Same Day Surgery Admission Information

Welcome to Same Day Surgery at The Valley Hospital. We look forward to taking very good care of you.

We have prepared this list of frequently asked questions to help you understand some of the policies and procedures in the Same Day Surgery Department. These apply to both same day patients, as well as, patients who stay overnight. There is free Valet Parking at the front door from 7 AM to 8 PM. When you arrive please go to the main desk. They will direct to Lower Level Cheel Wing.

What Happens In Same Day Surgery?
Part of our process includes ensuring the accuracy of all your paperwork. Please make sure to bring any important papers, test results, x-ray jackets, or orthopedic equipment (such as braces or crutches) with you that your surgeon or medical physician has given you. We will validate your previous personal history and complete a physical assessment. We will also perform any other treatments your surgeon has ordered, if applicable. This may include surgical preparation: starting an intravenous, educating you about your surgery, and giving you any necessary medications prior to surgery. For these reasons, you will be asked to come two hours before your scheduled surgery. Please be aware that with surgery, there can be unexpected changes in the surgery schedule which may result in your surgery starting earlier or later than your planned time.

May I Drive After Surgery?
When you receive general anesthesia or intravenous sedation, you must have a responsible adult 18 years or older drive you home. Your ride should be available to pick you up when we call. You will not be able to drive for 24 hours and will need instructions from your surgeon as to when you can resume this activity. Please provide a contact number where your ride can be easily reached. You may also arrange for a private ambulance (not a taxi) on your own if no ride is available.

May I Eat/Drink Before Surgery?
Please do not eat or drink anything (this includes water, ice chips, candy, mints or gum) after midnight, the night before your surgery. You also should not smoke after 12 midnight. You may brush your teeth and rinse at that time, but do not swallow any water. Your surgery will be cancelled if this instruction is not followed.
Unless otherwise advised by your physician, YOU MAY TAKE, heart, asthma, thyroid, blood pressure, transplant, or seizure medication with a small sip of water. Please take these medications at home before coming into Same Day Surgery. Do not take any diuretics (water pills), vitamins, or herbal preparations. If you have diabetes, please consult your medical doctor regarding your medications for the day of surgery.

What Should I Do If I Become Ill?
Please notify your doctor if you develop a cold, sore throat, cough, fever, poison ivy or any other illness prior to coming in for surgery. If you cannot make your appointment on day of surgery, please notify your surgeon as soon as possible.

What Do I Need To Bring?
Please bring only a robe, slippers, hearing aids, and eyeglasses when admitted to Same Day Surgery. Do not wear any jewelry to the hospital. This includes wedding or engagement rings. You must remove all body piercing, and only plastic piercing substitute is permissible. Also, please do not bring money or credit cards with you. You will only need your insurance card(s) and driver’s license or second form of ID that has your address. If you have an Advanced Directive for Healthcare Proxy, a copy is needed for every admission. If you are admitted as an overnight patient, please do not bring luggage. Have someone bring your items to you after your surgery. However, if you live alone, then by all means bring the personal items you will need for your stay at the hospital.

You will be asked to remove the following personal items prior to surgery: dentures, partial plates, contact lenses, eyeglasses, hearing aides, wigs, hairclips, bobby pins, makeup and all jewelry (including any body piercings). Nail polish may need to be removed, depending on the type of surgery and the surgeon's preference. If you are having surgery on your hands or feet, please remove any nail polish. Contact lens wearers should bring their own lens containers. Please advise the nursing staff, on admission, of any other important personal items you may have.

What Is Your Visitor Policy?
While you are being admitted to Same Day Surgery, you may have one visitor at your bedside. This allows us to better prepare, educate, and focus on your needs. All visitors must be free of cold and flu symptoms. Your family will go to the first floor Surgical Waiting Area while you are in surgery. Your surgeon will speak to one designated person at your request.

Please note the following: no one under the age of 18 is allowed the Same Day Surgery area. Children under the age of 18 must be in the care of an adult. Children cannot be left unattended in the hospital. Family/visitors of patients staying overnight can obtain assigned “permanent” room numbers and visiting information at the Main Lobby Surgical Waiting areas.

How Should I Prepare My Child For Surgery?
Children who are having surgery can make arrangements to attend a pediatric tour. We recommend bringing a backpack with the child's favorite books, toys, coloring books, etc.. Your child should
wear loose, comfortable clothing. Please bring an extra complete set of clothing and any special formula that your infant may need. The anesthesiologist will visit you and your child the day of surgery and will determine if pre-medication is to be given.

Children who are 0-6 months – need to fast from milk, formula, and solid food 4 hours prior to surgery. They may have clear fluids 2 hours before surgery. Children 6 months to 3 years of age - should not have solid food 6 hours prior to surgery. May have clear liquids (apple juice, water, ginger ale, etc.) 3 hours prior to surgery. Children 3 to 15 years of age – should not have solid food 8 hours prior to surgery. May have clear liquids (apple juice, water, ginger ale, etc.) 3 hours prior to surgery. Children may have two visitors only. **No siblings are permitted in the Same Say Surgery area.** Please make sure to bring your child's car seat.

*Our goal in Same Day Surgery is to provide you with “Very Good Care.”*