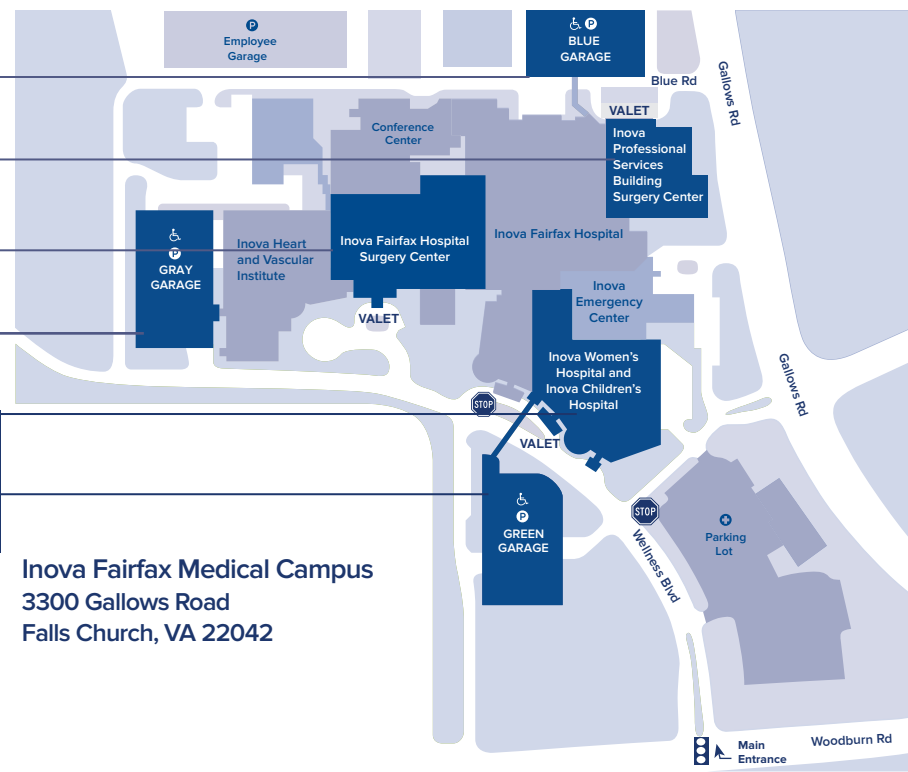


**Inova Professional Services Surgery Center**  
 - Park in Blue Garage or use Valet  
 - Enter via the Inova Professional Services building main entrance  
 - Take the elevators to the third floor

**Inova Fairfax Hospital Surgery Center**  
 - Park in Gray Garage or use Valet  
 - Enter via the Inova Fairfax Surgery Center entrance

**Inova Women's Hospital Surgery Center**  
 - Park in Green Garage or use Valet  
 - Enter via the Inova Women's Hospital entrance



For after-hour and weekend registration, please enter through Inova Women's Hospital entrance.

**Inova Fairfax Medical Campus**  
 3300 Gallows Road  
 Falls Church, VA 22042

### Directions to Surgery Locations

#### Inova Fairfax Medical Campus

*Via I-495 (Capital Beltway):*

*From the North (Tysons):* Take Exit #51 Gallows Road/650. Stay left at the top of the ramp. Go straight at the light onto Woodburn Road. Turn right at first light onto Wellness Boulevard. See parking directions below.

*From the South (Alexandria/Springfield):* Take Exit #51 Gallows Road/650. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left at second light onto Woodburn Road. Turn right at first light onto Wellness Boulevard. See parking directions below.

*Via Rt. 50:*

*From the West (Fairfax):* Exit onto Gallows Road/650. At the top of the ramp, bear to the right onto Gallows Road. Proceed on Gallows Road and turn right at the fifth light onto Woodburn Road. Turn right at first light onto Wellness Boulevard. See parking directions below.

*From the East (Washington/Falls Church):* Pass under I-495 and exit onto Gallows Road/650. At the light at the top of the ramp, turn left onto Gallows Road. Proceed onto Gallows Road and turn right at the fifth light onto Woodburn Road. Turn right at first light onto Wellness Boulevard. See parking directions below.

