

**ST. JOSEPH HOSPITAL
SURGERY CENTER PERSONAL RECOVERY PLAN**

SPECIALTY INFORMATION: LITHOTRIPSY

PRE-ADMISSION	ADMISSION	PREPARATION AREA	OPERATING ROOM
<p>Arrange for a responsible adult to drive you to the Surgery Center and home again.</p> <p>Notify your driver that they need to stay during the procedure so that they can see the physician after surgery and hear the review of discharge instructions.</p> <p>Arrange for a responsible adult to be with you at home after your surgery.</p> <p>You will be instructed in the Recovery Room as to how long someone will need to be with you at home.</p>	<p>Leave all jewelry, credit cards and money at home.</p> <p>Have your driver park on the 3rd floor of the parking structure.</p> <p>Please check in at the Reception desk and hand in your Anesthesia questionnaire.</p> <p>You will be called into the Preparation area as soon as a room is available. Surgery times may vary based on the activity in the surgical attire.</p> <p>Patients who arrive after you may be called in to the Preparation area first, depending on the assigned surgical suite.</p>	<p>You will need to change into a patient gown for your procedure.</p> <p>A patient belonging bag will be provided for you to keep your shoes, undergarments and clothes.</p> <p>Your items will be returned to you in the Recovery Room.</p> <p>You will have a small tube placed in your vein so that fluids can be provided to your body during surgery.</p> <p>Transport to the Procedure room will be done on the gurney you are lying on in pre-op.</p> <p>Home care instructions will be reviewed. Instructions for use of the urine strainer at home will be demonstrated.</p>	<p>The room is kept cool. Warm blankets are available for you.</p> <p>Equipment in the room will be used to check your body systems (pulse, blood pressure, breathing) or will be needed during your surgery.</p> <p>You will be positioned on a firm table by a professional staff member and an x-ray will be taken before the procedure.</p> <p>There will always be a professional staff person with you during your surgery.</p>

ST. JOSEPH HOSPITAL SURGERY CENTER RECOVERY PLAN

SPECIALTY INFORMATION: LITHOTRIPSY

IV FLUIDS	NUTRITION	ACTIVITY	PAIN MANAGEMENT	DISCHARGE PLAN
<p>IMMEDIATE RECOVERY Small tube in your vein with slow running fluid as ordered by your doctor.</p> <p>This will be removed when you are stable.</p>	<p>Start with clear liquids if there is no nausea.</p>	<p>Up to the recliner chair with assistance.</p>	<p>Pain medication given based on your pain level (0 = no pain to 10 = severe pain), symptoms and doctor's orders.</p> <p>Pain medication by mouth if tolerating fluids and no nausea or vomiting.</p>	<p>Staff will medicate you for nausea and vomiting based on doctor's orders and your symptoms.</p> <p>Staff will review printed and doctor specific home care instructions with patient and family.</p> <p>You will be discharged when you are stable (about 1 hour to 1 hour 30 minutes).</p>
<p>HOME CARE</p> <p>FOLLOW YOUR DISCHARGE INSTRUCTIONS</p> <p>In an effort to promote your wellness, St. Joseph Hospital provides Community Education programs. Please call 714-771-8000 ext. 8266 for the current schedule.</p>	<p>Clear liquids (water, apple, cranberry juices, tea). No milk.</p> <p>Add foods as tolerated beginning with small, frequent meals. Avoid greasy/spicy foods.</p> <p>Drink large amounts of fluids (2 to 4 quarts each day)</p>	<p>May walk with assistance especially after taking pain medicine or feeling unsteady.</p> <p>Avoid heavy lifting for _____ No contact sports. Walking, swimming, golfing are okay.</p> <p>Follow activity instructions from your doctor.</p>	<p>Take your pain medicine regularly every 3-4 hours as needed. Take medicine with food.</p> <p>Avoid alcohol and driving while taking pain medication.</p>	<p>A urine strainer cup has been provided for you to strain all urine.</p> <p>*Place the pieces of stone in the lid (top) of the strainer and bring this to your doctor's office visit.</p> <p>* Urine will have some red color following the procedure.</p> <p>Notify your surgeon if you have:</p> <p>* pain is not relieved by medication</p> <p>* lots of blood clots in your urine</p> <p>* a fever higher than 101 degrees by mouth.</p> <p>* nausea that last a long time.</p>