

Tripler Army Medical Center
Labor & Delivery
INSTRUCTIONS FOR SURGICAL PATIENTS

You are scheduled for surgery on _____. Please arrive at _____.

- ❖ COVID testing can also be done at Ft Shafter Flats (Bldg. 1507 Signal Road Honolulu, HI 96819). Mon-Fri from 0900-1500 & Saturday's 0900-1200 or at Schofield Barracks Clinic Monday through Friday 0900-1700 (drive in to parking garage, proceed to 3rd floor).
Testing should be done 48-72 hours before your surgery. Please follow strict quarantine at home between the time of your test and your arrival to the hospital.
- ❖ On the day of surgery, go to L&D Triage and check in. **You must bring your photo MILITARY ID card.**
- ❖ The check-in time is not the surgery time. There will be a waiting period. There is always the possibility that cases may be delayed or canceled due to emergencies, delays, or other situations beyond our control. Rarely, surgeries may be canceled after waiting all day.
- ❖ **Make childcare arrangements ahead of time.** Children **under 18** are **not allowed to wait on the unit.**
- ❖ Do not bring your wallet, purse, money, or any other valuables with you.
- ❖ Remove ALL jewelry and metal objects before you come to the hospital to prevent electrical burns during surgery. Body piercings **must** be removed. **No plastic tongue piercing spacers** in mouth. Any rings will have to be cut off if they cannot be removed. If you have dentures or hearing aids please bring a storage container.
- ❖ Remove all makeup and fingernail polish before coming to the hospital.
- ❖ If you wear contact lenses please DO NOT wear them and leave at home. Wear your glasses to the hospital and bring protective case if desired.
- ❖ We encourage you to quit smoking. If that's not possible, do not smoke for 24 hours before your surgery. Smoking increases stomach acid and delays wound healing.
- ❖ If you are a diabetic, we will check your blood sugar the day of surgery.
- ❖ You cannot eat anything **after midnight the night before your surgery**; doing so may cause the delay or cancellation of your surgery. You may have **clear liquids UP TO TWO HOURS BEFORE check-in time.** **Don't chew gum, use mints, or chew tobacco. You may brush your teeth, but do not swallow any water.** Clear liquids are anything you can see through: Water, pedialyte, popsicles, fruit juice without pulp (such as Apple juice), plain tea (no cream or sugar), plain black coffee (no cream or sugar), and carbonated beverages. **Do not** consume any alcoholic beverages within 24 hours before surgery.
- ❖ Chlorahexidine Gluconate (CHG) Antiseptic Cloths: Please complete the first set of six cloths and oral

care the night before surgery (see instructional handout). Should you have a reaction to the cloths, take a shower right away and shower the morning of surgery. If you tolerate the cloths the night before surgery, you will complete a second set at the hospital on the day of surgery.

- ❖ Medications: Be sure to tell the nurse and anesthesia provider **all** medications you take- including herbals & dietary supplements. Make sure you understand what pills, if any, you are to take the day of surgery. If you are told to take a pill the day of surgery, take it with only a **small sip of water**. You may take your narcotic pain pills the morning of surgery if you need them. Tell the nurse if you take pain medicine. Bring pain medications with you the day of surgery as you may need them if a delay in your surgery should occur.

