

## PARKING AND DIRECTIONS

The main operating room is located at 450 Stanyan Street, San Francisco, CA 94117. Street parking is available but limited. Paid parking is available in the Medical Center Parking Garage, located at One Shrader Street. For frail or disabled patients there is conveniently located disabled parking directly in front of the Medical Center's main lobby. If you park in the Medical Center Parking Garage, take the elevator to the A Level. Follow directional signs to the Main Hospital elevators. Take elevators to the first floor, LOBBY Admitting & Registration. Parking validation is available for a reduced rate.

## DIRECTIONS TO ST. MARY'S MEDICAL CENTER

### From The Peninsula (via 101 North)

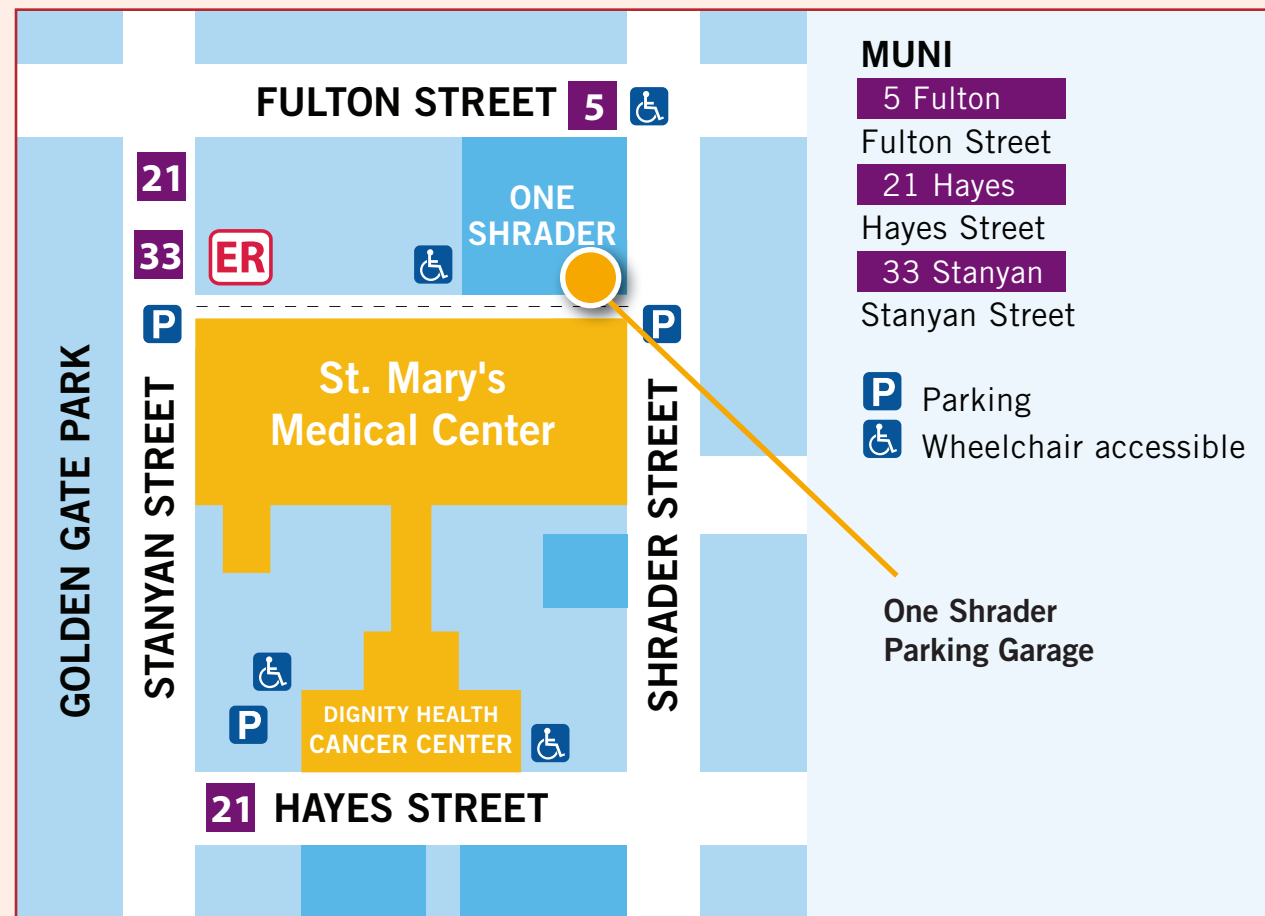
Take US-101 North toward San Francisco. From the left lane merge onto US 101N/Golden Gate Bridge. Continue onto Octavia Blvd. Turn left at Fell Street. Turn right onto Stanyan Street and continue to 450 Stanyan Street. Turn right into St. Mary's Medical Center. Enter at the main entrance and report to 1st Floor Lobby Admitting.

