

SURGERY at New York Methodist Hospital



nym
NEW YORK METHODIST HOSPITAL

Welcome to New York Methodist Hospital. We take pride in providing the highest quality care to all our patients. Please take a few moments to read this guide, as it will provide important information on how to prepare for your surgery, what to expect once you arrive, and how to plan for your care after surgery. If you have any questions about your upcoming surgery or your hospital stay, do not hesitate to ask your physician. Our physicians, nurses and other healthcare professionals are dedicated, caring and expert in the art of healing. We are devoted to keeping you and your family in the best of health.



ABOUT NEW YORK METHODIST HOSPITAL

New York Methodist Hospital (NYM) has a history of over 125 years of service to the Brooklyn community. A voluntary, non-profit teaching hospital, New York Methodist has consistently demonstrated its commitment to excellence in patient care. With 618 beds (including bassinets) the Hospital currently offers services to over 33,000 patients annually and logs 350,000 outpatient treatments and services each year.

NYM 's mission is to provide excellent health care services in a compassionate and humane manner to the people who live and work in Brooklyn and its surrounding areas. The Hospital is continually renovating its facilities and adding programs to benefit the community. Recent programs and services added have included a new, state-of-the-art birthing center, an advanced interventional pulmonology program, a sleep disorders center, a reproductive endocrinology laboratory, an extensive neurosciences program that includes centers for the treatment of Parkinson's disease, epilepsy and multiple sclerosis and an integrated stroke program, and the New York Methodist-Cornell Heart Center which provides Brooklyn's most modern cardiac surgery and interventional cardiology facilities.

New York Methodist Hospital is affiliated with the Weill Medical College of Cornell University and it is a member of the NewYork-Presbyterian Health Care System.



Patient Rights

Included in the Patient Guide you will receive on admission to NYM, is a copy of the Patient's Bill of Rights, which explains your legal rights as a hospital patient in New York State.

Smoke-Free Policy

New York Methodist is a "smoke-free" institution. There is no smoking permitted in any room or area within the Hospital. This policy is consistent with the Hospital's dedication to the preservation and enhancement of good health for its patients, its employees and its community.

PREPARING FOR YOUR SURGERY

Your surgeon's office may call you prior to the scheduled date to review your medical history and to reinforce the preoperative instructions. Please follow your surgeon's instructions carefully. It is important to understand and follow these instructions.

Please be sure to provide your surgeon with information that answers the following questions:

- Do you have any allergies to food or medications or dyes used in diagnostic tests?
- Have you ever reacted to latex products, such as gloves, rubber balloons or other items?
- Do you take medications regularly? This includes over-the-counter medications like aspirin and ibuprofen, herbal medications, nutritional supplements, pain medications and/or prescription medications.
- Do you smoke?
- Do you drink alcohol?

- Do you use recreational or “street” drugs?
- Do you have other health problems, such as diabetes, heart problems or high blood pressure?
- Have you had surgery before?
- Have you had anesthesia before? How did you react?
- Is it possible that you are pregnant?

Please don't hesitate to ask any questions or express concerns about your health care.

Pre-Surgical Testing

If your surgeon determines that testing is required, an appointment with the pre-surgical testing department will be made at the time your procedure is scheduled. Pre-surgical testing takes approximately one to two hours and may include blood tests, x-rays, an electrocardiogram and breathing tests. During your pre-surgical testing session, you will meet with a nurse who will complete a health history and review your medications.

The pre-surgical testing area is located in the Kirkwood Pavilion, on the first floor, directly opposite the Department of Dental Medicine. You can enter the building at the Sixth street entrance. The telephone number is 718-780-5060.

Preoperative Instructions

- Do not eat or drink after 12 midnight the night before surgery, unless instructed otherwise by your physician. Do not suck on hard candy or lozenges.
- Tell us if you have any allergies.
- If you take daily medications, ask your doctor whether you should take them on the day of surgery.
- If you take anti-depressants, anti-inflammatory medications

(such as aspirin, Aleve, ibuprofen or Motrin), or anti-coagulants, ask your doctor whether you should stop them for a period of time before surgery.

