

Patient Checklist For Fairview Southdale Hospital

Name: _____ Surgery date: _____ Time: _____

Please check in at the welcome desk, located in the Skyway Lobby, at: _____ a.m./p.m.

Please do the following

- See your family doctor for a physical exam within 30 days before surgery. If you do not, we may have to reschedule. Please ask your doctor to:
 - Complete the enclosed History and Physical form. Have your doctor fax it to the number listed on that form.
 - Fill out the medicine sheet on the right. It's important that you know what medicines you can and cannot take before surgery.
- Register with the hospital 10 days before your surgery date. Have your insurance card ready.
 - To register by phone: Call 952-924-5116 (Monday through Friday, 8 a.m. to 9 p.m.; weekends 9 a.m. to 5 p.m.).
 - To register online: Go to www.fairview.org/reg and choose Fairview Southdale Hospital.
- If you will have same-day surgery, you must arrange for:
 - A family member or friend to drive you home.
 - A responsible adult to stay with you the night after surgery. We will ask this person to listen to your discharge instructions.
- Follow the steps on how to get ready for surgery. (See back of page.) A nurse will call you at home with more information.

Medicine sheet

Stop taking these medicines before your surgery:

Medicine: _____

Date to stop taking it: _____

Medicine: _____

Date to stop taking it: _____

Medicine: _____

Date to stop taking it: _____

Take these medicines (with a little water) on the morning of surgery:

Medicine: _____

Medicine: _____

Medicine: _____

Medicine: _____

continued

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Getting ready for surgery

The day before surgery:

- Do not drink alcohol.
- Do not take over-the-counter drugs.
- Eat a normal meal the night before surgery (unless your doctor tells you otherwise).
- Do not eat solid food after midnight.

The day of surgery:

- Do not eat solid food.
- Drink only clear liquids. (These include water, 7-UP, apple juice and coffee without cream. Milk is not a clear liquid.) Follow these rules:
 - You may have clear liquids up to 3 hours before surgery.
 - If you are obese (very overweight), pregnant, diabetic or have a hiatal hernia with reflux, ask your doctor when you should stop clear liquids.
- Take your prescription medicine as directed by your doctor. You may take it with a small amount of water.
- Bring your prescription insurance card, co-pays for any medicines you might need and money for parking. Leave jewelry and valuables at home.
- If you received any papers at your doctor's office, bring these with you to the surgery.

Parking

Park in the Skyway Ramp on the corner of France Avenue South and 65th Street. Walk across the skyway to the hospital. You may check in at the welcome desk in the lobby.

A smoke-free, fragrance-free hospital

Please note that smoking is not allowed at Fairview Southdale Hospital.

For our patient's comfort, this hospital is a fragrance-free environment. Because people who don't feel well can be more sensitive to smells, we ask patients and their visitors not to wear perfume, scented lotions or aftershave.

Going home after surgery

If you will go home on the same day as your surgery: Your friend or family member can pick you up on the south side of the Skyway Lobby. We will take you to the door. You do not have to walk through the lobby.

If you will stay the night at the hospital: Pick-up is at the Crosstown Lobby. This is on the north side of the hospital, facing Crosstown Highway 62. We will take you there.

Relaxation classes

Fairview Southdale offers a Relaxation Therapy class on Mondays from 8:30 to 9:30 a.m. This class teaches how to manage pain and how to get the most out of pain medicine.

