

## The Neurospine Center at St. Vincent's Birmingham

is dedicated to the care of spine and neurosurgical outpatients and to pain management. In this state-of-the-art facility, neurosurgeons and pain management specialist can reduce the costs and inconvenience often incurred by inpatient hospitalization. Our design, processes, and staff are solely focused on neurosurgical outpatient care, making the center unique in region.

# The NeuroSpine Center



### The Day Before Your Procedure:

If this is your first time to have a procedure in The Neurospine Center at St. Vincent's Birmingham, one of our nurses will contact you the evening before your procedure for a health interview and to provide any specific instructions you need prior to your procedure. If this is a return visit, please review the instructions you received previously. If you have any questions, please do not hesitate to call us. Please remember — DO NOT eat or drink anything after midnight.

### On the Day of Your Procedure:

Please take your medication as instructed by your physician or the pre-admission nurse with only one sip of water (those medicine may include your blood pressure medication and prescription anti-acid medications.) If you have questions about which medication to take, please call one of our pre-admission nurses at The Neurospine Center.

### When You Arrive At The Center:

Please sign in at the registration desk. Once your registration is complete and your suite is ready, you will be escorted back for the nurses to prepare you for your procedure. **EVERY EFFORT WILL BE MADE TO ADHERE TO THE SCHEDULE.** However, sometimes unforeseen circumstances or emergencies do arise that will cause an unanticipated delay. Should this occur, we will keep you informed of these delays and their expected duration.

After changing into a patient gown, a Registered Nurse will conduct your admission assessment, start your IV, and prepare you for your procedure. An Anesthesiologist will also visit you to conduct an assessment and answer any questions regarding anesthesia. If any additional testing is required, it will be done at this time. You should expect to be in your suite for approximately one hour before your procedure. Your family member(s), if you choose, may stay with you in your room before your procedure. When you are taken for your procedure, your family will be asked to go to our waiting room.

### Pain Procedures:

If you are having a pain procedure, you and your family will be able to ask questions before the procedure. Our pain doctors do not routinely talk with family members after the completion of the procedure. Following the procedure, you will stay in our recovery area for 30 minutes. If you experience any complication from your pain procedure once home, contact our pain nurse immediately. We will call to check on you two to three days following your procedure.

All patients must be accompanied by a designated driver on the day of surgery. You will not be able to drive yourself home after a procedure or surgery. All patients under the age of 18 must be accompanied by a parent or legal guardian.

### Surgical Procedures:

If you are having a surgical procedure, your surgeon will meet in private with your family member(s) to discuss the results of the procedure. You will be taken to your room for recovery. After the first phase of recovery (approximately 60 minutes) your family may stay with you.

Before going home, you will be offered snacks and something to drink. We will make sure that any discomfort due to pain or nausea is addressed. One of our discharge nurses will give you instructions on what to expect once you leave our facility and what to do if you have any questions or concerns. Once you have met discharge criteria, one of the Center associates will transport you via wheelchair to your car. It is important that you do not operate machinery, drive, drink alcoholic beverages, or make important legal decisions for 24 hours following discharge. If you experience any complication from your surgery once home, contact your surgeon immediately. We will call to check on you one to two days following your surgery.

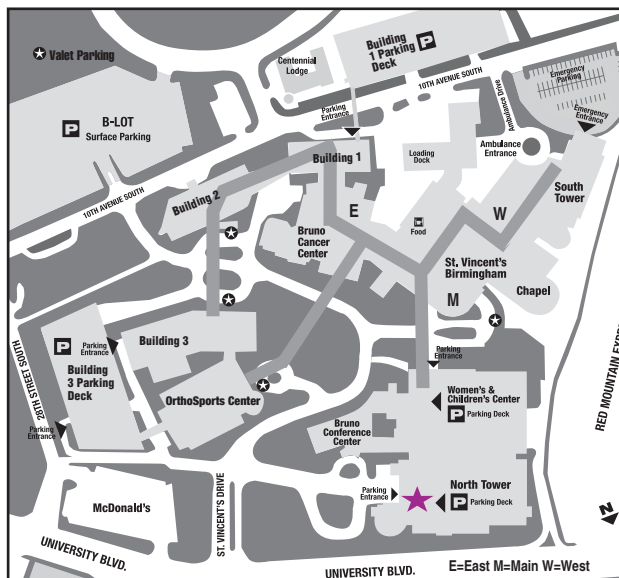




## GENERAL INSTRUCTIONS:

- **DO NOT EAT OR DRINK ANYTHING, EVEN WATER, AFTER MIDNIGHT THE DAY BEFORE YOUR PROCEDURE.**  
This includes gum, mints, candy, and chewing tobacco.
- **DO NOT** wear your contact lenses the day of your procedure.
- **DO** brush your teeth the morning of your procedure.
- **DO** wear loose simple clothing that is comfortable and non-constraining.
- **DO** wear dentures, bridges, and hearing aids the day of your procedure.
- **DO** remove ANY and ALL body piercing.
- **DO** leave valuables at home.
- **DO** notify your physician before your scheduled procedure should you become ill with a fever, cold, sore throat, or other illness.
- **DO** bring your current insurance card and your driver's license.
- **DO** notify the pre-admission nurse if you are on any herbal supplements, diet pills, or over the counter medications.
- **DIABETIC PATIENTS – DO NOT** take your insulin or oral diabetic medication the morning of your procedure. DO bring your insulin with you the day of your procedure.
- **BLOOD THINNERS or ANTICOAGULANT MEDICATIONS** – you will need to discuss stopping these medications prior to your procedure with your physician.
  - **DO** stop Coumadin 5-7 days prior to your procedure.
  - **DO** stop Plavix and Aspirin 10-14 days prior to your procedure.

If you have any further questions about stopping these medications please call one of our pre-admission nurses at The NeuroSpine Center at St. Vincent's Birmingham.



The NeuroSpine Center at St. Vincent's Birmingham is located on the 7th floor of the North Tower at St. Vincent's Birmingham. Upon entering the campus, turn right at the fountain into the parking deck for the North Tower.

## Directions

### Westbound

From Gadsden - I-59/I-20  
Roebuck & Trussville  
Exit I-59/I-20 at Highway 31  
Follow signs to US Highway 31 & 280  
Exit US Highway 31 South at 8th Avenue South  
Turn left onto 8th Avenue South  
Turn right onto St. Vincent's Drive

### Eastbound

From Tuscaloosa - I-59/I-20  
Western Birmingham  
Exit I-59/I-20 at Highway 31  
Follow signs to US Highway 31 & 280  
Exit US Highway 31 South at 8th Avenue South  
Turn left onto 8th Avenue South  
Turn right onto St. Vincent's Drive

### Southbound

From Nashville - I-65  
Gardendale & Forestdale  
Take I-59 North/I-20 East  
Exit I-59/I-20 at Highway 31  
Follow signs to US Highway 31 & 280  
Exit US Highway 31 South at 8th Avenue South  
Turn left onto 8th Avenue South  
Turn right onto St. Vincent's Drive

### Northbound

From Montgomery - I-65  
Hoover & South of Birmingham  
Exit 8th Avenue South/  
University Boulevard  
Turn right onto St. Vincent's Drive

## The NeuroSpine Center at St. Vincent's Birmingham

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The  
NeuroSpine  
Center

St. Vincent's  
BIRMINGHAM

To Schedule your  
appointment, please  
call The NeuroSpine  
Center at St. Vincent's  
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