



# Patient Handbook

## Cardiac Surgery

This booklet will help you understand and prepare for your surgery.  
Please review this information with the nurse and your family.

Handbook for: \_\_\_\_\_

Pre-Surgical Care Clinic Appointment: \_\_\_\_\_

Surgery type: \_\_\_\_\_

Surgeon: \_\_\_\_\_

Surgery Date: \_\_\_\_\_ Surgery Time: \* \_\_\_\_\_






\*Subject to change, the office will notify you of any changes

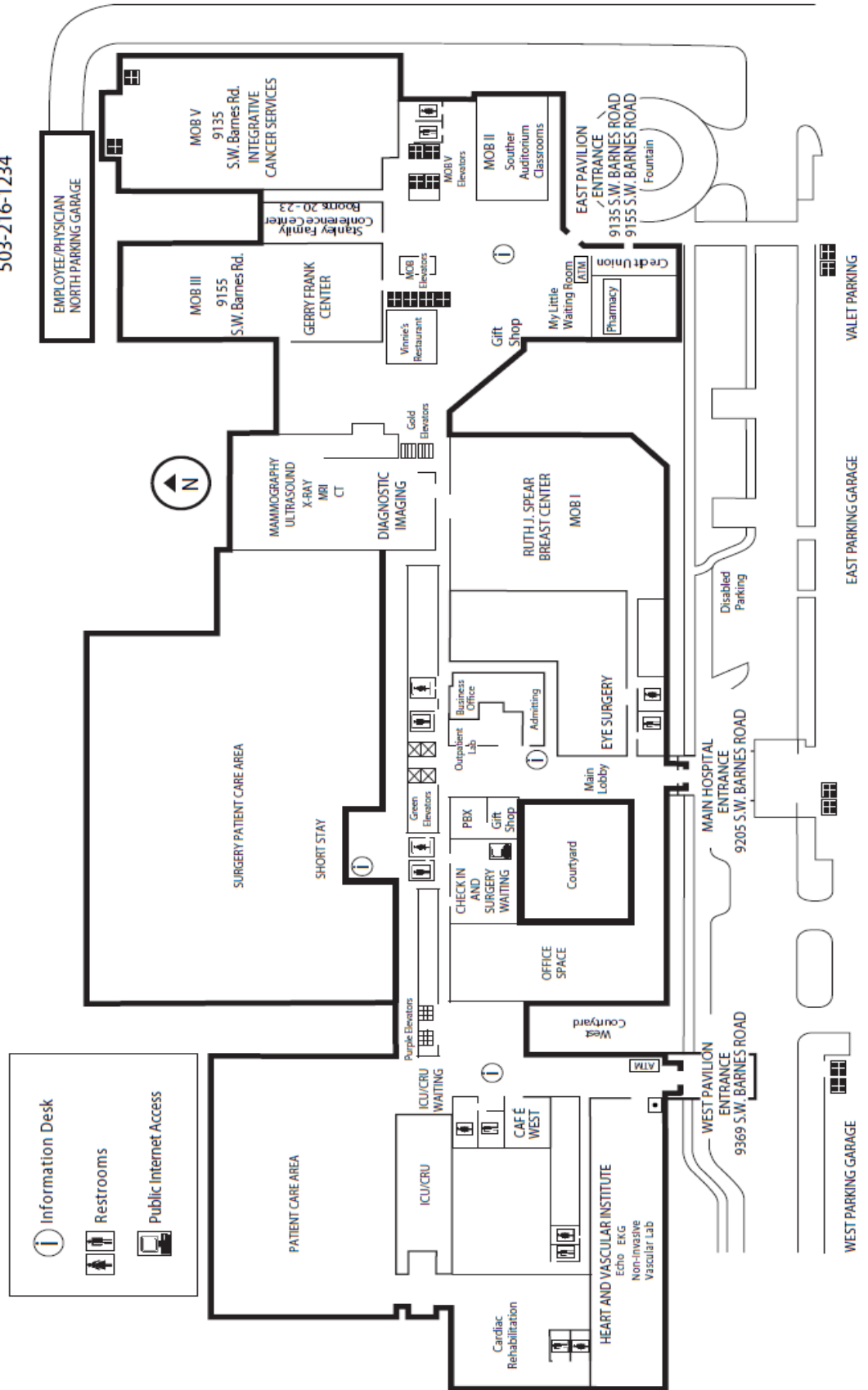
**Please arrive at:** \_\_\_\_\_ (normally 2 hours prior to surgery time)

**Please bring this handbook to your appointment in the Pre-Surgical Care Clinic and on the day of your surgery.**

Please fill out the medication list on **page 21** and bring it to your appointment.

**First Floor**  
503-216-1234

- |                                                                                     |                                                                                           |                                                                                     |                                                                                                                                                          |                                                                                     |                                                                                                                                                                                                                                                                    |                                                                                   |                                                                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
|  | <b>Blue Elevators</b><br>Lower Level(LL)<br>Emergency (LL)                                |  | <b>Purple Elevators</b><br>Coronary Care Unit (CCU)<br>(2nd floor)<br>IRU (2nd floor)<br>Maternity (3rd floor)<br>Emergency (LL)<br>Human Resources (LL) |  | <b>Green Elevators</b><br>Cafeteria (2nd floor)<br>Chapel (2nd floor)<br>Medical Foundation (2nd floor)<br>Conference Room 1-6 (2nd floor)<br>Conference Room 8-12 (LL)<br>Board Room (2nd floor)<br>Administration (2nd floor)<br>Patient Rooms (4th - 9th floor) |  | <b>Gold Elevators</b><br>Nuclear Medicine (LL)<br>Radiation Oncology (LL)<br>Faculty Practice (2nd floor)<br>Medical Procedure (LL) |
|    | <b>MOB Elevators</b><br>Physical Therapy/Rehab (3rd floor)<br>Brain Institute (3rd floor) |                                                                                     |                                                                                                                                                          |                                                                                     |                                                                                                                                                                                                                                                                    |                                                                                   |                                                                                                                                     |



Dear Patients and Visitors,

Welcome to Providence St. Vincent Medical Center. Our goal is to provide quality patient care and service in a safe and professional environment. This folder is for you to keep your written instructions and materials together.

We believe excellent healthcare stems from a strong provider-patient relationship built by communication between you, your family, and your care team. Please let the staff know if you have any questions or concerns during your stay here at Providence St. Vincent Medical Center.

Sincerely,

Cardiac Services

## Contact Information

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Department	Hours of Operation	Phone Number
Providence St. Vincent Medical Center	24 hours a day 7 days a week	503-216-1234
Providence Heart Clinic Cardiovascular Surgery	24 hours a day 7 days a week	503-216-8670
Starr Wood Cardiac Group	Monday-Friday 8 a.m. to 5 p.m.	503-297-1419

# Pre Surgical Care Clinic Appointment

**9135 SW Barnes Road, Suite 861**

**Medical Office Building (MOB V) on the Providence St. Vincent campus**

**Pre-Surgical Care Clinic can be reached at 503-216-1993**

Our top priority is to provide a positive surgical experience for you and your loved ones.