#### Parking for Inova Fairfax Hospital Surgery Center

- Enter the hospital campus from Woodburn Road via the main entrance onto Wellness Boulevard
- Turn right after the second stop sign into the Inova Fairfax Hospital Surgery Center entrance for patient drop-off
- Valet parking is available in front of the lobby doors or you can self-park in the GRAY garage on the right past the Surgery Center entrance. Parking fee and valet fee are \$5. There is complimentary valet parking for outpatient procedures, please speak to your care team for more information.
- Enter the Surgery Center. Check-in desk is located on the left

#### Parking for Inova Professional Services Building Surgery Center

- Enter the hospital campus via the Blue Road off Gallows Road
- Valet is available at lobby doors on the left or you can self-park in the BLUE garage on the right. Parking fee and valet fee are \$5. There is complimentary valet parking for outpatient procedures, please speak to your care team for more information.
- Enter the Inova Professional Services Building lobby
- Take the Blue elevators to the third floor
- Check in at third floor registration

#### Inova Women's Hospital Surgery Center

*Via I-495 (Capital Beltway):*

*From the North (Tysons):* Take Exit #51 Gallows Road/650. Go straight across Gallows Road. Turn right at the first light onto Wellness Blvd.

*From the South (Alexandria/Springfield):* Take Exit #51 Gallows Road/650. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left at the third light onto Woodburn Road. Turn right at the first light onto Wellness Blvd. See parking directions below.

*Via Rt. 50:*

*From the West (Fairfax):* Exit onto Gallows Road/650. At the top of the ramp, bear to the right onto Gallows Road. Proceed on Gallows Road and turn right at the fourth light onto Woodburn Road. Turn right at the first light onto Wellness Blvd. See parking directions below.

*From the East (Washington/Falls Church):* Pass under I-495 and exit onto Gallows Road/650. At the light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road and turn right at the fourth light onto Woodburn Road. Turn right at the first light onto Wellness Blvd. See parking directions below.

#### Parking instructions for Inova Women's Hospital Surgery Center

- Please use the Inova Women's Hospital Surgery Center Lobby Entrance which is located on the right after the first stop sign on Wellness Blvd.
- For your convenience, a patient drop-off area and valet parking is immediately outside of the Inova Women's Hospital lobby.
- If you wish to self-park, please use the GREEN parking garage. Parking fee and valet fee are \$5.
- To check in for surgical procedures, proceed to the registration desk just inside the Inova Women's Hospital lobby doors.

### Welcome

Thank you for choosing Inova Fairfax Medical Campus for your upcoming procedure. We take pride in providing the highest quality care in a safe environment.

At Inova Fairfax Medical Campus, you will always be treated with compassion and concern for your well-being. This guide will provide information on how to prepare for your procedure, what to expect once you arrive at the hospital and how to plan for your care after surgery.

#### Location:

- Inova Fairfax Hospital Surgery Center
- Inova Women's Hospital Surgery Center
- Inova Professional Services Building (3rd Floor) Surgery Center

Arrival Time: \_\_\_\_\_

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

Procedure Time: \_\_\_\_\_

### Important Phone Numbers

Inova Pre-Procedural Evaluation Clinic .....	703.776.2000
Inova Pre-Procedural Evaluation Clinic (after 7:00 p.m. day before surgery).....	703.776.3316
Financial Services.....	703.776.6019
Hospital Billing Questions.....	571.423.5750
Anesthesiology Billing Questions .....	1.888.280.9533
Medical Records Office.....	703.776.3307

## Before Your Surgery

- Your surgeon will schedule the date and time of your procedure with the Surgical Services scheduler and determine the length of your stay.
- It is important to notify your surgeon's office if there is any change in your health status before your surgery such as a cold, sore throat, cough, fever, flu-like symptoms or infection or rash at the surgical site. Please DO NOT wait until day of surgery.

### You will:

- Call the Pre-Procedural Evaluation Clinic staff at **703.776.2000** to schedule your phone interview with a nurse who will:
  - Review your medical, surgical and family history
  - Discuss with you any additional testing needed and dietary restrictions required by anesthesia
  - Answer any questions you may have about your upcoming visit to Inova Fairfax Medical Campus

On average, the interview takes 45 minutes.

- Complete the following pre-procedural worksheet prior to your interview
- Call **703.776.2000** to reserve a space at our joint camp, if you are scheduled for a hip or knee replacement surgery.
- Follow and complete your procedural preparation, if ordered

## Pre-Procedural Interview Worksheet

During your pre-procedural interview, ensure that you are in a quiet area where you can discuss your personal health in private. Please have the following information completed and available in front of you for the duration of the interview:

## Pre-Procedural Testing information

If your physician has ordered additional preoperative testing, discuss with the nurse during your phone interview whether you may come to Inova Pre-procedural Evaluation Clinic to have the tests completed. No appointment is necessary. If a medical clearance is needed, we can facilitate the appointment for you.

