

# WELCOME TO 3 WEST



**ROSWELL  
PARK**  
COMPREHENSIVE CANCER CENTER

**PATIENT  
EDUCATION**

# GENERAL INSTRUCTIONS

Follow these preoperative (pre-op) anesthesia guidelines once you know the date of your procedure. Please note: 3 West is also known as the *Ambulatory Surgery Center* and ASC.

## **2 weeks (14 days) before your procedure**

- Schedule appointment with anesthesia to clear you for surgery.
- Update your medication and allergy lists.
- Talk to your doctor to see if you will need help at home after your procedure.

## **1 week (7 days) before your procedure**

- Obtain and fill prescriptions for medications as indicated by your doctor.
- Call your doctor immediately if you have a fever, flu-like symptoms, or a sore throat at any time between now and your surgery.

## **2 days before your procedure**

- Make sure you have a ride to and from the hospital. You will be sedated during your procedure and a responsible adult must drive you home afterwards. **Your procedure will be cancelled if you do not have a responsible adult with you and to drive you home.** If this will be a problem, talk to your nurse and the Psychosocial Oncology department will try to assist you.

## **The day before your procedure**

- A 3 West staff member will call you between 1 p.m. and 3 p.m. with your arrival time for the next day. If you do not receive a call by 3 p.m., please call **716-845-8476** for your arrival time.
- Follow any special instructions from your doctor about diet or bowel prep.
- Pack your bag with toiletry items and reading materials.
- DO NOT bring valuables including credit cards, jewelry, or money.
- Your family/friend will hold onto your personal belongings during the procedure.
- **DO NOT eat or drink anything after 12:00 midnight including gum, candy, water, and coffee, unless you are given other instructions.**

# MEDICATIONS

Some over-the-counter and prescription medications can interfere with normal blood clotting and may increase the risk of bleeding. Follow the guidelines in the chart regarding when to stop taking certain medicines, vitamins, and supplements.

**If your doctor gives you different instructions, always follow your doctor's instructions.**

<p><b>7 days (1 week) before your procedure, stop taking:</b></p> <ul style="list-style-type: none"><li>• aspirin and products containing aspirin</li><li>• herbal supplements</li><li>• garlic tablets</li><li>• vitamins</li></ul>
<p><b>5 days before your procedure, stop taking:</b></p> <ul style="list-style-type: none"><li>• warfarin (Coumadin® or Jantoven®)</li><li>• clopidogrel (Plavix®) Note: For certain procedures, your doctor may tell you to stop this medication 7 days before surgery</li></ul>
<p><b>3 days before your procedure, stop taking:</b></p> <ul style="list-style-type: none"><li>• non-steroidal anti-inflammatory medications (NSAIDs):<ul style="list-style-type: none"><li>– ibuprofen (Advil®/Motrin®)</li><li>– naproxen (Aleve®/Anaprox®)</li><li>– meloxicam (Mobic®)</li><li>– oxaprozin (Daypro®)</li><li>– sulindac (Clinoril®)</li><li>– etodolac (Lodine®)</li><li>– diclofenac (Voltaren®)</li><li>– piroxicam (Feldene®)</li><li>– diflunisal</li><li>– ketoprofen</li></ul></li></ul>
<p><b>1 day (24 hours) before your procedure, stop taking:</b></p> <ul style="list-style-type: none"><li>• enoxaparin (Lovenox®)</li></ul>

If you take any medications to treat or prevent blood clots, talk to your doctor about when, or if, you should stop taking your medication before surgery.

These medications include:

- apixaban (Eliquis®)
- cilostazol (Pletal®)
- dabigatran (Pradaxa®)
- dalteparin (Fragmin®)
- eptifibatide (Integrilin®)
- fondaparinux (Arixtra®)
- lepirudin (Refludan®)
- prasugrel (Effient®)
- rivaroxaban (Xarelto®)
- ticagrelor (Brilinta®)
- ticlopidine (Ticlid®)
- tinzaparin (Innohep®)
- tirofiban (Aggrastat®)

Continue taking all your other prescription medications, up to and including the day before your surgery.

On the morning of the day of your surgery, take only the medications your doctor has instructed. You can take them with a very small sip of water:

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If you are unsure about any of your medications, please call your doctor or the Anesthesia Pre-Op Center (APEC) at **716-845-1673**.

## THE DAY OF YOUR PROCEDURE — AT HOME

- Remove any nail polish.
- Bathe or shower the night before and/or the morning of your procedure.
- Do not apply any lotions, deodorant, or powder after your shower.
- Do not shave anywhere near your operation site.
- Brush your teeth, swish, and spit.
- Remove contact lenses. (Bring a storage case and give them to your family/friend). You may bring an extra pair of eyeglasses.
- Remove all piercings and jewelry, including rings.
- If appropriate, bring your crutches or walker with you to the hospital, labeled with your full name and telephone number.
- Other than a sip of water to take medications, do not eat or drink anything.
- Wear loose-fitting clothing. If your procedure is above the waist, please wear a button down shirt to make dressing easier.
- Be sure you have your health insurance ID card(s), Roswell Park “Green Card”, a list of your allergies (especially if allergic to latex or iodine), a list of your medications, and a copy of your Health Care Proxy Form, Advance Directive, or Living Will, if you have one. (If you would like information about these documents, speak with the Patient Access staff when you arrive and they will be glad to assist you.)



