

# UPMC McKeesport



## A Guide to Your Surgery

Your Care. Our Commitment.

# A Guide to Your Surgery at UPMC McKeesport

Welcome to UPMC McKeesport and thank you for choosing our hospital to provide your health care services. Our care revolves around our values:

## **Dignity & Respect**

We treat all individuals with dignity and respect.

## **Quality & Safety**

We create a safe environment where quality is our guiding principle.

## **Caring & Listening**

We listen to and care for our fellow employees, our physicians, our patients, our members, and our community.

## **Responsibility & Integrity**

We perform our work with the highest levels of responsibility and integrity.

## **Excellence & Innovation**

We think creatively and build excellence into everything that we do.

We strive to provide you with the world-class health care that you deserve.

## **Important Patient Information**

For your health and safety, please follow the instructions below. Failure to comply may result in having your surgery cancelled or postponed.

- Please only take the medications as instructed by your doctor and preadmission nurse.

- Some medicines, vitamins, and herbal supplements should be discontinued before surgery. Please check with your surgeon or primary care physician (PCP) before surgery.
- Notify your surgeon's office for any symptoms of a cold, fever, or infection, or if you have any changes in the level of your pain, numbness, or sensitivity.
- Remember to bring your x-ray/CT/MRI films the day of your surgical procedure if instructed to do so.
- If you are having any type of sedation or anesthesia, you cannot drive a car and must have a responsible adult accompany you home. You must have someone stay with you for 24 hours after your surgery.

## Testing Before Surgery

You need to have all testing completed immediately following the scheduling of your surgery. If your surgeon requests that you have any testing, such as blood work, an EKG, or a chest x-ray, please schedule an appointment at the UPMC McKeesport Outpatient Testing and Pre-Evaluation Center (PEC) by calling Central Scheduling.

### Central Scheduling:

**Monday through Friday: 8 a.m. to 5 p.m.**

**Phone: 412-664-2273**

**Fax: 412-664-2271**

### UPMC McKeesport Outpatient Testing and PEC:

**Monday: 6 a.m. to 6 p.m.**

**Tuesday through Friday: 6 a.m. to 5 p.m.**

**Phone: 412-664-2140**

**Fax: 412-664-2398**

If you are having your testing done at a facility other than UPMC McKeesport, please have that facility forward all test results to the Preadmission Department at UPMC McKeesport. Please see page 4 for details.

## Pre-Evaluation Center (PEC)

- Preoperative history and physicals need to be completed within 30 days before the scheduled date of surgery.
- Your history and physical can be completed by scheduling an appointment with your PCP. Or you may utilize the UPMC McKeesport PEC for this service, but you will need a prescription from your doctor.

You will receive a telephone call from a UPMC McKeesport preadmission nurse before your surgery. Before you schedule your PEC appointment, please have the following ready:

- a list of all your medicines, including over-the-counter medicines, vitamins, and herbal preparations, available for reference.
- a list of allergies, including medicines, food, or latex, available for reference.
- a list of your medical history and past surgery experiences.
- the name and telephone number of your PCP.

Please note that your scheduled surgery is subject to time change.



## Day Before Your Surgery

- Do not eat or drink after midnight. This includes chewing gum, breath mints, and water.
- Do not smoke or chew tobacco 24 hours before surgery.
- Remove nail polish. You may be asked to remove artificial nails.
- Do not use hair spray or hair gel 24 hours before surgery.
- Avoid alcoholic beverages 24 hours before surgery.
- Be sure to follow any home preparation prescriptions, such as bowel preparations or an antimicrobial cleansing.

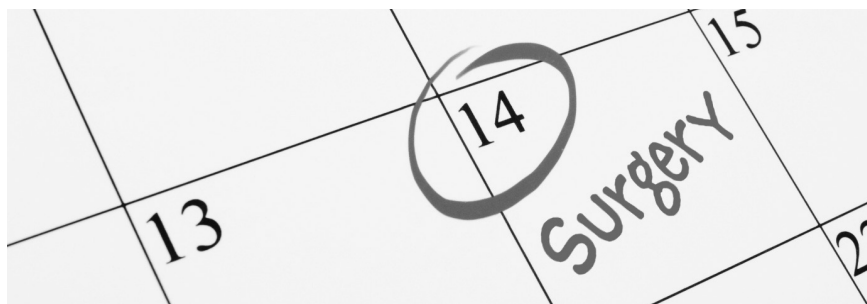
The preadmission nurse will call you the working day before your scheduled surgery to let you know your expected arrival time.