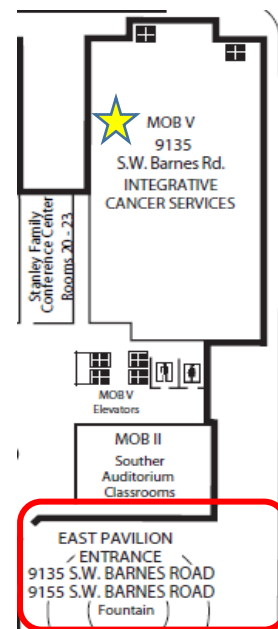
The PSCC staff will help prepare you for your upcoming surgery. Staff will assure all required testing and health information is obtained during your appointment time.

You will learn what to expect before, during and after your surgery. The staff will also teach you what to do to prepare for your surgery.

Please bring all your medications in their original bottles to your appointment. If you are unable to bring the bottles please fill out the **Medication List on page 21** with all the medications you are taking, please include the dosage and when you take them.

**Your anesthesiologist will either call you the night before your surgery or see you at the hospital on the day of your surgery**

**Surgery times are subject to change due to patient care needs. We recommend bringing something to help pass the time. We will keep you updated of any scheduling changes after your arrival to the hospital.**



## Education

**Heart videos can prepare you for your heart surgery.** Use the link below to watch the heart surgery videos:

**Preparing for Heart Surgery-** 3 videos

**During Your Hospital Stay-** 3 videos

**Going Home after Heart Surgery-** 6 videos

**For Your Loved Ones-** 3 videos

**Further Education about Cardiac Surgery-** 4 videos

[providenceheart.healthclips.com/Recommended](http://providenceheart.healthclips.com/Recommended)

## Preparing for Surgery

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**If you use any of the following items, please plan to bring them with you to the hospital:**

- ☐ CPAP or BiPAP machine
- ☐ Hearing aid
- ☐ Dentures
- ☐ Eye glasses

**Make arrangements for someone to:**

- ☐ Care for your pets and home while you are in the hospital
- ☐ Bring you to the hospital the day of your surgery
- ☐ Take you home from the hospital. This person needs to know that you may need to be picked up on short notice and should plan to be at the hospital by 9:00 AM on the day you leave the hospital
- ☐ Pick up your medications after you leave the hospital
- ☐ Stay with you the first few nights after you leave the hospital
- ☐ Make meals, buy groceries, clean your home, do laundry and take care of your pets for the first 2-3 weeks after you leave the hospital
- ☐ Drive you to doctor visits and other appointments for the first month after your surgery
- ☐ Be with you the first few times you walk outdoors

**Financial concerns and affairs:**

- ☐ Make arrangements with your employer to be off work as directed by your doctor
- ☐ Give all disability, leave of absence or similar forms to your doctor to be signed
- ☐ Create or update your will
- ☐ Complete your Advanced Directive or a medical power of attorney.
- ☐ Discuss your healthcare wishes with your family.

**Travel**

- ☐ Make hotel arrangements, as needed, for family members or friends who will be supporting you during your hospital stay.
- ☐ Providence St. Vincent Medical Center Guest Housing Center is available during your stay.



**Guest Housing Center Office**

Travis and Beverly Cross  
9320 SW Barnes Road  
Portland, OR 97225  
Toll-free: 888-550-1575  
Phone: 503-216-1575  
Fax: 503-216-6283

## Important Instructions for Bathing Prior to Surgery

Staff will teach you how to use Hibiclens soap. Hibiclens soap lowers the chance of an infection at your surgical site.

### Follow the steps below carefully:

- You will be given a 4-ounce bottle of Hibiclens at your PSCC appointment
- Shower the night before your surgery **AND** the morning of surgery. Use ½ of the bottle for each shower
- First wash your hair with regular shampoo. Rinse your hair completely **before** you wash with Hibiclens
- Wash your body from the neck down to your toes with Hibiclens. **DO NOT** get Hibiclens into your EYES, EARS, or genital area. If you do, rinse with water immediately.
- **DO NOT** use any other soaps or body wash on your skin after showering with Hibiclens
- Use a clean towel after each shower. Wear clean, freshly laundered clothing after each shower
- Use clean sheets the night before surgery
- Do not allow any pets in your bed
- Do not use lotion, powder, deodorant, perfume or aftershave after bathing with Hibiclens



# Using an Incentive Spirometer

**Remember to bring this with you on the day of your surgery**

## Breathing Exercise Instructions

### **Step 1: Breathe out normally.**

- Relax and breathe out.

### **Step 2: Place your lips tightly around the mouthpiece.**

- Make sure the device is upright and not tilted.

### **Step 3: Breathe in as much air as you can through the mouthpiece.**

**Do not breathe in through your nose.** The device will not work properly if you breathe in through your nose.

- Inhale slowly and deeply trying to pull the air deep into your lungs down by your belly button
- Hold your breath long enough to keep the balls or disk raised for at least 3 seconds.
- Some spirometers have an indicator to let you know that you are breathing in too fast. If the indicator goes off, breathe in more slowly.

### **Step 4: Repeat the exercise**

- **While you are in the hospital:** Perform this exercise every hour while you are awake, or as instructed by your healthcare provider.





# Pre-Surgery Nutrition

## Eating to Improve Healing Before and After Your Surgery

If you are having surgery or major medical treatment soon, it's important to pay extra attention to nutrition. What you eat – and how much you eat – can help you do better during and after surgery and treatment.

### **A healthy, balanced diet with extra protein can help you:**

- Build strength to prepare your body for surgery or treatment
- Recover better after surgery
- Heal wounds, bones and infections
- Have enough energy and strength for physical therapy

### **Poor nutrition has been shown to:**

- Increase infections and surgery complications
- Impair wound healing
- Increase the amount of time spent in hospitals
- Increase the amount of care and support needed after leaving the hospital

### **Five tips to eat better, feel better, recover better**

#### **1. Get plenty of fuel**

- Make sure you're eating and drinking enough healthful foods and liquids in the weeks leading up to your surgery or treatment. Your body needs extra fuel, protein, vitamins, minerals and liquids to heal.
- Eat 2 to 3 meals and 1 to 3 healthy snacks each day.

#### **2. Eat foods from all of the food groups:**

Protein

Dairy

Vegetables

Grains

Fruit

#### **3. Eat plenty of protein**

- Eat protein at every meal, especially at breakfast and after physical therapy.
- Good sources of protein include fish, chicken, meats or meat substitutes, milk, fortified soy milk, cheese, yogurt, beans, nuts and seeds.

#### **4. If you don't feel hungry, try to eat anyway**

- Eat smaller meals and snacks more often, and include protein foods. Eat with a friend or family member. Adults who share meals together tend to eat better.