- If you develop a cough, cold or fever, please call your surgeon.

What to Bring to the Hospital

- Pre-surgical Forms and Insurance Information: Please complete and bring with you all the forms that you received in your physician's office, as well as your insurance cards and/or forms.
- Medications and List of Medications and Allergies: Bring a list of all your medications, times taken and dosages, as well as a list of allergies to medications, food or other substances. Bring your medications with you.
- Advance Directives: Please bring any documents you have completed, regarding advance directives, such as a health care proxy form and living will. If you do not have any such documents, you will be given an opportunity to complete a health care proxy at the Hospital.
- Proof of Guardianship: All legal guardians of a minor children under the age of 18, mentally compromised adults, or foster children undergoing surgery must bring all legal/court documentation verifying their legal guardianship. Without legal proof of guardianship, the surgery will have to be rescheduled. All court/legal documents must be the originals; copies will not be accepted. The originals will be returned to you immediately.
- Clothing: If you expect to stay in the Hospital overnight, bring an overnight bag with pajamas, robe slippers and toiletries. If you are coming for ambulatory surgery, we recommend that you wear casual comfortable, loose fitting clothing with buttons or zips down the front that is easy to take off and put back on after surgery. Shoes should be flat and comfortable.

- **Valuables and Personal Belongings:** Leave all valuables and jewelry, including wedding rings, at home since the hospital cannot assume liability for personal property. Limited locker space is available for your belongings.
- **Dentures, contact lenses, glasses and hearing aids** — may have to be removed prior to surgery.

ON THE DAY OF SURGERY

Checking In

Please arrive on time for your procedure so that other patients will not be delayed.

After you are registered, you will be escorted to a waiting area where you will be given a hospital gown, robe and slippers. After you have changed, a registered nurse will assist you if you need any help. Members of the anesthesia team and the surgical team will speak with you and answer any questions you may have.

In the Operating Room

Your surgeon leads the Operating Room team. Other team members usually include nurses, an anesthesiologist or nurse anesthetist, and a surgical assistant. Together, they provide a sterile and safe surgical environment.

Recovery Room (Post Anesthesia Care Unit)

After your surgery, you will be taken to the recovery room, or the Ambulatory Surgery post anesthesia care unit (PACU). Here you will be closely monitored until you wake up. The PACU nurses will take care of all your needs and make sure you are comfortable. Once you are awake, you will either be discharged home or transferred to a room in the Hospital until you are well enough to go home.

DISCHARGE FROM THE HOSPITAL

Time of Discharge

You will be discharged from the Ambulatory Surgery Center or your Hospital room when your surgery team determines that you are well enough to go home. You will be given written instructions. It is important that you follow these instructions.

Escort Home

When you leave the Hospital to go home, you must have a spouse, friend, family member accompany you. Discharge time from inpatient rooms is at 9 a.m. Please arrange to have your escort pick you up by that time. Free parking (for up to two hours) is available for friends and family members picking up patients from inpatient rooms before 12 noon.

Important Phone Numbers

| | |
|-----------------------------|---------------------|
| General Information | 718.780.3000 |
| Admitting Office | 718.780.3214 |
| Pre-Admitting Office | 718.780.3457 |
| Blood Donor Room | 718.780.3584 |
| Case Management | 718.780.3582 |
| Financial Counseling | 718.369.0175 |
| Nursing Office | 718.780.3556 |
| Pastoral Care | 718.780.3393 |
| Patient Information | 718.780.3010 |
| Pre-Surgical Testing | 718.780.5060 |
| Social Work | 718.780.5533 |
| Volunteer Office | 718.780.5397 |

TRAVEL DIRECTIONS TO NEW YORK METHODIST HOSPITAL

New York Methodist Hospital is located between Seventh and Eighth Avenues, on Sixth Street, in Park Slope, Brooklyn, and can easily be reached by car or by mass transit. Parking is available in the Hospital's parking garage, which can be entered from Sixth Street (going West).