Please contact the Preadmission Department at UPMC McKeesport with any questions:

**Monday through Friday: 8 a.m. to 5 p.m.**

**Phone: 412-664-2093**

**Fax: 412-664-2094**



## Day of Your Surgery

- Bring an updated list of medicines with you.
- Bring your health insurance card and photo ID.
- Leave all valuables at home.
- Wear comfortable clothing that is loose fitting and easy to remove.
- Do not use any lotions, perfumes, deodorant, makeup, powder, hair products, or aftershave.
- Do not wear jewelry, including rings. Remove all body piercings. If you have a skin piercing, please inform your surgeon to see if removal is necessary before your surgery date.
- Do not wear contact lenses. Bring your glasses and a case.
- If you use a constant positive airway pressure (CPAP) machine at home, you will need to bring it the day of your surgery.
- If you have a pacemaker, please bring a copy of your card.
- Bring any inhalers from home; all other prescriptions will be provided by the hospital pharmacy.
- Please park in the parking garage or use valet parking.  
The Ambulatory Surgery Unit is located on the 6th floor of the Mansfield Building.

## Directions to UPMC McKeesport

### From Forest Hills

- Travel east on Route 30.
- Approximately two miles past the George Westinghouse Bridge, turn right onto 5th Avenue/Route 148 Yellow Belt.
- Follow 5th Avenue/Route 148 Yellow Belt for three miles.
- Bear left at the “Y” towards the traffic light.
- At the traffic light, turn left onto Evans Avenue.
- The parking garage and valet parking will be on your left.

### From Duquesne

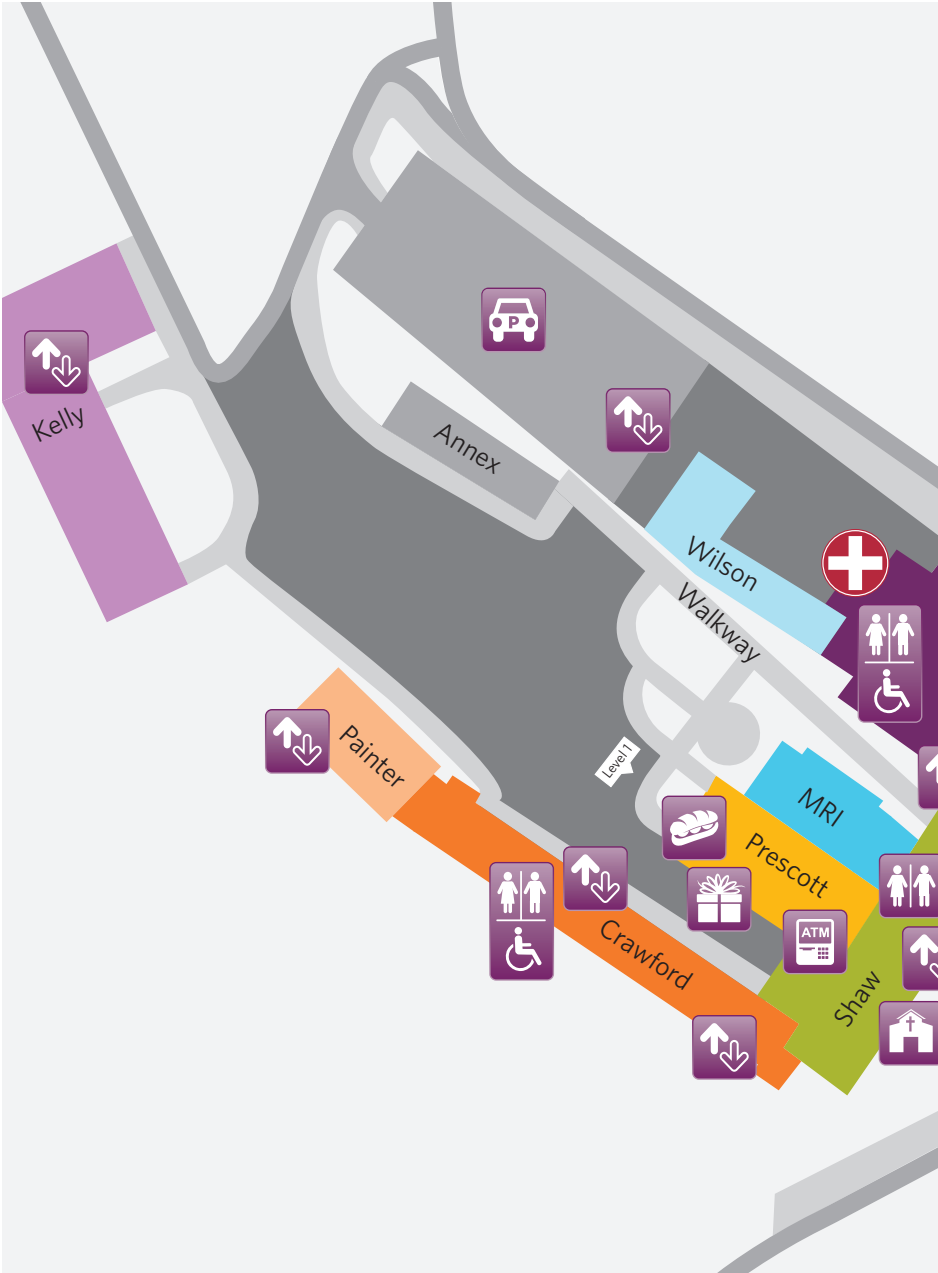
- Travel south on Route 837. Watch for signs to McKeesport.
- Get in the left lane and cross the McKeesport/Duquesne Bridge.
- At the end of the bridge, turn right onto the ramp.
- At the stop sign, merge onto Lysle Boulevard (Route 148).
- Bear left at the “Y” towards the traffic light.
- At the traffic light, turn left onto Evans Avenue.
- The parking garage and valet parking will be on your left.