### Ask your doctor or dietitian for help

If you find it hard to keep your weight where it should be, talk to your doctor or to a dietitian. They can recommend specific tips to help you stabilize your weight to optimize your recovery from surgery or medical treatment. Be sure to talk with your doctor and surgeon about any supplements, pills, herbs or other medicinals you take.

### Protein Pointers

Protein is essential for maintaining muscle. Adults with more muscle mass have more independence, better balance and less risk for falls and fractures. Beginning in their 40s, adults typically lose 1 or 2 percent of their muscle mass every year. Eating the right amount of protein throughout the day can help you maintain muscle.

### Eat protein at every meal

Eat 3 to 4 ounces (20-30 grams) of protein at each meal. Include these high-protein foods often:

- Lean meat, chicken, pork and seafood
- Beans and lentils, nuts and seeds
- Milk (if you're lactose intolerant, try lactose-free milk – it's the same as regular, but without the lactose)
- Cheese, cottage cheese and yogurt
- Eggs

### What counts as an ounce of protein?

**Remember that your goal is 3-4 ounces per meal.**

- 1 ounce of cooked meat, fish or chicken (3-4 ounces is about the size of a deck of cards or the palm of your hand)
- ¼ cup of cooked beans, peas or lentils
- 1 egg
- 1 tablespoon of peanut butter (picture about half of a golf ball)
- ½ ounce of nuts or seeds (12 almonds, 7 walnuts halves)
- 1 cup of milk or yogurt
- 1.5 ounces of hard cheese (about the size of 3 dice)
- ¼ cup of cottage cheese

When reading food labels where protein is listed in grams, consider that 7-8 grams is about 1 ounce.

## Morning of Surgery

**Do not drink or eat anything after midnight the night before your surgery.  
No gum, mints and hard candy.**

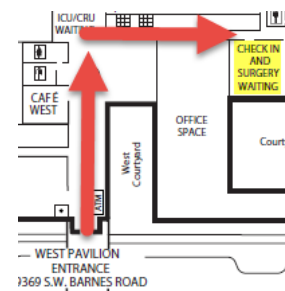
**If you use any of the following items, please bring them with you to the hospital:**

- ☐ Dentures
- ☐ Hearing aids
- ☐ Cane or walker
- ☐ CPAP or BiPAP, if you use one at home
- ☐ Loose clothing to wear home
- ☐ Incentive Spirometer provided to you at your Pre-Surgical Care Clinic Appointment

**Please note: staff can provide you with a comb, toothbrush and toothpaste. It is best to leave most personal items at home.**

Please check in at **Surgery Waiting**. Enter through the West Pavilion and make your way to surgery waiting check-in, on the first floor down the hall past the purple elevators

After your paperwork is completed and you receive an armband, a staff member will escort you to Pollock IRU.



# Information for Visitors to the Critical Care Units

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## **Cardiac Intensive Care Unit (CICU) 503-216-3194**

During this stressful time, it's important that your family members take care of themselves while we take care of you. We encourage visitors to be well rested by going home or to guest lodging every night.

Visitors are important to critical care patients. Visitors can lift spirits and bring comfort. It can also help the visitors to understand their loved one better. When you arrive to the critical care unit, your loved ones will be asked to wait in the lobby while we begin caring for you. We will welcome them to your bedside as soon as possible.

Critical care patients tire easily. We ask that visitors to this unit keep their visits brief, and limit the amount of visitors to 2 at a time. If you need important or personal care during their visit, the nursing staff may ask your visitors to step briefly into the lobby.

Between 7 - 8 a.m. and 7 - 8 p.m., our nurses change shifts and focus on passing important information about their patients. To help them, please have your visitors limit calls and visits during these times.

### **Who can visit?**

Immediate family members and significant others may visit critical care patients. Children may visit, but they must be supervised by an adult visitor at all times.

Before inviting a child, visitors need to please call ahead and talk to a nurse. The critical care environment – along with the appearance of critical care patients – may frighten children. If you want a child to visit, we can schedule a child life specialist to talk with the child before the visit.

My Little Waiting Room offers safe, fun child care at the hospital for children ages 6 weeks – 10 years. It is open from 9:00 a.m. – 5:00 p.m. Monday through Friday for patient's families. It's free, but donations are suggested. For reservations, please call 503-216-6597.

### **Before you visit**

Begin each visit by checking in with receptionist at the information desk in the lobby. If no one is at the desk, pick up the phone by the entrance door and dial the patient's unit number. When your visitors enter or leave critical care, they need to wash their hands with the provided sanitizer. If a patient's room curtain is closed, we ask that your visitors knock and wait for a response before entering the room.

During their visit, your loved ones need to stay in your room or in the lobby. To protect patient privacy, we ask that visitors not stand in the halls outside patient rooms. If help is needed while they are in the room, press the call button. Visitors are asked not to go looking for a nurse in the hallway or other patient's rooms.

## **Family Spokesperson**

Doctors visit at different times, but we strive to update loved ones as often as possible. Choose one family spokesperson who will receive updates and relay information to the rest of your family. By communicating with one person, we can spend more time caring for you, the patient.

## **Cell Phones**

Please place cell phones on silent/vibrate while visiting. Visitors may use them in the lobby or patient's room but not in the hallways. Please be mindful of volume and avoid distracting others. Taking photos or videos without consent is not permitted.

## **Food/Drink and Restrooms**

Many patients have special diets or fluid limits. Ask your nurse before giving any food to drink to a patient. Visitor restrooms are located in the lobby.

## **Flowers, Plants and Balloons**

To control possible infections and allergies, real flowers and living plants are not allowed in critical care units. Latex balloons are not allowed anywhere in the hospital. Mylar (shiny metallic) balloons without latex are permitted.

## **Pastoral Services**

Providence Pastoral Services supports people of all faiths and those without a faith tradition. To speak with a chaplain or request prayer, please call 503-216-2261 or ask a nurse to page someone. Chapels and prayer rooms are open 24 hours a day for prayer and quiet reflection.

## What to Expect While You Are In the Hospital

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### Surgery

The IRU nurses will:

- Ask if your name, date of birth, allergies, and health history are correct
- Start an IV (if ordered) and give you any medications ordered before surgery
- A surgical tech will clip hair around surgery site
- Use special wipes to clean your skin to reduce the risk of infection

Approximately an hour and half prior to the start of your surgery your family will be asked to wait in the waiting room for the remainder of your surgery. At this time anesthesia will prepare you for your surgery.

- When your surgery is over, the surgeon will speak to your family in the West Pavilion 2<sup>nd</sup> floor waiting area
- After talking with the surgeon, family should go to the Critical Care information desk- located in the West Pavilion 1<sup>st</sup> floor and check in with the volunteers
- Once you are settled into your room, family can see you
- Only 2 visitors at one time

## During your hospital stay

- ☐ Do the deep breathing exercises 10 times every hour to lower your risk for lung problems.
- ☐ Walk 3-4 times daily
- ☐ Sit in a chair 3 times per day
- ☐ Use the sternal precautions the therapists will teach you
- ☐ Eat small amounts 4-5 times daily
- ☐ Family/ visitors should not visit if they have a cold, flu, or virus
- ☐ Ask visitors to use hand sanitizer when entering and leaving the room

### Activity and Walking

Staff will help you to get out of bed, sit in a chair for meals, and walk as much as possible.

