

# VIRGINIA HERNIA & HEARTBURN INSTITUTE

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**Dr. G. Kevin Gillian, MD, FACS**

8988 Lorton Station Blvd, Suite 202, Lorton, VA 22079

Phone: 703-372-2280 Fax: 703-372-2024

**\*Important \***

**Please be aware that your surgery time could  
possible change due to certain patient's  
medical conditions.**

*Make sure to provide good contact numbers so we can contact you immediately.*



## **ATTENTION PATIENTS**

Please make sure to call the office within **7 business days** if you have any changes that may affect your surgery date and time. Make sure to contact our office directly if you need to change or cancel your surgery.

# Virginia Hospital Center Surgery Center

## **Preparation for Surgery**

Thank you for choosing the Virginia Hospital Center for your surgery. We want you to get the very best care possible so we have put this packet together for you and your family to use to prepare for surgery.

Prior to your surgery, you will need to complete the following:

1. **Immediately** call Pre-Op Screening (POS) to make your appointment for a **TELEPHONE** interview with a nurse.

POS Telephone Number: 703.558.6159

2. Ask your surgeon if any testing is required for your surgery.
3. If you plan to have testing done at Virginia Hospital Center, come to POS with your photo I.D., Insurance card(s) and the doctors' orders within 72 hours of surgery day.
4. If you are going to your Primary Care doctor for testing and medical clearance, all results **must be faxed to POS no later than 48 hours prior to surgery.**

POS Fax Number: 703-558-5943

5. If you are having anesthesia, make arrangements for a responsible adult to accompany you home and stay with you for 24 hours after your surgery.

If your surgery is scheduled for 7:30 a.m., you will have to come to Pre-Op Screening with your Insurance card(s) and Photo I.D. to complete the registration process prior to the day of your surgery.

**POS Location: Lobby 1625 Building, BLUE parking garage**

Hours: Monday through Friday 7:30 am – 4:30 pm.

# Pre-Op Screening Telephone Interview Information

Your interview will take approximately 30 to 60 minutes. The nurse will ask questions regarding your health history as directed by the Department of Anesthesia. Please have the following information ready for the interview.

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medical Doctor: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

Medications with name, dose, and time of day taken:

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Past Operations:

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Then the nurse will give you instructions for the day of surgery. Please refer to Page 4.

# Pre- Surgical Instructions

1. Arrive to the Surgery Center at \_\_\_\_\_ on \_\_\_\_\_.  
**1625 N. George Mason Drive, BLUE parking garage, 2<sup>nd</sup> floor.**
2. Do not eat or drink anything after midnight the night before your surgery. This includes water, ice chips, mints, candy or gum. If your pre-op nurse has told you that you may have clear liquids until a specific time, be sure to stop at that time. Clear liquids include: small amounts of water, apple juice, tea, black coffee, jello, or clear broth. No milk or citrus drinks.
3. Take the following medications on the day of surgery with sips of water as instructed by the pre-op nurse.  
\_\_\_\_\_
4. Stop Aspirin or Aspirin containing medicines, NSAIDS (Non-steroidal anti-inflammatory drugs) such as Advil, Aleve, Motrin, Ibuprofen, etc., vitamins and herbal supplements for 10 days prior to surgery. ONLY TYLENOL IS OKAY!
5. Remove all jewelry, hairpins, body piercings, make-up (especially eye make-up), and nail polish.
6. Leave all valuables at home.
7. Leave contacts at home. Bring a case for eyeglasses.
8. Wear loose, comfortable clothing appropriate for your area of surgery.