### From Elizabeth/Clairton

- Travel north on Route 837. Watch for signs to McKeesport.
- Get in the left lane and cross the McKeesport/Duquesne Bridge.
- At the end of the bridge, turn right onto the ramp.
- At the stop sign, merge onto Lysle Boulevard (Route 148).
- Bear left at the “Y” towards the traffic light.
- At the traffic light, turn left onto Evans Avenue.
- The parking garage and valet parking will be on your left.

**For GPS purposes, the UPMC McKeesport address is on the back of this guide.**

# CAMPUS MAP







Elevators



Subway®



Cafeteria



Gift Shop



Information  
Desk



Restrooms



Accessible  
Restrooms



Parking



Chapel



ATM



Emergency  
Department

Turn over >

# IMPORTANT VISITOR INFORMATION

## VISITING HOURS

UPMC McKeesport has an open visitor policy with no specific hours. Patient visitation may be restricted or limited based on clinical issues.

Hours of Behavioral Health visitation are:

- Weekdays: 7 to 8:30 p.m.
- Weekends and holidays: 1 to 2 p.m. and 7 to 8:30 p.m.

## PARKING



A parking garage is located on Evans Avenue next to the hospital. The garage is open 24 hours a day, 7 days a week. Parking tokens must be used to exit and can be purchased from the token machines for a small fee. Token machines are located on the first floor of the parking garage near the elevators and the 1 Mansfield elevator lobby.

As a courtesy to our patients, complimentary valet parking service is available on the day of service. Family members and visitors who need assistance can also take advantage of the free valet parking.

## AMENITIES AND SERVICES



### ATM

Located on the first floor of the Shaw Building.

### Cafeteria

Located on A-Level of the Shaw Building.

Hours:

- Breakfast: 6:30 to 9 a.m.
- Lunch: 10:15 a.m. to 1:30 p.m.
- Dinner: 3 to 6:30 p.m. (6 p.m. on Friday, Saturday, and Sunday)

## **Subway® Restaurant**

Located on the first floor of the Prescott Building.

Hours (subject to seasonal changes):

- Weekdays: 7 a.m. to 8 p.m.
- Saturday: 8 a.m. to 5 p.m. • Sunday: 9 a.m. to 4 p.m.

## **GIFT SHOP**



Located on the first floor of the Prescott Building.

Hours (subject to seasonal changes):

- Weekdays: 10 a.m. to 3 p.m.
- Saturday: 11 a.m. to 2 p.m. • Sunday: Noon to 3 p.m.

The gift shop is closed on holidays. To contact, please call **412-664-2465**.

## **CHAPEL AND PASTORAL CARE**



### **Chapel Name**

An interdenominational chapel is located on the first floor of the Shaw Building. Family and friends are welcome to use this space for prayer or quiet reflection.

If you would like a visit from the director of Pastoral Care, or if you would like to arrange a visit by clergy of your faith, please call **412-664-2057**.

## **WIRELESS SERVICE**

UPMC provides free wireless service in this facility, making it convenient for patients, visitors, and staff members to access the Internet on laptops and other computer devices.

To access free wireless service, open Network Connections on your device and connect to UPMC Guest.



**UPMC McKeesport**

1500 Fifth Avenue  
McKeesport, PA 15132-24823

**412-664-2000**  
**UPMCMcKeesport.com**

**Date and time of:**

**Pre-evaluation Center Visit :** \_\_\_\_\_

**Pre-Testing:** \_\_\_\_\_

**You will receive a call from McKeesport staff  
telling you the following:**

**Date of Surgery:** \_\_\_\_\_

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

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.