#### Walking:

- Moves blood through your body
- Relieve gas pains
- Keeps your lungs clear
- Help your bowels move
- Speeds your recovery time













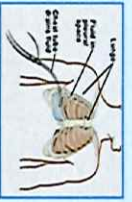






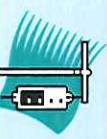


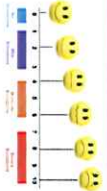
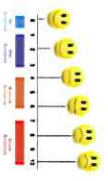










You may sit in a chair the same day as your surgery and go for a short walk the day after surgery.

Call your nurse to help you get out of bed or a chair. You may not be as strong or steady as you think and having help will prevent you from falling. Ask for help until your nurse tells you it's safe for you to get up alone. Always wear nonskid slippers when you are out of bed.













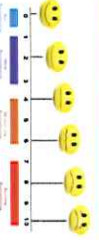





# OPEN HEART SURGERY PATHWAY TO HOME:

A Team Approach

 Surgery	Before Surgery	Surgery	Critical Care (CICU)
<b>Activity &amp; Rest</b>	 Get a good nights rest the night before surgery.		<u>Goal:</u> Up in chair day of surgery  → 
<b>Diet</b>	 No food or water after Midnight		Increase food as tolerated. Fluids are limited.  
<b>Incision &amp; Care</b>	Shower the day before surgery with: <u>Hibiclens</u> 		Chest Drainage tubes  
<b>Elimination</b>	 A bowel movement the day before surgery is desired		Urine catheter will be removed  
<b>Medications</b>	Take medications as directed. Bring a list of your medications. 		 →  
<b>Pain</b>	 Pain scale: used to show level of pain		  
<b>Breathing</b>	 Incentive spirometer: this is used to exercise		Deep breaths and Cough  
<b>Family &amp; Friends</b>	 Your family needs to get plenty of rest while you are in the hospital. You will need their help once home.		<u>Patient's goal:</u> Progress to Self Care  



## When you go home, look at your After Visit Summary for more information

Surgery	Telemetry Floor (after CICU)	Day of Discharge
<b>Activity &amp; Rest</b>	 <p><u>Goal:</u> Meals in chair; Walk 4 times a day ...OR more! Rest between activity</p>	<p><u>Activity Goal:</u> _____</p> <p>_____</p> <p>_____</p> 
<b>Diet</b>	<p><u>Goal:</u> 3 Meals a day, fluids may be limited.</p> 	<p>Follow Heart Healthy diet instructions</p> 
<b>Incision &amp; Care</b>	 <p>Sternal Precautions- NO heavy lifting</p>	 <p><u>Goal:</u> No fever, redness or drainage. No lotion/cream to incision.</p>
<b>Elimination</b>	 <p>No Urinary Catheter Work towards having a bowel movement</p>	<p><u>Goal:</u> No belly pain or bloating. Bowel Movement desired before discharge</p>
<b>Medications</b>	<p>Insulin Drip – All patients Finger sticks to monitor Blood Sugar Levels Every 1-2 hrs</p> 	<p><u>Goal:</u> Your medications may have changed Take <b>ONLY</b> medications prescribed at Discharge</p> 
<b>Pain</b>	<p><u>Goal:</u> Pain controlled to participate in activities</p>  	
<b>Breathing</b>	<p><u>Goal:</u> Use independently 10 times every hour</p> 	<p><u>Goal:</u> Off oxygen Clear secretions</p> 
<b>Family &amp; Friends</b>	 <p>Encourage patient to participate in their care and allow for rest periods during day when you are planning your visit. Make sure you are also getting rest, so you are rested and ready to help at home.</p>	<p><u>Goal:</u> Family / Friends for Transportation &amp; Home Support</p> 

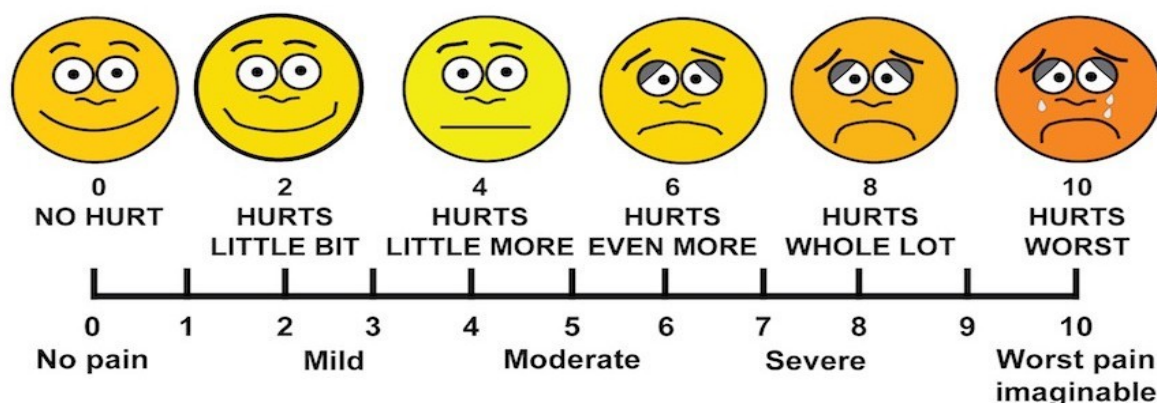
QUESTIONS you want to ask:

## Pain Control after Your Surgery

It is normal to experience some pain after surgery. Our goal is to keep your pain at a manageable level that allows you to engage in the activities necessary for a good recovery.

Managing your pain is an important part of recovery. You will be asked to rate your degree of pain on a scale from 0 to 10. On the scale, **0 means no pain** and **10 means significant pain**.

## PAIN MEASUREMENT SCALE



A few important reminders about pain:

- Tell your nurse if you have pain. Treating pain early is easier than trying to treat pain after it becomes severe
- Rating your pain helps you and your nurse manage pain better
- Non-narcotic medications, such as Tylenol, will be offered around the clock to help keep your pain at a level that you can tolerate

## Spiritual Support

If you have religious or spiritual needs: please tell your nurse. A chaplain will visit you in the IRU prior to your surgery.

## Discharging Home

Going home will depend on several factors such as:

- ☐ Can eat and drink
- ☐ Able to urinate
- ☐ Have a bowel movement
- ☐ No fevers
- ☐ Pain level controlled
- ☐ You have someone who can stay with you at home or you have a safe discharge plan

**Discharge prescriptions: You can use the pharmacy here at the hospital.** Ask a friend or family member to bring cash or a debit/credit card to pay for any prescription co-pays, or take your prescriptions to your pharmacy of choice.

## Checklist for Going Home:

Before leaving the hospital, the surgery team and nurses will review your discharge instructions with you and your family member.