### Inova Pre-Procedural Evaluation Clinic

Ground Floor, Professional Services Building, Inova Fairfax Medical Campus, 3300 Gallows Road, Falls Church, VA 22042

### Hours of Operation

Monday through Friday: 7 a.m. - 7 p.m.

*(Please note: last lab services are at 6:45 p.m.)*

### Other Laboratory Service Locations

Inova Laboratories also offers appointments for lab work and testing through out the northern Virginia area. For a list of locations and hours, visit [inova.org/locatelab](http://inova.org/locatelab)

**Please have the following pre-procedural testing information available:**

Test Ordered	Where	When

## Pre-Procedural Interview Worksheet

Please have the following information available for your scheduled phone interview with the nurse:

### List of Medications You are Currently Taking:

*(including all over-the-counter and herbal supplements)*

Name of Medication	Dosage	Times Taken

### List of Past Procedures That Required Anesthesia

Procedure	Anesthesia	Location/Date

### List Your Specialists and Primary Care Physician

*Please note: cardiology, pulmonology, nephrology, hematology/oncology, neurology, and pain management specialists are required, some others may be requested based on your health.*


## Important Preoperative Instructions

The following instructions are designed to provide you with a safe and comfortable surgical and anesthesia experience.

Please follow all instructions carefully:

- Please arrange for someone to drive you or accompany you home. For your safety, you will not be allowed to drive home or take public transportation alone after sedation or anesthesia. A responsible adult who is known to you and will be responsible for your safety must be present to accompany you home when you are ready to leave. You may use public transportation or a ride share service only if someone (not the driver) is accompanying you.
- We strongly recommend that all patients have an adult at home with them for the first 24 hours after surgery

### Other Instructions:

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### Special Medication Instructions from Anesthesiologist:

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## Preoperative Skin Cleansing

**If directed by your physician or pre-procedural staff, please follow the instructions below to reduce bacteria on your skin.**

- Buy Hibiclens at your local drug store. It is available in the pharmacy section. Hibiclens is a 4% Chlorhexidine Gluconate (CHG) antiseptic solution that will reduce the risk of infection at your surgical site. Please follow these instructions:
  - Take TWO showers, one the night before and one in the morning before coming to the hospital for your surgery. You must be able to shower – no tub baths. Please note, you might be directed to take more than two showers by your physician or nurse.
  - Please do not shave or wax body hair at least 48 hours prior to surgery. It is okay to shave facial hair, but do so before showering.
  - With your first shower, shampoo your hair and wash your skin with your regular shampoo and soap. Rinse thoroughly then use the Hibiclens solution. For your second shower do not wash with regular soap before using the Hibiclens solution.

## Day Before Your Procedure

- Be sure to monitor your overall health – it is important to notify your surgeon's office if there is any change in your health status.
- Unless you were given specific instructions by your physician or your pre-procedural services nurse, please shower or bathe the night before and the morning of surgery with an antibacterial soap. See the box below for preoperative skin cleansing instructions to follow if directed by your surgeon or pre-procedural staff.
- If your procedure is in Inova Women's Hospital Surgery Center we would like you to follow the preoperative skin cleansing instructions below using Hibiclens® soap.
- Remove all make-up before you arrive
- Leave valuables and jewelry at home
- if you wear contacts please leave them at home
- You may brush your teeth and gargle on the morning of surgery but do not swallow any water
- Follow eating and drinking restrictions as instructed by your surgeon or the pre-procedural nurse
- Prepare what to bring with you:
  - Legal ID you used when scheduling surgery with your doctor
  - Health insurance card
  - Pharmacy card
  - Form of payment (check, cash or credit card)
  - Telephone numbers of people you wish to call
  - Eyeglasses (do not wear contact lenses) and case
  - Hearing aids and case; mark the case with your name and date of birth
  - Dentures – we will provide a container
  - Comfortable, loose-fitting clothing that will be easy to put back on after surgery (a gown will be provided)

