



## **Your Surgery Arrangements at a Glance:**

### **Preoperative Appointment**

- Date:
- Time:
- Location: Alliance East Lansing, 1560 Turf Lane, East Lansing, MI 48823  
Alliance Mason, 1100 S Cedar Street, Mason, MI 48854  
Telemedicine

### **Surgery**

- Procedure:
- Alliance Surgeon:
- Surgery Date:
- Surgery Time: TBD
- Location: University of Michigan Health -Sparrow  
1215 E. Michigan Ave  
Lansing, MI 48912

### **Post Op Appointments**

- Date:
  - Time:
  - Location: Alliance East Lansing, 1560 Turf Lane, East Lansing, MI 48823  
Alliance Mason, 1100 S Cedar Street, Mason, MI 48854  
Telemedicine
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## **Information About Your Surgery at University of Michigan Health Sparrow with Alliance OB-GYN**

•**Surgery Time:** University of Michigan Health - Sparrow will call you via an automated phone call between 4-7 PM the day before your surgery with the exact arrival time and planned surgery time. Patients are assigned times based on the complexity of the surgery and sickness of the patient.

•**Teaching Hospital:** UMH - Sparrow is a teaching hospital with medical students and resident physicians. We can assure you that your Alliance Doctor will be doing the surgery and providing your care. The resident's role will be primarily a surgical assistant to your Alliance Doctor to help achieve the best result in the safest way possible. The extra set of skilled hands is helpful under most circumstances.

•**Cancellation Fee:** Any surgeries cancelled or rescheduled less than 14 days before the surgery date will be subjected to a \$250 cancel/reschedule fee

•**Disability and FMLA Forms:** If you are expecting an extended leave from work due to medical reasons, you may need a disability/FMLA form completed. Contact your Human Resources department at your job for information about your benefits and what forms they require. Provide the forms to our Alliance team at the front desk to be completed. Forms are completed within 14 days of being received and are subjected to a \$10 processing fee per form

## Pre- Surgical Information

- **Preoperative Appointment:** This is a visit to review plan of surgery with Alliance Doctor including post op expectations and plans for pain control. The appointment date, time and location listed above.
- **Preoperative Clearance:** If you require preoperative clearance, Alliance will include a form in your Surgical Packet for your Primary Care Doctor, Pulmonologist, or Cardiologist. Alliance will require this form be returned to our office no later than 2 weeks prior to your scheduled surgery.
- **Patient Pre-Surgery Check List:**
  1. Prevent Pregnancy if you have a male partner: Use a reliable form of contraceptive for at least 2 weeks prior to surgery . Reliable birth control includes; sterilization (tubal, vasectomy), non expired IUD, birth control pills/patch/ring/shot/implant or consistent use of condoms.
  2. If your surgery will be near skin that has hair, stop shaving 2 weeks prior to surgery.
  3. Stop Medications
    - Vitamin: Stop all over the counter herbal/dietary supplements one week before your surgery
    - Weight loss medications: Stop all weight loss medications or diet pills one week before your surgery. This includes GLP-1 inhibitors (Wegovy, Ozempic) that are not being used for treatment of diabetes
    - Blood pressure medications: Take your blood pressure medications as normal unless you are taking an ACE-inhibitors. Do not take ACE-Inhibitors on the day of surgery
    - Blood thinners: If you are taking blood thinners or platelet medications (Lovenox, Eliquis, Plavix, Coumadin etc) modify the dose as instructed. If you have not received instructions, please call Alliance
    - Diabetes: If you are taking diabetes medications (pills or injections) please modify your dose as instructed by your primary care team. If you have not received instructions, please call Alliance
    - Stop Motrin, Advil, Ibuprofen, Naproxen and other NSAIDS two weeks before your surgery
    - Do not use Marijuana on the day of your surgery
  4. Pre-Operative Phone Interview with UMH-Sparrow Nurse: Once surgery is scheduled you will be called by a UMH- Sparrow Pre Anesthesia Nurse to review your medical history, review medications and to order pre-op lab

work. If you have not received a Preoperative phone call from a UMH-Sparrow Preanesthesia team member within 1 week of surgery, please call 517-364-5552 and select #4. If you must leave a message, please state the best time to reach you and they will return your call.

5. Complete Labs and Diagnostic Studies (if needed) as instructed by UMH-Sparrow PreAnesthesia team.
6. Night before surgery
  - Receive automated phone call from UMH-Sparrow the day before surgery between 4-7pm with arrival time and planned surgery time.
  - Stop eating solid foods after midnight the day of your surgery. You can have small amount (8oz) of clear liquid clear liquid (water, apple juice, electrolyte replacement/sports drinks) up to 3 hours before your surgery
  - Take a shower and clean your entire body with soap. Any soap is okay, does NOT have to be antimicrobial or chlorahexidine.

## **Day of Surgery**

- UMH-Sparrow will notify you the day before surgery of the arrival time and planned time of surgery. Plan to arrive at hospital at the arrival time.
- What to bring to hospital
  - Wear loose, comfortable clothing and flat-heeled shoes
  - Driver's License (or Picture Identification) and Insurance Card(s)
  - Copy of your Durable Power of Attorney for Health Care (DPOA) if you have one
  - A case for contacts and glasses (if you wear them)
  - Bring CPAP machine into hospital with you (if you use one) Do not leave in car.
  - Leave at home any valuables including all jewelry.
- When you Arrive
  - Use “Parking Structure A” which is located on the North East corner of Michigan and Pennsylvania
  - Check in the desk in the front lobby, you will be instructed to use the Tower Elevators and go to Preop Check In on the lower level.
  - Two adult visitors may be at the bedside at any time. Children under the age of 12 are not allowed as visitors.
  - If you are having outpatient surgery, plan for a responsible adult to come to the hospital, remain at the hospital until you are discharged, and be at home with you for 24 hours following the anesthesia or sedation. You must have an adult drive you home. Patients should not drive, sign important documents, or consume alcohol for 24 hours following their surgery.

## **Post Operative Appointments and Information**

- Post Operative Phone call : An Alliance Nurse will be calling you following your surgery to check on you and review any pathology that was collected during surgery.
- Post Operative Instructions: At the time of your discharge from the hospital you will receive instructions specific to your surgery. There is a copy on the Alliance website (“Sparrow Hospital Gynecologic Surgery – After Care Instructions”) Please let us know at Alliance if you develop any fever, incision redness or unexpected pain or bleeding.
- Post Operative appointment: major surgery will require 1 or 2 post op appointments with your Alliance surgeon. Some minor surgeries will only require the post op phone call from the Alliance Nurse.