- Activity restrictions
- Medication and medical supply instructions
- Changes or restrictions on what you can eat or drink
- Incision care
- Follow-up appointments
- Contact information for questions or concerns
- Provide prescriptions for medications
- Help collect any belongings that have been stored with us

## Traveling

If you are driving a long distance home, stop and get out of the car to walk every hour or two. Walking for a few minutes will help move blood through your body. This will help prevent blood clots and may keep your muscles from cramping.

## Post-Surgery Care at Home

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### Call your surgeon's office if you have:

- Fever of 100.5 degrees Fahrenheit or higher
- Oozing or redness at your wound site
- Pain is worse instead of better
- No bowel movement for 3 days
- Upset stomach, vomiting or you cannot keep liquids down
- Diarrhea that does not get better

### If you have serious symptoms such as:

- **Shortness of breath or difficulty breathing**
- **Calf pain**
- **Chest pain**

**CALL PROVIDENCE HEART CLINIC CARDIAC SURGERY OFFICE AT 503-216-8670**

### Preventing Nausea and Constipation

- Eat small meals more often
- Use pain medications only when needed
- Take pain medications with food
- Drink plenty of fluids (about 8 glasses daily)
- Take a stool softener, like docusate, or drink prune juice
- No bowel movement in 48-72 hours; take a laxative: Miralax or Milk of Magnesia
- Eat lots of fruits, vegetables, and other sources of fiber (such as bran cereal)
- Walk daily

### Care of Your Surgical Site

- Shower and let the soapy water wash over your incisions
- Gently pat the area dry with a clean towel
- Keep the incision clean and dry
- No ointments, creams, or lotions on the incision sites
- **No baths, hot tubs, or swimming pools until incision is completely healed**



## Wound Infection

- Some clear, light yellow or blood-tinged drainage from the incision is normal
- Bruising and swelling around the incision is normal
- Always wash your hands before and after touching your surgical wound
- Call your surgeon right away if you have any signs of infection, including:
  - Fever (101.5 or greater)
  - Redness, tenderness or increased warmth around incision
  - Pus-like or foul-smelling drainage from incision
  - If your wound opens up, drains fluid, or has redness that spreads

## Sternal Precautions

- For 8 weeks after surgery do not lift, push, or pull anything heavier than 10 pounds
- After 8 weeks you can increase the weight to 15 pounds for another 4 weeks
- 12 weeks after your surgery, if you are having minimal pain and no sternal clicking or popping, you can slowly start to lift more weight and move through greater range of motion

## Dealing with Urinary Difficulty

- Before surgery, talk with your surgeon if you are having any symptoms with urinating – such as frequency, urgency, straining, or incomplete emptying of your bladder
- Excess use of pain medications will increase your risk of not being able to urinate. Over-the-counter medications can help manage your pain

## Activity

**It is important to walk 4 to 6 times a day**

## Driving

No driving while taking pain medications and until your surgeon approves

## Work

Your surgeon will advise you when you may return to work. If you or a family member have questions or require assistance with leave paperwork, please contact the surgeon's office.

## Smoking Cessation

**Stop smoking.** This is the most important thing you can do, and you do not need to do it alone.

For help quitting, call Providence Resource Line at 503-574-6595 or Quit for Life at 1-866-QUIT-4-LIFE, 1866-784-8454.

You can also go to Providence [www.providence.org/stopsmoking](http://www.providence.org/stopsmoking). **Smoking Increases Your Risk of Heart and Breathing Problems.** Smoking increases the mucus in the airways and decreases your ability to fight infection. It also increases the risk of pneumonia and other breathing problems.

# MEDICATION LIST

**NAME**

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MEDICATION	DOSE	HOW OFTEN	PRESCRIBING DOCTOR

**ALLERGIES AND REACTIONS**

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**PHARMACY NAME**









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**PHARMACY PHONE #**

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## Medication Side Effects









This sheet provides side effect information about medications you may receive during your stay. If you have any questions or concerns then please ask your nurse or pharmacist.

WHAT IS MY MEDICATION? Generic (brand name)	WHY AM I TAKING IT?	WHAT ARE THE POSSIBLE SIDE EFFECTS?
<input type="checkbox"/> Oxycodone <input type="checkbox"/> Hydromorphone (Dilaudid) <input type="checkbox"/> Oxycodone-Acetaminophen (Percocet) <input type="checkbox"/> Hydrocodone-Acetaminophen (Norco) <input type="checkbox"/> Tramadol (Ultram) <input type="checkbox"/> _____	<b>OPIOID PAIN RELIEVER</b>  	 <b>MAY CAUSE Dizziness or Drowsiness</b>  <ul style="list-style-type: none"> <li>• Itching</li> <li>• Constipation</li> <li>• Nausea/Stomach upset</li> <li>• Headache</li> </ul>
<input type="checkbox"/> Acetaminophen (Tylenol) for pain/fever <i>For inflammation or pain:</i> <input type="checkbox"/> Ibuprofen (Advil, Motrin) NSAID <input type="checkbox"/> Ketorolac (Toradol) NSAID <input type="checkbox"/> Celecoxib (Celebrex) NSAID <input type="checkbox"/> _____	<b>DECREASE INFLAMMATION/PAIN</b>  	 <b>MAY CAUSE GI Upset</b>  <ul style="list-style-type: none"> <li>• Itching or rash</li> <li>• Risk for bleeding (Ibuprofen, Ketorolac &amp; Celecoxib)</li> </ul>
<input type="checkbox"/> Docusate sodium (Colace) <input type="checkbox"/> Senna (Sennakot) <input type="checkbox"/> Polyethylene glycol (Miralax) <input type="checkbox"/> _____	<b>PREVENT or TREAT CONSTIPATION</b>  	 <b>MAY CAUSE GI Upset</b>  <ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Stomach pain</li> </ul>
<input type="checkbox"/> Ondansetron (Zofran) <input type="checkbox"/> Prochlorperazine (Compazine) <input type="checkbox"/> Metoclopramide (Reglan) <input type="checkbox"/> Aprepitant (Emend) <input type="checkbox"/> Promethazine (Phenergan) <input type="checkbox"/> Scopolamine (Transderm-Scop) *remove on _____ <input type="checkbox"/> _____	<b>NAUSEA or VOMITING</b>  	 <b>MAY CAUSE Headache</b>  <ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Drowsiness</li> <li>• Restlessness (Reglan)</li> <li>• Hormonal birth control disruption (Emend)</li> <li>• Pupil dilation. Confusion in elderly. (Scopolamine)</li> </ul>
Last Updated: January 2019		



## Medication Side Effects

This sheet provides side effect information about medications you may receive during your stay. If you have any questions or concerns then please ask your nurse or pharmacist.