### From East Bay (via 80 South)

Head west on Interstate-580 toward Oakland. Merge onto Interstate 80 West toward San Francisco. There is a toll on the Bay Bridge portion of I-80. Merge onto US-101 North toward Golden Gate Bridge. US-101 North becomes Octavia Blvd. Turn left onto Fell Street. Turn right onto Stanyan Street. Main Hospital entrance is on the right. Enter at the main entrance and report to 1st Floor Lobby Admitting.

### From North Bay (via 101 South)

Merge onto US-101 South toward San Francisco. There is a toll on the Golden Gate Bridge. Merge onto CA-1 South toward 19th Avenue/Golden Gate Park. Turn right onto Cabrillo Street. Turn left onto 14th Avenue. Turn left onto Fulton Street. Turn right onto Shrader Street. Main hospital entrance is on the right side of the street. Enter at the main entrance and report to 1st Floor Lobby Admitting.



# Your Passport to St. Mary's Medical Center

## A guide to help you plan for your upcoming procedure

### Important Dates and Times

Your surgery will take place at St. Mary's Medical Center.

Procedure	Surgeon	Date
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Your pre-operative history & physical clearance will be completed by:

- Surgeon  
OR  
 Your Primary Care Physician PCP \_\_\_\_\_ Appt. Date/Time \_\_\_\_\_

\*If you normally see a cardiologist, you may need to schedule an appointment for surgical clearance with them as well.

### PRE-SURGICAL ADMISSIONS (PSA) APPOINTMENT

If pre-operative testing such as labs, EKG, or chest X-Ray are required for your surgery, you may complete these with your PCP or make a Pre Surgical Admissions appointment at SMMC. Please call 415-750-4900 to make an appointment.

If you did not need to come in for an appointment, a Pre-Surgical Admissions nurse will call you 1-2 business days prior to your surgery to update your health history information and review instructions for day of surgery.

**Location:** PSA is located in Room 33, 3rd floor of SMMC 450 Stanyan Street, San Francisco, CA

Please bring the following to your PSA appointment:

1. List of current medications
2. Copy of completed Advanced Directive (if you have one)

### POST-OP APPOINTMENT

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

Location: \_\_\_\_\_



## Important Information

An informed patient is usually more relaxed and is likely to have a smoother and more rapid recovery. Please read this brochure thoroughly, it will help you prepare for your surgery and help you understand what is expected of you. There may be additional information specific to your surgery that we have included as well.

### Your Medical Insurance

You may have a co-pay and/or deductible that will be due before the day of your procedure. We strongly advise that you contact your insurance company immediately to find out what you may owe.