### How to Get Notifications by Text

1. Log into your Patient Portal
2. Click on Appointments tab
3. Click on Surgery Notifications tab
4. Add person(s) you'd like to get updates



### Messages Sent

- **Procedure in Progress**
- **Nearing Completion** (Please come to 3rd floor – doctor will be out to speak with you)
- **In Recovery** – Patient is in Recovery (PACU)
- **Complete** – Patient has gone to the floor

## THE DAY OF YOUR PROCEDURE – AT THE HOSPITAL

- Parking is available in the ramp on Carlton Street. On the 3rd floor of the ramp, there is an enclosed walkway that leads directly to the hospital. Rates for the parking ramp may be charged by the hour, day, or month.
- Parking discounts are available for eligible patients and their families. Parking tickets can be validated at the information desk in the lobby.
- Valet parking is available at the main entrance of the hospital for patients from 7 a.m. – 6 p.m., Monday – Friday (except holidays). There is a \$1.00 additional charge for valet services (standard parking rates apply). To valet your vehicle, just pull up to the hospital entrance and our valet attendants will assist you.
- Wheelchairs are available for all patients at the main entrance of the hospital.
- Smoking is not permitted on the Roswell Park campus, including indoors and outside.

## THE DAY OF YOUR PROCEDURE — ON 3 WEST/AMBULATORY SURGERY CENTER

- When you get to 3 West on the day of your surgery, check in with the unit secretary. The secretary will:
  - check your Roswell Park “Green Card” and review your personal information
  - show you the SmarTrack patient tracking system
  - at your request, provide you with an opportunity to fill out an Advance Directive, Living Will, or Health Care Proxy if you have not done so
- Give your valuables to your family/friends for safekeeping. They will hold onto your belongings during surgery. There are lockers available for use. If you are staying overnight, you won’t need your belongings until you arrive in your assigned room after the procedure.
- **Remember, all patients must have an adult with them to take or accompany them home if going home on the same day as the surgical procedure.**
- A nurse from 3 West will come to the waiting room and bring you to the pre-op area. **Your family will remain in the waiting room at this time.**
- A 3 West staff member will bring your family/friend to the pre-op area when you are ready for your procedure. Only 2 visitors, age 12 years or older, are allowed at any one time.
- After you go into surgery, your family/friend will wait in the main lobby area on the 3rd floor. The SmarTrack patient tracking board will keep them informed of your status during your procedure.
- If your family member or friend wishes to leave the waiting area, they can leave their phone number with the staff, and they will provide updates on the patient’s status.
- Volunteers are stationed on 3 West as well. They can assist with directions and amenities.

## IF YOU HAVE ALLERGIES OR HAVE HAD PROBLEMS WITH ANESTHESIA, TELL YOUR DOCTORS.

- You will need to remove dentures and partial dentures. Put them in the storage box you brought with you and give them to your family/friend.
- Children are not permitted in the surgical preparation or recovery areas.
- Your physician will talk with your family/friend, as permitted, after the procedure.

## AFTER YOUR PROCEDURE

- Following your procedure, you will be taken to the Post Anesthesia Care Unit (PACU) or to 3 West.
- Only two family members or friends may visit with you while you are in 3 West. No family members are permitted in the PACU.
- Some people do not require a bed, and receive care before and after their procedure in a recliner.
- Your condition will be monitored until you are stable for discharge. Recovery time varies for each person.
- You will be discharged by your physician into the care of a responsible adult. Discharge and follow-up instructions will be reviewed with you. Make sure you, or someone who is with you, understand all these instructions and ask any questions you may have.
- Be sure to take a copy of your discharge instructions home with you.

## QUESTIONS

- We hope we have answered your questions regarding 3 West's process. Our goal is to make your visit with us safe and comfortable.
- If you have questions about anesthesia or the pre-op process, please call the Pre-op Center at **716-845-1673**.
- If you feel sick or have questions about your procedure, call your doctor/clinic.
- If you need to reach us at 3 West, please call **716-845-8476** between 6:00 a.m. and 7:00 p.m., Monday through Friday.
- On nights, weekends, and holidays, please call the main switchboard at **716-845-2300** and ask for the doctor on call for your clinic.



Elm & Carlton Streets | Buffalo, New York 14263  
[www.RoswellPark.org](http://www.RoswellPark.org)  
1-800-ROSWELL (1-800-767-9355)

A National Cancer Institute-Designated Comprehensive Cancer Center | A National Comprehensive Cancer Network Member  
Blue Distinction® Center for Cancer Care | A Blue Distinction® Center for Transplants