WHAT IS MY MEDICATION? Generic (brand name)	WHY AM I TAKING IT?	WHAT ARE THE POSSIBLE SIDE EFFECTS?
<input type="checkbox"/> Gabapentin (Neurontin) <input type="checkbox"/> Carbamazepine (Tegretol) <input type="checkbox"/> Pregabalin (Lyrica) <input type="checkbox"/> _____	<b>NERVE PAIN</b> 	<div style="border: 1px solid black; background-color: #00a0e3; color: white; padding: 5px; display: inline-block;">  <b>MAY CAUSE Dizziness or Drowsiness</b> </div> <ul style="list-style-type: none"> <li>• Poor coordination</li> <li>• Visual disturbances</li> <li>• Nausea (carbamazepine)</li> </ul>
<input type="checkbox"/> Cyclobenzaprine (Flexeril) <input type="checkbox"/> Methocarbamol (Robaxin) <input type="checkbox"/> Tizanidine (Zanaflex) <input type="checkbox"/> Baclofen (Lioresal) <input type="checkbox"/> _____	<b>MUSCLE RELAXER</b> 	<div style="border: 1px solid black; background-color: #00a0e3; color: white; padding: 5px; display: inline-block;">  <b>MAY CAUSE Dizziness or Drowsiness</b> </div> <ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Dry Mouth</li> <li>• Weakness</li> <li>• Confusion in elderly</li> </ul>
<input type="checkbox"/> Amoxicillin (Amoxil) <input type="checkbox"/> Cefazolin (Ancef) <input type="checkbox"/> Ciprofloxacin (Cipro) <input type="checkbox"/> Nitrofurantoin (Macrobid) <input type="checkbox"/> Cephalexin (Keflex) <input type="checkbox"/> _____	<b>TREAT BACTERIAL INFECTIONS</b> 	<div style="border: 1px solid black; background-color: #76923c; color: white; padding: 5px; display: inline-block;">  <b>MAY CAUSE GI Upset</b> </div> <ul style="list-style-type: none"> <li>• Rash</li> <li>• Itching</li> <li>• Diarrhea</li> <li>• Headache</li> </ul>
<input type="checkbox"/> Oxybutynin (Ditropan) - bladder spasms <input type="checkbox"/> Phenazopyridine (Pyridium) - burning <input type="checkbox"/> Tamsulosin (Flomax) - urination <input type="checkbox"/> Bethanechol (Urecholine) - urination <input type="checkbox"/> _____	<b>BLADDER/URINARY ISSUES</b> 	<ul style="list-style-type: none"> <li>• Nausea</li> <li>• Flushing</li> <li>• Dizziness</li> <li>• Dry mouth</li> <li>• Orange urine (Pyridium)</li> </ul>
<input type="checkbox"/> Aspirin <input type="checkbox"/> Enoxaparin (Lovenox) <input type="checkbox"/> Warfarin (Coumadin) <input type="checkbox"/> _____	<b>PREVENT or TREAT BLOOD CLOTS</b> 	<div style="border: 1px solid black; background-color: #cc0000; color: white; padding: 5px; display: inline-block;"> <b>Risk of Bleeding</b> </div> <ul style="list-style-type: none"> <li>• Bruising</li> <li>• Nausea or stomach upset (warfarin)</li> <li>• Fever (enoxaparin)</li> </ul>

Last Updated: January 2019

## Cardiac Surgery Patient Contract

Your Providence surgery team cares about your health and safety. Your treatment plan includes all of the steps necessary to make sure you get the highest quality care before, during and after your operation. Working with your care team is one of the most important parts of this plan. Providence always wants to provide you with the best care possible. However, you will get the best result when you, your family and your health care providers all work together.

### I PROMISE TO COMMUNICATE WITH MY HEALTH CARE TEAM

- I will let members of my care team know when I do not understand something, when anything worries me, or if anything unexpected happens. My care team will work with me until I feel all of my questions are answered.
- I will tell my care team about all the medications, non-prescription products, vitamins or herbs that I take. I will tell them about my current and past medical problems. Sharing this information is important for making decisions about my care and to make me safer.
- I will work with my health care providers to come up with a safe plan for my move from the hospital back to my home.

### I PROMISE TO INVOLVE MY FAMILY AND LOVED ONES

- If possible, I will have a trusted family member or loved one present with me during my time in the hospital and at clinic visits to help support me during my care.
- My family members and loved ones should feel comfortable asking questions or expressing concerns about the care I am receiving.
- My health care team will do its best to address any issues as quickly as possible.

### I PROMISE TO COMPLETE IMPORTANT CARE STEPS

- I will work with my health care team to come up with a sensible schedule for my follow-up visits with my care team. This includes my appointments for cardiac rehabilitation, a program that will help me feel better and do better after my heart surgery.
- I will follow my home care instructions. I will take all my prescribed medications as directed. I will contact my care team if I do not understand any of my care instructions.

### I PROMISE TO MAINTAIN A HEALTHY LIFESTYLE AFTER MY SURGERY

- I will complete my cardiac rehabilitation program. I understand that doing so will give me a better, quicker and longer lasting recovery.
- I will work with my health care providers to stop my use of any tobacco products.
- I will discuss with my health care providers why eating healthy foods, watching my weight, exercising and taking my medications will keep me healthy.
- Providence will provide resources to help me keep a healthy lifestyle.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

# FAQs

(frequently asked questions)

## about "Surgical Site Infections"

### *What is a Surgical Site Infection (SSI)?*

A surgical site infection is an infection that occurs after surgery in the part of the body where the surgery took place. Most patients who have surgery do not develop an infection. However, infections develop in about 1 to 3 out of every 100 patients who have surgery.

Some of the common symptoms of a surgical site infection are:

- Redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical wound
- Fever

### *Can SSIs be treated?*

Yes. Most surgical site infections can be treated with antibiotics. The antibiotic given to you depends on the bacteria (germs) causing the infection. Sometimes patients with SSIs also need another surgery to treat the infection.

### *What are some of the things that hospitals are doing to prevent SSIs?*

To prevent SSIs, doctors, nurses, and other healthcare providers:

- Clean their hands and arms up to their elbows with an antiseptic agent just before the surgery.
- Clean their hands with soap and water or an alcohol-based hand rub before and after caring for each patient.
- May remove some of your hair immediately before your surgery using electric clippers if the hair is in the same area where the procedure will occur. They should not shave you with a razor.
- Wear special hair covers, masks, gowns, and gloves during surgery to keep the surgery area clean.
- Give you antibiotics before your surgery starts. In most cases, you should get antibiotics within 60 minutes before the surgery starts and the antibiotics should be stopped within 24 hours after surgery.
- Clean the skin at the site of your surgery with a special soap that kills germs.

### *What can I do to help prevent SSIs?*

#### *Before your surgery:*

- Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your surgery and your treatment.

- Quit smoking. Patients who smoke get more infections. Talk to your doctor about how you can quit before your surgery.
- Do not shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

#### *At the time of your surgery:*

- Speak up if someone tries to shave you with a razor before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns.
- Ask if you will get antibiotics before surgery.

#### *After your surgery:*

- Make sure that your healthcare providers clean their hands before examining you, either with soap and water or an alcohol-based hand rub.