*If you have any questions, please call Pre-op Screening at 703.558.6159 between 7:30 am - 4:30 pm, or your surgeon.*

## Directions to the Surgery Center at Virginia Hospital Center

1625 N. George Mason Drive, Arlington, VA 22205

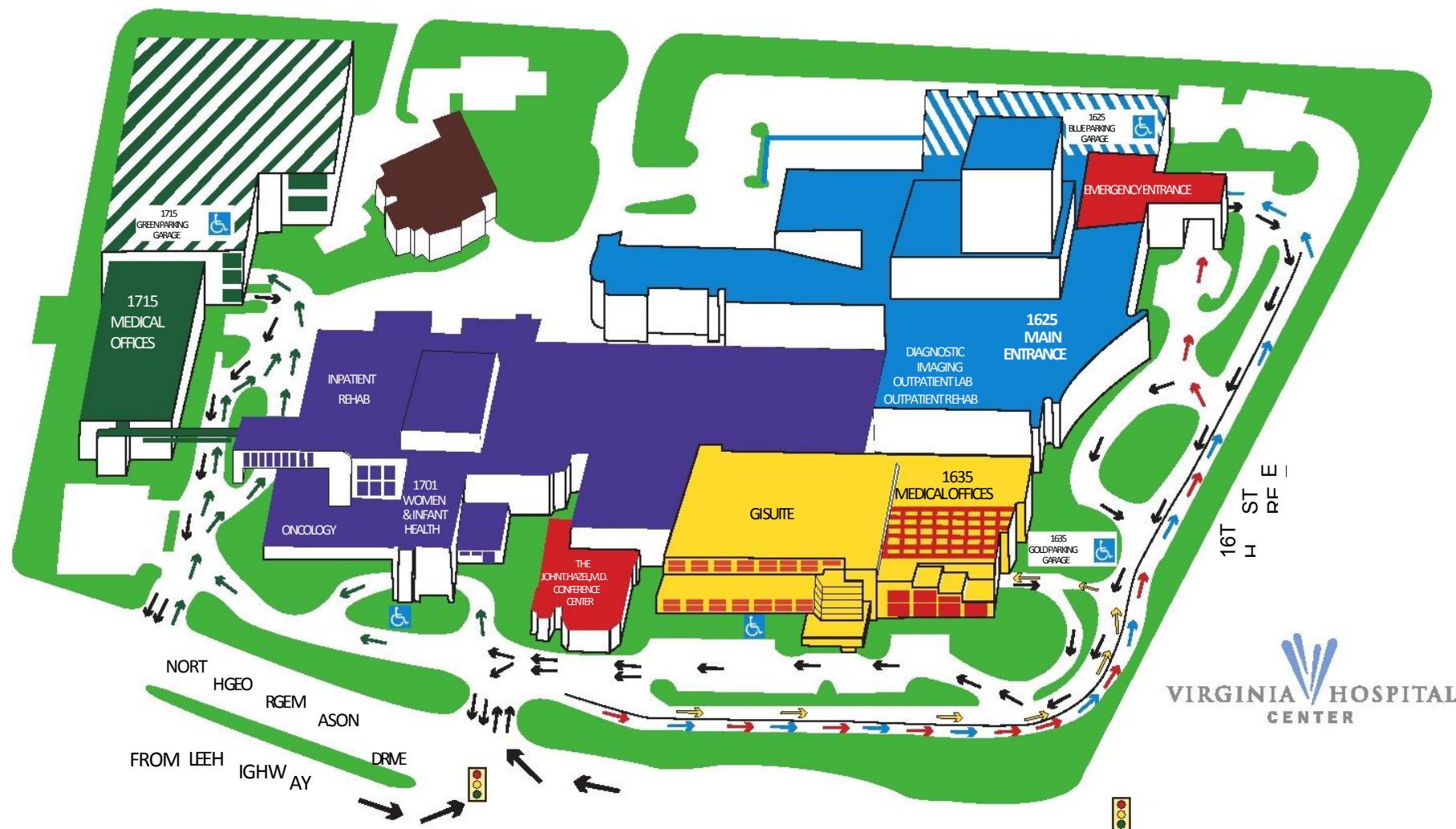
703.558.6155





Please see the enclosed map and the written directions on the reverse side. Included are specific directions from various locations in the Washington Metropolitan Area.\*