- Then, using the Hibiclens solution and a clean, wet washcloth, wash your skin again starting from the neck down and gently scrub your skin, avoiding the genital area. Do not let the Hibiclens come into direct contact with your hair, scalp, face, mucous membranes and genitalia. Pay special attention to the area of your body where your surgery will take place. If you cannot reach the area where your surgery will take place, please have someone wash for you (after they have thoroughly cleansed their hands). Allow the Hibiclens solution to remain on your skin for at least two minutes. Your skin should then be rinsed and dried with a clean towel.
- After your evening shower, dress in clean pajamas and sleep on clean sheets. After your morning shower, dress in clean clothes that you will wear to the hospital. Keep any pets out of the bedroom for the night.
- Do not apply any creams, lotions, powders, perfumes or deodorant on day of surgery.

## Day of Your Procedure

- For all surgical procedures at any of the surgical centers located at Inova Fairfax Medical Campus, please arrive at the facility TWO HOURS prior to your scheduled procedure to allow for registration and preparation for your surgery.
- Enter through the appropriate surgery center and proceed to surgery check-in desk.
- You and/or your companion or family member will also receive a pager. You can return the pager to your nurse at discharge or place it in one of the return bins.
- Your companion or family member will be provided with a tracking sheet with an individualized tracking number. They can use this number to monitor your progress on the tracking board in the waiting area.

## Registration Process

- Proceed to the Surgical Services waiting area for the suite to which you are scheduled:
  - Registration will notify our preoperative team to prepare your pre-op room.
  - Once your preoperative room is ready, a team member will come out to escort you to your room. A member of your family or companion may accompany you if you wish.
  - You will be asked to use the restroom. Women may be asked to give a urine specimen.
  - When you reach your room, you will be asked to change into a hospital gown.
  - At this time, registration will begin. You will need the following information:
    - Valid Photo ID
    - Insurance Card
    - Form of Payment (check, cash or credit card)
    - Pharmacy Card
- You will meet the following members of our surgical team who will verify your name and procedure, review your medical information and obtain your surgical consent:
  - Preoperative nurse and clinical technician
  - Anesthesiologist and/or certified registered nurse anesthetist (CRNA)
  - Surgeon
  - Operating room nurse
- Please ask any questions or share any concerns you may have at this time.

## When the Procedure is Ready to Begin

- You will be wheeled on a stretcher to the operating room by the operating room nurse and anesthesiologist or CRNA.
- At this point your family member or companion will be directed to the Surgical Services waiting area where they can monitor your progress on the patient tracking board using your tracking number. Please note, this is for all patients except those having a cesarean birth.

## When the Procedure is Completed

- If you are being admitted, you and your family will be taken upstairs when your room is ready.
- The recovery nurse will contact your family several times: once about 30 minutes after your arrival in the recovery room to give an update, when you are ready for a visitor and when you are ready to be moved to your room.

## Recovery and Discharge

- If you are going home after your procedure, you will be moved to the Phase II recovery area when awake from surgery.
- When you are awake, settled, comfortable and ready, your family member or companion will be called to join you in the recovery room (PACU).
- It is normal to feel drowsy the remainder of the day after receiving anesthesia. This is why we encourage you to stay with a responsible adult for the first day.
- If you are going home after your procedure, you and your family member or companion will be given discharge instructions and any prescriptions the surgeon has written.
- For your convenience, Pharmacy Plus, our onsite retail pharmacy, on site to fill your prescriptions before you leave. You will be provided more information on filling your prescriptions in pre-op.
- If you are an outpatient going home the day of surgery, you will need to make arrangements for a ride home with a responsible adult. At discharge, our staff will escort you to the car and release you to your responsible adult.
- You will be ready to go home when you have:
  - Minimal nausea or vomiting
  - Stable vital signs
  - Ability to drink easily
  - Ability to urinate
  - Manageable Pain
  - Ability to get in and out of the car
- Please make sure that your family member or companion returns the pager to the designated area upon exit.

## Special Instructions for Patients:

Solids	Clear Liquid	Breast Milk	Non-Human Milk/Infant Formula
No solids after 11 p.m. for a 7 a.m. or 7:30 a.m. surgery time.  No solids after midnight for all surgery times at and after 8 a.m.  No gum, mints, candy or ice chips allowed.	May have 4 oz. or less up to 4 hours prior to surgery time. <i>If you are pregnant, diabetic, overweight or have stomach/intestinal issues then no clear liquids 8 hours prior to surgery time.</i>  <i>Examples of clear liquid include water, carbonated beverages, Gatorade, black tea with no cream or sugar, and black coffee. Please avoid herbal and green tea.</i>	Feeding must end 6 hours prior to surgery time.  If your child has stomach/intestinal issues then no breast milk or clear liquids 8 hours prior to surgery time.	Feeding must end 8 hours prior to surgery time. Do NOT add cereal to formula.