**If you do not see your providers clean their hands, please ask them to do so.**

- Family and friends who visit you should not touch the surgical wound or dressings.
- Family and friends should clean their hands with soap and water or an alcohol-based hand rub before and after visiting you. If you do not see them clean their hands, ask them to clean their hands.

### *What do I need to do when I go home from the hospital?*

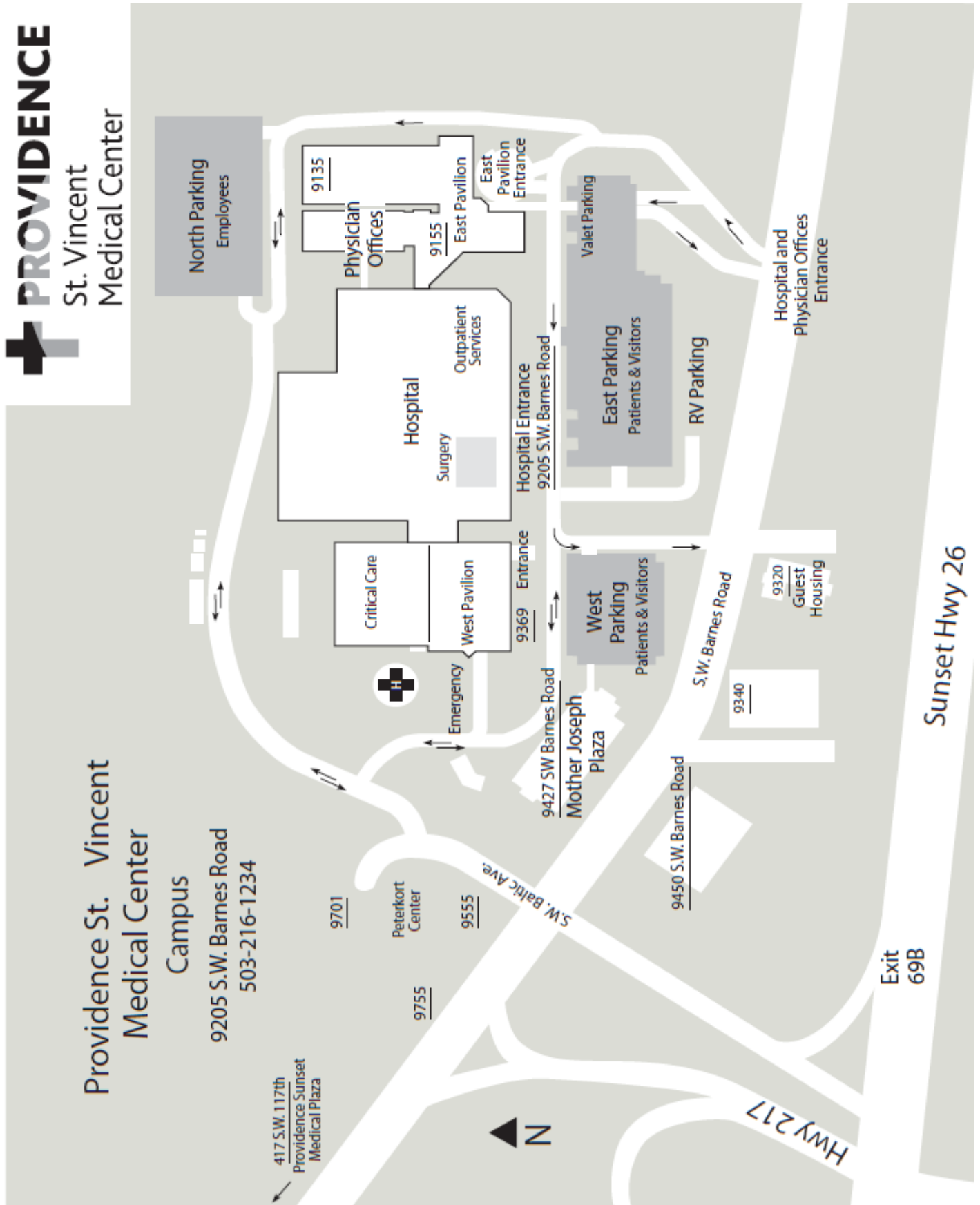
- Before you go home, your doctor or nurse should explain everything you need to know about taking care of your wound. Make sure you understand how to care for your wound before you leave the hospital.
- Always clean your hands before and after caring for your wound.
- Before you go home, make sure you know who to contact if you have questions or problems after you get home.
- If you have any symptoms of an infection, such as redness and pain at the surgery site, drainage, or fever, call your doctor immediately.

If you have additional questions, please ask your doctor or nurse.

Co-sponsored by:



[illegible]



# APPENDIX

## **COMMUNITY DIRECTORY**

### **Providence St. Vincent Medical Center**

On behalf of each Caregiver, we'd like you to know we are here to help make your stay with us as pleasant, comfortable, and as stress-free as possible. For your convenience, we have prepared this directory in alphabetical order. Please let us know if you need more information or assistance.

#### **No-Smoking Policy**

Providence properties are tobacco-free environments.

#### **ATM**

Automated teller machines are located in both the West and East Pavilion lobby of Providence St. Vincent Medical Center.

#### **Automobile Rental**

##### **Budget**

10835 SW Canyon Road, 503-644-1861

##### **Enterprise Rent-A-Car**

10625 SW Canyon Road, 503-644-6500

##### **Thrifty Car Rental**

10385 SW Canyon Road, 503-643-9441

#### **Bus and Light Rail Services**

Tri-Met transit service provides bus and MAX light rail transportation all over the Portland metropolitan area. Providence St. Vincent is served by two major Tri-Met lines (Bus #20 and #60) and by Metropolitan Area Express (MAX). To get to the hospital via light rail, get off at the Sunset Transit Center. The Guest House and hospital are a ¼ of a mile walk from the Sunset Transit Center, or you may call for a taxi.

For help in planning your trip on Tri-Met, call 503-238-RIDE (Monday-Friday) or log on to [www.trimet.org](http://www.trimet.org). Tell them when and where you want to go, and you will be given the details. For bus schedules, brochures, and prices, please inquire at the Guest House front desk or check the front section of the Yellow Pages located in your bedside table.

## Chapel

The chapel at Providence St. Vincent Medical Center is always open and guests are welcome to visit this quiet, reflective place at any time. The chapel is located on the second floor of the main hospital building. Regularly scheduled mass times are 11:30 AM Monday-Friday and Sunday at 3:30 PM.

## Churches and Synagogues

Churches of many denominations are located near the Guest House. This is just a short list of some churches and synagogues in the area. Please check the Yellow Pages for a more detailed listing.