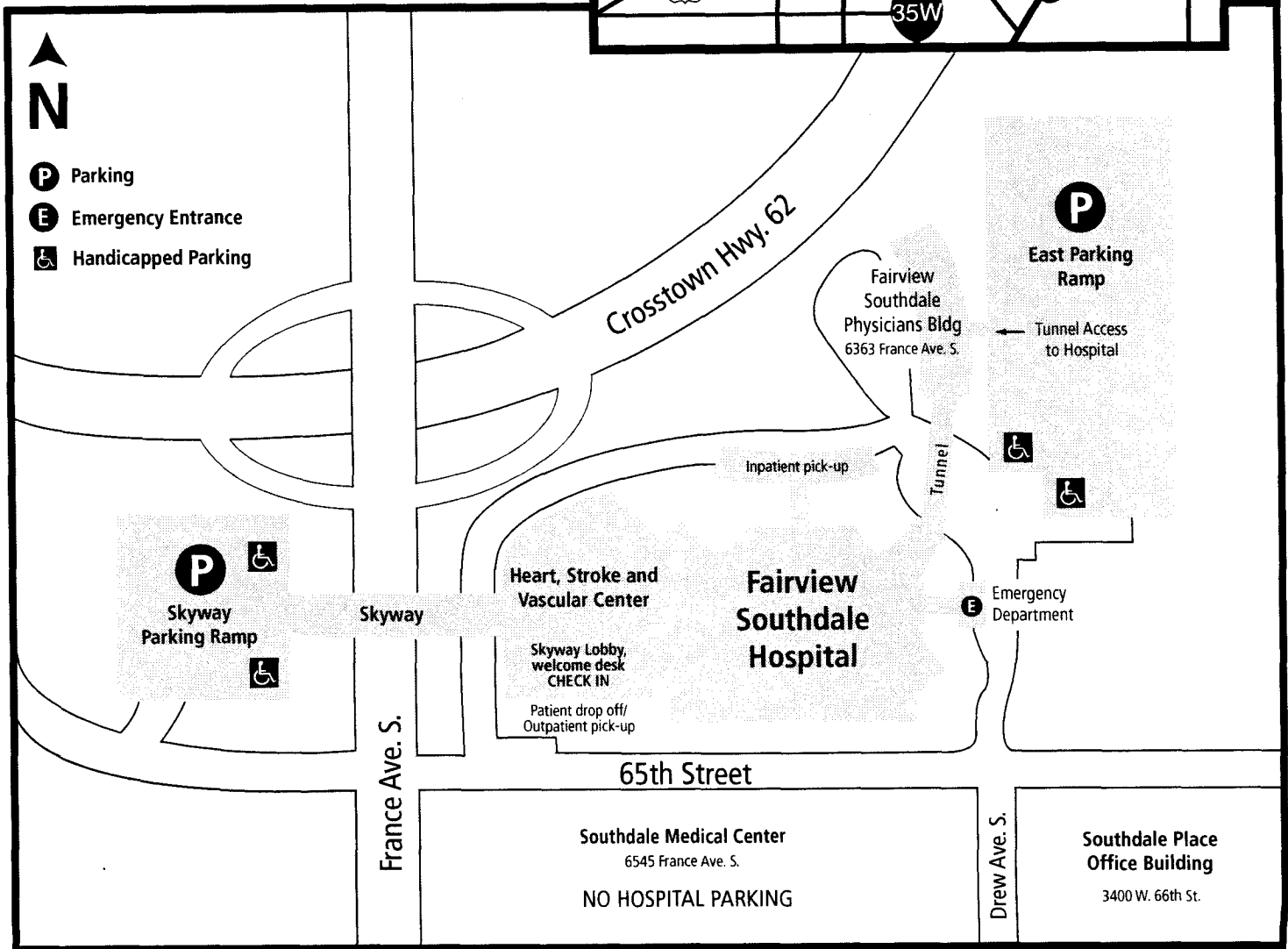
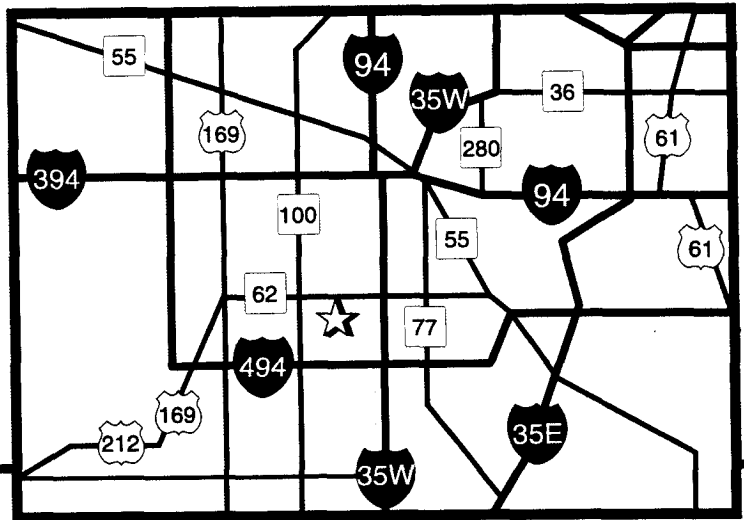
To register, call 952-924-5696. Leave a message with your name, phone number and the date of the class you plan to attend. Someone will meet you in the family lounge on the fifth floor.