## Special Instructions for Children

- Bring a favorite small toy (doll, blanket, stuffed animal).
- Please launder any cloth items before bringing them in.
- Follow doctor's dietary restrictions especially the morning of procedure.
- Child Life offers a personal tour to prepare you and your child for your child's procedure. To schedule a tour, please call **703.776.6486**.
- Patients under 18 years old must be accompanied by a parent or legal guardian for any required preadmission testing. On the day of surgery, a parent or legal guardian must be present to sign an informed consent prior to surgery and must remain in the hospital throughout the entire process.
- Guardianship documentation should be brought to the hospital for anyone who is not a natural parent, or if the child has reached 18 years but is unable to make his/her own decisions.

## Financial Services

### Prior To Your Procedure

- Financial services will assist you with:
  - Verification of coverage and benefits
  - Obtaining any required authorization, as needed
  - Understanding any expected financial liability
  - Setting up any financial arrangements
- We will contact you regarding your deductible or other financial liability. Payment arrangement or financial assistance can be discussed during this time. If we are unable to reach you, be prepared to pay any expected co-pay or co-insurance on the day of surgery.
- If you have questions prior to your day of service, please contact Inova Fairfax Medical Campus Financial Services at **703.776.6019**.
- Pre-payment for general surgery and obstetrics/GYN procedures can be made by calling **703.776.6019**.
- Cosmetic procedures must be paid prior to your procedure/surgery
  - Anesthesia fee (Fairfax Anesthesiology Associates) - for questions or to make payment, call **703.776.3479**
  - Inova Fairfax Medical Campus facility fee - for questions or to make payment, call **571.423.5750**

### After Your Procedure

You may:

- Receive a bill for any remaining balance
- Receive separate bills from providers on the surgical team

#### *Hospital Bill*

- A bill from the hospital or surgery center where the surgery was performed, which may include expenses for staff, supplies and equipment
- Questions and payment regarding this bill should be addressed to the Billing Office at **571.423.5750**

#### *Surgeon's Bill*

- A bill for the surgeon's services
- Questions regarding this bill should be addressed to the specified surgeon named on your bill

#### *Anesthesiologist's Bill*

- Fairfax Anesthesiology Associates will bill you for anesthesiology services provided during your surgery
  - Questions regarding this bill should be directed to **703.776.3479**

## Notice of Nondiscrimination

As a recipient of federal financial assistance, Inova Health System (“Inova”) does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, national origin, sex, disability, or age in admission to, participation in, or receipt of the services or benefits under any of its programs or activities, whether carried out by Inova directly or through a contractor or any other entity with which Inova arranges to carry out its programs and activities.

This policy is in accordance with the provisions of Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, Section 1557 of the Affordable Care Act, and regulations of the U.S. Department of Health and Human Services issued pursuant to these statutes at 45 C.F.R. Parts 80, 84, 91 and 92, respectively.

Inova:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, please let our staff know of your needs for effective communication.

If you believe that Inova has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance by contacting our Director of Patient Experience at 703.289.2038. You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Director of Patient Experience is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
 200 Independence Avenue, SW  
 Room 509F, HHH Building  
 Washington, D.C. 20201 1.800.868.1019, (1.800.537.7697 TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