Beaverton First Baptist Church  
5755 SW Erickson Avenue, 503-646-4455

Beaverton First United Methodist Church  
12555 SW Fourth, 503-646-7107

Beaverton Foursquare Church  
13565 SW Walker Road, 503-644-9104

Cedar Hills United Church of Christ  
11695 SW Park Way, 503-644-3838

Providence St. Vincent Medical Center Chapel  
9205 SW Barnes Road, ext. 62261. Outside hospital, call 503-216-2261  
(Masses celebrated Monday-Friday, 11:30 AM and Sunday 3:30 PM)

St. Matthew Lutheran Church  
10390 SW Canyon Road, 503-644-5264

St. Pius X Church (Roman Catholic)  
1280 NW Saltzman Road, 503-644-5264

## Florists

Beaverton Florists  
4705 SW Watson, 503-644-0129

Providence St. Vincent Medical Center Gift Shop (main lobby)  
9205 SW Barnes Road, ext. 62100. Outside hospital, call 503-216-2100

**Gas Stations:** The closest station is the Shell at 10275 SW Park Way.



## Grocery Stores

Market of Choice – Timberland Town Center  
250 NW Lost Springs Terrace, 503-596-3592

QFC  
7525 SW Barnes Road, 503-203-0027 (Open 24 hours)

## Hotels

Fairfield Inn & Suites Portland West/Beaverton, 503-972-0048  
15583 NW Gateway Court, Beaverton OR 97006  
3.5 miles

Hilton Garden Inn Beaverton, 503-439-1717  
15520 NW Gateway Court, Beaverton OR 97006  
3.5 miles

Homewood Suites Beaverton, 503-614-0900  
15525 NW Gateway Court, Beaverton OR 97006  
3.5 miles

Embassy Suites Portland, Washington Square, 503-644-4000  
9000 SW Washington Square Road, Tigard OR 97223  
3.7 miles

Hotel Monaco, 503-222-0001  
506 SW Washington, Portland OR 97204  
4.5 miles

Hotel Vintage Plaza, 503-228-1212  
422 SW Broadway, Portland OR 97204  
4.5 miles

Courtyard City Center, 503-505-5000  
550 SW Oak Street, Portland OR 97204  
4.6 miles

Embassy Suites Hillsboro, 503-718-0007  
20001 SW Tanasbourne Drive,  
Hillsboro OR 97124  
6.0 miles

## Newspapers

The Oregonian and USA Today are for sale at the hospital in the main lobby gift shop and main entrance.

## Pastoral Services

Providence St. Vincent Medical Center believes that total patient care demands attention to the spiritual, as well as the physical and emotional, needs of each patient. Chaplains serve patients and families of all faiths, 24 hours a day. You and your family may request a chaplain at any time for support, guidance, or prayer while you are ill. To request a chaplain between 8:00 AM to 4:30 PM, call Pastoral Services at extension 62261. Outside the hospital, call 503-216-2261.

The ecumenical Pastoral Services staff maintains an extensive call list to contact a minister or visitor from the church of your choice to minister to you while you are here. They are also pleased to contact the priest, minister, or rabbi at the church or synagogue you regularly attend.

There is a chapel on the second floor of the hospital near the cafeteria that is open 24-hours a day. Patients and visitors of all faiths are welcome to visit the chapel for worship services, prayer, and meditation. Mass is celebrated Monday-Friday at 11:30 AM and Sundays at 3:30 PM.

## Pharmacy

There is an on-site pharmacy at St. Vincent Hospital:

- The outpatient pharmacy, located in the Medical Office Building on the east end of the hospital, is open from 7:30 AM to 6:00 PM Monday-Friday. Call extension 62630. Outside the hospital, call 503-216-2630.

Rite Aid

11190 SW Barnes Road, 503-526-9121

Rite Aid

5431 SW Beaverton-Hillsdale Highway (and the corner of Shattuck Road) 503-245-7231

Rite Aid Tanasbourne, 503-645-7704 **Pharmacy open 24 hours**

Fred Meyer

11425 SW Beaverton-Hillsdale Highway, 503-526-1833

## Road Conditions

For road information during inclement weather please call either 1-800-977-6368 or 503-588-2941, or check [www.odot.or.us.forward/roads](http://www.odot.or.us.forward/roads)

AAA Road Report 503-222-6721

## Taxis

Green Cab

\$7.50 flat rate to St. Vincent's from Guest House

Hillsboro Airporter & Car Service, LLC

503-888-9199

Pacific Cab (Medical Only)

503-649-6860

Radio Cab

503-227-1212

## Restaurants/Refreshments

Three dining facilities are located at Providence St. Vincent Medical Center:

**The Eatery** (cafeteria) is located on the second floor near the chapel

- Open Monday-Friday 12:00 AM-4:30 AM and 6:30 AM -8:00 PM
  - o Breakfast 6:30-10:00 AM
  - o Lunch 11:00 AM-1:30 PM
  - o Lunch Grill 11:00 AM-2:00 PM
  - o Dinner 5:00-8:00 PM
- Sat/Sun/Holidays 1:00 AM-4:30 AM and 6:30 AM-7:45 PM
  - o Breakfast 7:30 AM-10:00 AM
  - o Lunch 10:00 AM-1:30 PM
  - o Dinner 5:00 PM-7:45 PM
- Extension 62371 or outside hospital 503-216-2371

**Café West** is located on the first floor in the West Pavilion.

- Open Monday-Friday 7:00 AM-11:00 PM and Saturday/Sunday 7:00 AM-2:00 PM
- Extension 67112 or outside hospital 503-216-7112
- Dial-a-menu ext. 62363

**Vinnie's** is located on the first floor in the East Pavilion.

- Open Monday-Friday 8:00 AM-2:00 PM
- Extension 62601 or outside hospital 503-216-2601

**MJ's Espresso** at Vinnie's is open Monday-Friday 6:30 AM-4:30 PM

## Local Restaurants

### Breakfast/Lunch

#### **Biscuits Café**

460 NW Miller Road, 503-297-3880

#### **Subway**

11160 SW Barnes Road, 503-644-9404

#### **Sunrise Bagels**

10902 SW Barnes Road, 503-626-2783

### Lunch/Dinner

#### **Jimmy John's Sandwiches** (delivers)

2790 SW Cedar Hills Blvd, 503-626-4300

### Asian

#### **Joy Wok**

7331 SW Barnes Road, 503-297-8989

#### **Panda Express**

11192 SW Barnes Road, 503-520-8629

### Italian

#### **Olive Garden**

11650 SW Canyon Road, 503-644-0607

### Mexican

#### **Sandoval's Café and Cantina**

460 SW Miller Road, 503-292-2128

### Pizza

#### **Godfather's Pizza** (delivers)

11140 SW Barnes Road, 503-646-1100

#### **Pizza Schmizza** (delivers)

13587 NW Cornell Road, 971-246-5528

### Steaks, Chops, etc.

#### **Outback Steakhouse** (Take-out also available)

11146 SW Barnes Road, 503-643-8007

**Our Promise to you:**

**Together, we answer the call of everyone we serve:**

**Know Me, Care For Me, Ease My Way**



**Learn more about compassion at Providence by watching our YouTube video:  
“Compassion at Providence”**