Directions to

Fairview Southdale Hospital, Skyway Lobby, Edina

6401 France Ave. S.
Edina, MN 55435
952-924-5000



Directions to

Fairview Southdale Hospital in Edina

Fairview Southdale is conveniently located on the southeast corner of Highway 62 (Crosstown) and France Avenue in Edina. It is easily accessible from any point in the metro area. Please follow the appropriate directions listed below:

From North

Take Highway 35W south to Highway 62 (Crosstown). Follow Highway 62 west to France Avenue exit. Turn left onto France Avenue. Proceed one block to 65th Street. Turn right on 65th Street and take the first right into the Skyway Parking Ramp.

Or, take Interstate 94 east to Highway 494 (turns into 494 south) to Highway 62 (Crosstown). Follow Highway 62 east to France Avenue exit. Turn right onto France Avenue. Proceed to 65th Street (first stoplight). Turn right on 65th Street and take the first right into the Skyway Parking Ramp.

From South

Take Highway 35W north to Highway 62 (Crosstown). Follow Highway 62 west (left exit) to France Avenue exit. Turn left onto France Avenue. Proceed one block to 65th Street. Turn right on 65th Street and take the first right into the Skyway Parking Ramp.

Or, take Highway 100 or 169 north to Highway 62 (Crosstown). Follow Highway 62 east to France Avenue. Turn right onto France Avenue. Proceed to 65th Street (first stoplight). Turn right on 65th Street and take the first right into the Skyway Parking Ramp.

From East

Take Highway 62 (Crosstown) west to France Avenue exit. Turn left onto France Avenue. Proceed one block to 65th Street. Turn right on 65th Street and take the first right into the Skyway Parking Ramp.

Or, take Highway 494 west to France Avenue exit. Turn right onto France Avenue. Proceed 2 miles to 65th Street. Turn left on 65th Street and take the first right into the hospital parking ramp.

From West

Take Highway 494 east to France Avenue exit. Turn left onto France Avenue and proceed 2 miles to 65th Street. Turn left on 65th Street and take the first right into the Skyway Parking Ramp.

Or, take Highway 394 east to Highway 100. Follow Highway 100 south to Highway 62 (Crosstown). Take Highway 62 east to France Avenue exit. Turn right onto France Avenue. Proceed to 65th Street (first stoplight). Turn right on 65th Street and take the first right into the Skyway Parking Ramp.

Or, take Highway 62 east (Crosstown) to France Avenue exit. Turn right onto France Avenue. Proceed to 65th Street (first stoplight). Turn right on 65th Street and take the first right into the Skyway Parking Ramp.

Parking fees

There is an hourly charge for parking, with a daily maximum. You may buy a daily pass from the parking attendant that lets you come and go as you wish for 24 hours from the time you enter the parking ramp. It is valid in while attendants are on duty. Five-day passes are also available. For more information, contact the the Parking Office, 952-924-5016.