

Before Your Surgery

Frequently asked questions

What is pre-admission testing?

Pre-admission testing is a time to gather information and do any final testing before your surgery. It gives you an opportunity to meet with a staff member face to face and discuss important instructions for your surgery day. You do not need a doctor's order for pre-admission testing. **Call (502) 485-4929** to make an appointment, which should take approximately 75 minutes. When arriving, check in at the front desk on the first floor of the hospital. A staff member will then escort you to the pre-admission testing area, which is located on the second floor. Visit **NortonHealthcare.com/NBH-Surgery** and click on "Pre-Admission Testing" prior to your appointment for important instructions or call **(502) 446-8660** if you have any questions.

Where am I going on the day of surgery?

Your doctor's office will schedule your surgery at either Norton Brownsboro Hospital or day surgery at Norton Medical Plaza I – Brownsboro, which is a separate building next to the main hospital building. For driving directions and a map, visit **NortonHealthcare.com/NBH-Surgery** and click on "Driving Directions & Maps." On the day of your surgery, check in at the front desk of the building where you will have surgery. If you are having day surgery at Norton Medical Plaza I, park in the north parking lot and enter through the north entrance, which also has a convenient drop-off/pickup area.

What time should I get there for my surgery?

Your doctor's office schedules your surgery time and will tell you when to arrive. It is important that you arrive on time so there is time to prepare you before surgery. Every effort is made to ensure your surgery begins on time. On occasion, delays may occur if a patient before you takes longer than anticipated or there is an emergency. Your patience and understanding are appreciated. If there is a delay, you and your family will be kept informed.

Can I eat or drink before surgery?

Your doctor will provide you with instructions on what you can eat before surgery, which may include fasting (sometimes called "NPO" or "nothing by mouth"), bowel preparation and/or a clear liquid diet. For your safety, you must follow these guidelines or your surgery could be delayed or postponed. Call your doctor's office if you have any questions.

What medications can I take?

Some medications should be taken on the day of surgery, and some should be temporarily stopped. If you take medicines on a regular basis, you should review each medication with your doctor, who will tell you which medications to take or stop. Write down the time you can take the last dose of each medication

Who should come with me on the day of surgery?

It is very important that someone comes with you on the day of surgery. The person who came with you will be given written home care instructions from your doctor that you may not remember after surgery. You also will need someone to drive you home and stay with you for 24 hours.

How do I prepare for surgery?

Do not wear perfume, makeup, lotion, nail polish or baby powder to the hospital. You may brush your teeth, but do not swallow any water. Be sure to wear comfortable shoes and loose-fitting, casual clothing, such as a button-down shirt. You may be given antiseptic soap and instructions for using it. If you are given medications prior to surgery, fill them as soon as possible.

To help you prepare for your surgery, we encourage you and your family to visit the Norton Brownsboro Hospital Surgery website at **NortonHealthcare.com/NBH-Surgery**, where you can view important information about our surgery center and what to expect on your surgery day.

Before Your Surgery

Frequently asked questions (*continued*)

What about smoking?

If you are a smoker, the sooner you quit, the greater your chance of avoiding surgical complications. It is especially important not to smoke on the day of your surgery or immediately after. Smokers have a higher risk of complications, such as delayed healing and infections. If you need help with this, talk with your doctor about options.

What should I bring with me on the day of surgery?

As a precaution, you should bring emergency contact information and any important legal forms such as a living will, custody document or durable power of attorney. Bring your photo identification or driver's license, Medicare and/or insurance card and co-payment when you register. Bring any paperwork your doctor has given you, like permits or lab orders, and the folder that was provided to you when you had your pre-admission testing.

What should I leave at home on the day of surgery?

It's best to leave all valuables at home except eyeglasses, hearing aids or dentures along with their storage case. If you are staying overnight, bring any other important supplies you need, such as a breathing machine and luggage; however leave these items in the car until you are admitted to a room. Your family can bring you your belongings once you are settled in. Do not wear jewelry. If you do bring anything of value with you, please give it to a family member before surgery. If you are bringing home equipment, the hospital biomedical team will need to inspect it before you use it.

I have questions about my insurance and copays; who do I call?

The first step is to contact your insurance provider to discuss the details of your surgery coverage. You may also be contacted by someone from Norton Healthcare's preregistration department or you can call directly at **(502) 485-4800**. Preregistration will give you an estimate of your co-payment due on the day of surgery.

What is the best way to protect myself from infection?

Hand-washing is the single most important way to prevent infection. Ask your family and friends to wash their hands and remind your care providers to do so as well.

Will I need to go home with equipment or help?

During pre-admission testing, a care manager will determine if you need medical equipment or services at home.

How do I obtain a copy of my records?

Norton Healthcare offers MyChart to our patients. MyChart is a secure website where you can access your personal health information. Existing MyChart users or new patients can get started at **NortonHealthcare.com/MyChart**. Most results are posted on MyChart within seven days, however some specialized tests may take longer. If you cannot find what you are looking for in MyChart, you may call the medical records department at **(502) 629-8766**.

I have questions or issues on the day of surgery. Who do I call?

If you have a delay or any other issue on the morning of your scheduled surgery, call **(502) 446-8270** to speak with the preoperative department.

Main Surgery

Norton Brownsboro Hospital
4960 Norton Healthcare Blvd.
Louisville, KY 40241

Day Surgery

Norton Medical Plaza I – Brownsboro
4950 Norton Healthcare Blvd.
Louisville, KY 40241



NORTON
BROWNSBORO HOSPITAL