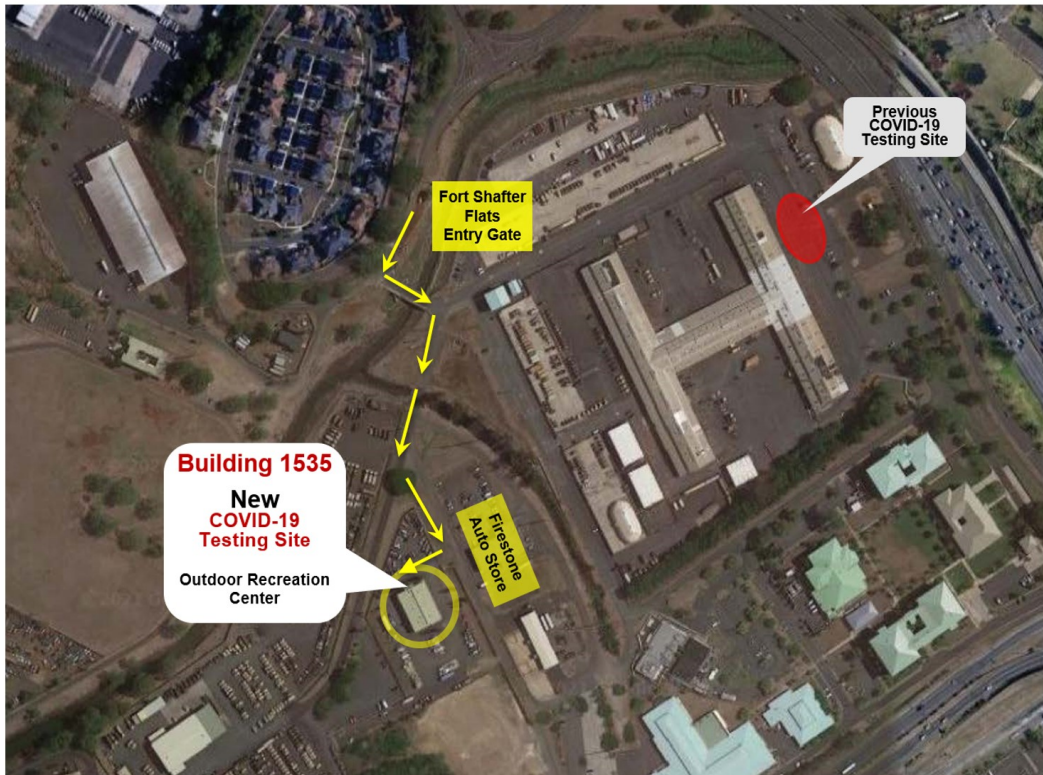
MEDICATIONS TO HOLD: _____

- ❖ Plan to bring only a small overnight bag to L&D. Leave the car seat, baby bag and other items at home or in the car until you are settled in your room on the Mother Baby Unit after your surgery and recovery. There is not a secure location to store your items on the L&D unit.
- ❖ Please call L&D at 808-433-9900 or 808-433-5337 with any questions.

TAMC/Shafter Flats Drive-Up Testing Site

NEW LOCATION FORT SHAFTER FLATS COVID-19 TESTING SITE

BUILDING 1535
(across street from Firestone Auto Repair)



If you believe you need COVID-19 testing, please contact your supporting Primary Care Team or call the Hawaii COVID-19 Hotline at **1-808-433-8102**, Monday – Friday, 7:30 am – 4 pm.

Location: Building 1507, Signal Rd., Shafter Flats: M-F 0900-1500 and Sat 0900-1200

Scope

For individuals who have already been screened by their provider and have an order for a COVID test in the system

Pre-operative testing: 24-48 prior to surgery

Entry Directions from TAMC

- 1) Take Jarrett White Rd to N St
- 2) Turn left onto N King St.
- 3) Continue on N King St to Funston Rd. Take the exit toward Fort Shafter from N King St
- 4) Turn right onto Funston Rd
- 5) Turn left onto Funston Loop
- 6) Turn left onto Stream Rd
- 7) Stop at the Entry Control Point located at the end of Stream Rd prior to entering the Testing site

Testing Site is located in the parking lot parallel to Signal Rd. After testing is complete, vehicles will continue forward and exit out of the parking lot.

Exit Directions

- 1) Turn right out of the parking lot onto Signal Rd.
- 2) Turn right onto Loop Rd
- 3) Turn right onto Loop Rd
- 4) Turn left onto Stream Rd
- 5) Turn right on Funston Loop
- 6) Turn right on Funston Rd – Exit Shafter Flats

COVID 19 TESTING SITE

Desmond T. Doss Health Clinic.

683 Waianae Ave, Schofield Barracks, HI 96786

Enter through McNair Gate, drive straight through the gate and through the first 4 way stop. Parking garage is ahead on the left.



COVID 19 testing is in the parking garage on the 3rd floor. (PLEASE DIRECT PATIENTS TO PARKING GARAGE.)

The testing hours are as follows: M-F 0900-1700