**Your insurance company will need the following items (provided to you by your Surgeon's office)**

- Diagnosis codes: \_\_\_\_\_
- Procedure codes: \_\_\_\_\_
- Ambulatory     Admit

**To pre-register, you may contact Admitting at (415) 750-5705 or go online to [www.stmarysmedicalcenter.org](http://www.stmarysmedicalcenter.org). Go to the "Patients & Visitors" link.**

**Click on Admitting and Online pre-registration.**

The Patient Financial Advisor will be reaching out to you prior to your surgery to discuss insurance and payment. If you have any questions, we would be happy to speak with you earlier. Patient Financial Advisor can be reached at: Ambulatory Surgery (415) 750-4941    Inpatient Surgery: (415) 750-5817

### Your Hospital Bill

Your hospital bill will include the cost of services provided by the hospital staff (facility fee). It does not include the fees for services provided by the following: surgeon, anesthesiologist, radiologist, or pathologist.

**Insured patients:** As a courtesy to you, the hospital business office will file your claim with your insurance carrier if you provide the necessary billing information. Please bring your insurance company identification card and claim form, Medicare card, or current Medi-Cal card and sticker with you to all of your appointments.

**Most insurance policies require that your patient liability portion of the bill (deductibles and/or co-payments) is to be paid before the day of your procedure. Patient Registration will contact you to collect your co-pay.**

### Cancelling Surgery

Please be sure that the date and time you are given for your surgery will work with your personal schedule.

**If you find that you need to cancel or reschedule your surgery, please call your surgeons's office immediately.**

## PLANNING FOR YOUR PROCEDURE

### For Your Safety

- **Do not eat or drink past midnight before your procedure.**
- Tell us if you: are allergic to natural rubber latex, have been diagnosed with sleep apnea or if you / your family has a history of malignant hyperthermia.

### Before Your Procedure

- Notify your physician as soon as possible if you get a cold, fever, or any illness prior to your surgery date.
- Please bring a list of any medications and food or drug allergies.
- Please check with your doctor to verify if you need to stop blood thinners and aspirin/NSAIDS.

### Day of Procedure

- Please wear comfortable clothes.
- Please do not wear jewelry/piercings.
- Please do not wear makeup.
- **You will need a responsible adult to drive you home.**  
Please note: you may only take a taxi or bus if you have an adult family member or friend to accompany you. After receiving an anesthetic, you will NOT be permitted to drive, regardless of the instance, because you will be legally intoxicated.
- **MINORS:** A legal guardian must be here before, during, and after the procedure.
- **LEGAL GUARDIANS:** Please be prepared to present proof of guardianship at the time of surgery.
- Check in at Admissions, lobby level 1. Please remember to bring advance health directive or power of attorney (if you have one), and any remaining co-pay not yet paid to registration. SMMC accepts cash, checks, and credit cards.
- If your procedure requires an overnight stay, you may bring an overnight bag, please leave valuables at home.
- You are welcome to bring an interpreter but we do have translation services in the hospital.
- For questions on your Day of Surgery, please call 415-750-5754.

### What to Expect

- Before any medication is given, you will be asked to read and sign a form giving your doctor and the hospital permission to perform your surgery.
- Forms for children 17 years or under can only be signed by a parent or legal guardian. Please bring your proof of guardianship paper to the hospital with you. Please do not leave the hospital during your child's procedure.
- You will have intravenous (IV) fluids started as a way to provide medication as needed.
- Children may have their parents accompany them to the pre-op and recovery areas.
- Family and friends may wait for you in the waiting room. After the procedure, your doctor will go to the waiting room to meet with your family and answer any questions they may have.

### After the Procedure

- You will spend time in the recovery room until you are sufficiently awake.
- Nurses will monitor your recovery.
- Before you leave, you will be given home care instructions. Please follow them carefully.

### At Home

- It is normal to feel a little drowsy for several hours after your surgery. Please follow these instructions until the next day (unless otherwise instructed by your doctor).
- Do not drive.
  - Do not drink alcoholic beverages.
  - Use no medications unless specifically instructed by your doctor.
  - Avoid making complex or legal decisions.
  - Avoid working with machinery or power tools.
  - It is best to start with non-greasy light food and advance as you can tolerate after anesthesia.