By Car

Westbound from the Jackie Robinson Parkway (formerly known as the Interboro Parkway): Take Exit 1, Bushwick Ave. Follow the exit ramp and bear right at the traffic light onto Bushwick Avenue for two more traffic lights. Turn left onto Eastern Parkway. Remain on Eastern Parkway all the way to the end (approximately seven miles) to Grand Army Plaza. Enter and go around the traffic circle, in the extreme left lane, following the signs to Prospect Park West. Proceed into the right two lanes and onto Prospect Park West, continuing for nine blocks to Sixth Street. Turn right onto Sixth Street — the Hospital is two blocks, directly ahead, with the parking garage on the right hand side, just before you get to Seventh Ave.

From the George Washington Bridge: Take Exit 2, Harlem River Drive. Merge onto the Harlem River Drive, which becomes the FDR Drive. Continue on the FDR Drive all the way to the Brooklyn Bridge (Exit 2). Follow the directions for the Brooklyn Bridge below.

From the Lincoln Tunnel or the Holland Tunnel: Take the West Side Highway to the Brooklyn Battery Tunnel and then follow the directions for the Brooklyn Battery Tunnel on page 8.

From the Brooklyn Bridge: After crossing into Brooklyn, continue straight ahead down Adams Street all the way to Atlantic Avenue. Turn left on Atlantic and go six blocks to Fourth Avenue. Turn right and proceed 20 blocks down Fourth Avenue to Seventh Street. Turn left and go up three blocks to Seventh Avenue (you will see the Hospital's Emergency Entrance across the street on your left).

From the Brooklyn Battery Tunnel: After leaving the tunnel, take the Brooklyn-Queens Expressway south, exiting left onto the Prospect Expressway. Exit at Tenth/Eleventh Avenue. At the top of the ramp, make a right turn and drive one block to the traffic light. Turn right onto Twentieth Street and continue three blocks to Seventh Avenue. Turn right again and proceed down Seventh Avenue for sixteen blocks to Seventh Street (you will see the Hospital's Emergency Entrance ahead of you on your right).

NOTE: The exit from the southbound BQE onto the Prospect Expressway is closed before 11:00 AM on weekdays due to the northbound HOV lane. In this case, leave the BQE at the Hamilton Avenue exit (Exit 26). Continue along Hamilton Avenue, and cross over the Hamilton Avenue Bridge. Take the first left (Fourteenth Street) after going over the bridge. After passing under the BQE, bear right onto 14th Street. Go up Fourteenth Street to Seventh Avenue. Turn left and proceed down Seventh Avenue for seven blocks to Seventh Street (you will see the Hospital's Emergency Entrance ahead of you on your right).

From the Verrazano Bridge or Coney Island via the Belt Parkway: Take the Brooklyn-Queens Expressway north, exiting right onto the Prospect Expressway. From the Prospect Expressway, exit at Tenth/Eleventh Avenue. At the top of the ramp, make a right turn and drive one block to the traffic light.

Turn right onto Twentieth Street and continue three blocks to Seventh Avenue. Turn right again and proceed down Seventh Avenue for sixteen blocks to Seventh Street (you will see the Hospital's Emergency Entrance ahead of you on your right).

For the Hospital's main entrances, turn right on Seventh Street and go around the block, making a left on Eighth Avenue and another left onto Sixth Street. There is a Parking Garage on Sixth Street, just before you get to Seventh Avenue.

By Subway

The closest and most direct subway route to New York Methodist is the "F" train (Sixth Avenue Independent line). You can transfer to the "F" from:

- the "R" train at Ninth Street/Fourth Avenue
- the "A" or "C" train at Jay Street/Borough Hall
- the "G" train at either Bergen, Carroll, or Smith/Ninth Street.

Take the "F" train to the Seventh Avenue stop in Brooklyn. Exit the station at either the Seventh or Eighth Avenue end of the platform and then walk to Sixth Street.

By Bus

The following buses stop near the hospital:

- #63 Fifth Avenue bus
- #67 Seventh Avenue bus
- #69 Vanderbilt Avenue bus
- #75 Smith Street bus



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Brooklyn, New York
11215

www.nym.org
718.780.3000