except holidays). The rate may be \$1.00 more than the ramp rate. To valet your vehicle, just pull up to the hospital entrance and our valet attendants will assist you.
- Wheelchairs are available for all patients at the main entrance of the hospital.
- Smoking is not permitted on the Roswell Park campus, including indoors and outside.

The Day of Your Procedure – On 3 West/ Ambulatory Surgery Center

- The number of visitors allowed will follow current hospital policy.
- When you get to 3 West on the day of your surgery, check in with the unit secretary.
 - Give your valuables to your family/friends for safekeeping. They will hold onto your belongings during surgery. Small lockers may be available if needed.
- A nurse from 3 West will come to the waiting room and bring you to the preop area. Your family will remain in the waiting room at this time.
- A 3 West staff member may bring your family/friend to the pre-op area when you are ready for your procedure. Ask your surgical team about current visitor rules/guidelines.
- You will have opportunity to discuss any concerns with the surgical or anesthesia team during this preparation period.
- After you go into surgery, your family/friend will be updated via the SmartTrack patient tracking board or text messaging system of your status during your procedure.
- Your physician or their liaison will talk with your family/friend, as permitted, after the procedure.

The MyRoswell Patient Portal

Access your medical record information online 24/7

- ✓ Make/view appointments
- ✓ See current medications and prescribers, request prescription refills
- ✓ Send and receive messages from your care team. You can upload pictures and media.
- ✓ View your lab and imaging results
- ✓ Read the patient education materials sent to you by your health care team
- ✓ View and pay your bills online
- ✓ View the most recent edition of the Patient Newsletter

How to register

1. Go to my.roswellpark.org and click the blue **Register** button.
2. Fill in Date of Birth (DOB), Medical Record Number (MR#), the last 4 digits of your Social Security number (SS#), and then click **Validate**.
3. Enter your email address twice. Click **Submit**.

If you don't have an email account, please contact a MyRoswell representative at **1-800-ROSWELL (1-800-767-9355)**.

Logging in for the first time

1. Check your email account for an email titled **"MyRoswell Registration Confirmation"**
2. Click the link in that email to complete registration
3. Re-enter your DOB, MR#, and click green **Submit** button
4. Create a password. Congratulations, you are registered!

FAQs about the portal

- The patient portal is monitored Monday through Friday, 8 a.m. – 5p.m.. It is not monitored on major holidays, after 5p.m. weekdays, or over the weekend.
- Messages sent when the portal is not monitored may not be reviewed until the next business day. **Please do NOT send any urgent requests or messages** as it could cause a delay in care.
- **When to go to ER/call 911:** Chest pain; shortness of breath; swelling/tingling in face, throat, mouth; or heavy bleeding you cannot control. Let us know if you go to ER or are admitted to a hospital.
- **When to call your clinic:** Temperature of 100.4°F (38°C) or higher, any fall, new/worse rash, increased bleeding or bruising, swelling (including swollen 'glands'), nausea or vomiting not controlled by prescribed medication or that prevents you from eating/drinking.
- **When to use the patient portal:** Refill prescriptions, simple questions about appointments, updating information (such as medications), non-urgent follow-up questions after visit, to schedule a non-urgent appointment, to read your patient education materials.