## Interpreter Services are available at no cost to you.

**Please let our staff know of your needs for effective communication.**

<b>Spanish</b>	Atención: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Por favor infórmele a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.
<b>Korean</b>	알려드립니다: 귀하가 한국어를 구사한다면 무료 언어 도움 서비스가 가능합니다. 효과적인 의사전달을 위해 필요한 것이 있다면 저희 실무자에게 알려주시기 바랍니다.
<b>Vietnamese</b>	Chú ý: Nếu quý vị nói tiếng Việt, dịch vụ hỗ trợ ngôn ngữ có sẵn miễn phí cho quý vị sử dụng. Xin vui lòng thông báo cho nhân viên biết nhu cầu của quý vị để giao tiếp hiệu quả hơn.
<b>Chinese</b>	注意: 如果你說中文, 可以向你提供免費語言協助服務。請讓我們的員工了解你的需求以進行有效溝通。
<b>Arabic</b>	انتباه: إذا كنت تتحدث العربية، تتوفر الخدمات المجانية للمساعدة في اللغة. يرجى إعلام فريق العمل باحتياجاتك من أجل الحصول على عملية تواصل فعالة.
<b>Tagalog</b>	Atensyon: Kung nagsasalita ka ng Tagalog, mayroong magagamit na mga libreng serbisyong tulong sa wika para sa iyo. Mangyaring ipaalam sa aming mga kawani ang iyong mga pangangailangan para sa epektibong komunikasyon.
<b>Farsi</b>	توجه: اگر به زبان فارسی صحبت می کنید، تسهیلات زبانی به صورت رایگان برای شما فراهم خواهد بود. به منظور برقراری ارتباط موثر، کارکنان ما را از نیازهای خود مطلع کنید.
<b>Amharic</b>	ትኩረት፡ አማርኛ የሚናገሩ ከሆነ ለእርስዎ የቋንቋ ድጋፍ አግልግሎቶች ከከፍተኛ በነጻ ይቀርብልዎታል። ወገኑንም የሆነ ኮሚዩኒኬሽን የሚፈልጉ ከሆነ ስራተኞቻችን እንዲያውቁ ያደርጉ።
<b>Urdu</b>	توجه: اگر آپ اردو بولتے ہیں تو، زبان امداد خدمات، مفت میں، آپ کو دستیاب ہیں۔ موثر مواصلت کے لیے برائے مہربانی ہمارے عملہ کو اپنی ضروریات کے بارے میں بتلا دیں۔
<b>French</b>	Attention: Si vous parlez Français, des services d'aide linguistique vous sont proposés gratuitement. Veuillez informer notre personnel de vos besoins pour assurer une communication efficace.
<b>Russian</b>	Внимание: Если вы говорите на русском языке, для вас доступны бесплатные услуги помощи с языком. Для эффективной коммуникации, пожалуйста, дайте персоналу знать о ваших потребностях.
<b>Hindi</b>	कृपया ध्यान दें : यदि आप हिन्दी बोलते हैं, तो आपके लिए निःशुल्क भाषा सहायता सेवा उपलब्ध है। कृपया प्रभावी संचार-संपर्क हेतु अपनी आवश्यकताओं के बारे में हमारे कर्मचारियों को बताएं।
<b>German</b>	Achtung: Wenn Sie Deutsch sprechen, stehen kostenlose Service-Sprachdienstleistungen zu Ihrer Verfügung. Teilen Sie unserem Team bitte Ihre Wünsche für eine effektive Kommunikation mit.
<b>Bengali</b>	দৃষ্টি আকর্ষণ করুন : আপনি যদি বাংলা বলতে পারেন, তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা সেবা পাওয়া যাবে। অনুগ্রহ করে কার্যকরী যোগাযোগের জন্য আপনার প্রয়োজনীয়তার বিষয়ে আমাদের কর্মীদের জানান।
<b>Kru (Bassa)</b>	Tò Ìdùù Nòmò Dyiín Cáo: Ǿ jù ké ìm dyi Gòdǝ̀ǝ̀- wùdùù (Bàsòǝ̀- wùdùù) pò ní, níí, à bédéé gbo-kpá-kpá bó wuǝ̀u- dù kò-kò pò-nyò bē bìì nǝ̀ à gbo bó pídyi. M dyi ǝ̀e dǝ̀ mǝ̀ nǝ̀ à gbo ní, ìm me nyue bē à kùà-nyò bēǝ̀ kée dýi dyuò, ké à kè mǝ̀ kè muc jè cèin nòmò dyiin.
<b>Ibo</b>	Nrụbama: Ọ bụrụ na ị na asụ Igbo, ọrụ enyemaka asụsụ, n'efu, dịrị ịgị. Biko mee ka ndị ọrụ anyị mara mkpa ịgị maka nkwurịta ga-aga nke ọma.
<b>Yoruba</b>	Akiyesi: Bi o ba nsọ Yoruba, awọn işe iranilọwọ ede wa l'ọfẹ fun ọ. Ọwọ ọjẹ ki ara ibiṣe wa mọ nipa awọn aini ọjẹ fun ibaraenisọrọ ti o munadoko.