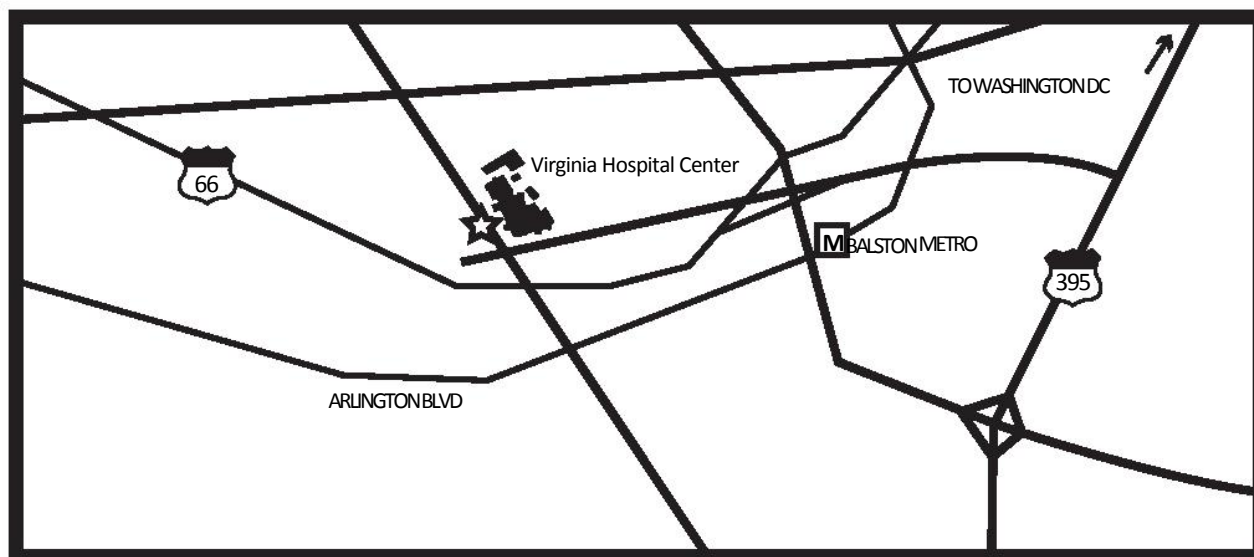
- ❖ Enter the hospital property at the traffic light on George Mason Drive in front of the hospital complex.
- ❖ Turn right and follow the signs to the BLUE Parking garage.
- ❖ Park in underground garage.
- ❖ Take garage elevator to the LOBBY.
- ❖ Once on Lobby level, make 2 left turns to the hospital elevators.
- ❖ Take hospital elevator to the 2<sup>nd</sup> floor. Check-in at the Surgery Center Desk.

The parking fee is \$5.00 per day. Patient/Visitor parking passes are available at the Cashier window in the Lobby for \$15 a week or \$5.00 per day.

\*For further directions, please refer to Virginia Hospital Center's Website at [www.virginiahospitalcenter.com](http://www.virginiahospitalcenter.com). You can map out directions from this site.



1715 BUILDING (After 8:00 PM Enter through the Emergency Entrance)	1701 BUILDING (After 8:00 PM Enter through the Emergency Entrance)	1635 BUILDING (After 8:00 PM Enter through the Emergency Entrance)	1625 BUILDING (After 8:00 PM Enter through the Emergency Entrance)
 <b>GREEN PARKING</b> Health Promotion & Senior Health Medical Offices	 <b>GREEN PARKING</b> Cancer Resource Center Dialysis Classrooms Human Resources/ Recruitment Inpatient Rehab Outpatient Clinic Outpatient Infusion Patient Financial Services	 <b>GOLD PARKING</b> Conference Center & Auditorium GI Suite Medical Offices Retail Pharmacy	 <b>BLUE PARKING</b> Administration Cardiac Cath & EP Labs Cardiopulmonary Rehabilitation Cardiopulmonary Services CVICU/Cardiac Step-down Unit Emergency Department Main Lobby ICU
	Patient Rooms 300-371 Peds/GYN Radiation Oncology/ Cyberknife VHC Foundation Women & Infant Health Wound Healing & Hyperbaric Center		Operating Suites Outpatient Lab Outpatient Rehabilitation & Physiatry Patient Rooms 500-845 Pre-Operative Screening Radiology (Diagnostic Imaging) Surgery Center 3rd & 4th floor Medical Offices



**From Interstate 1-66 Eastbound:**

(6:30 to 9 am weekdays; 1-66 eastbound only is restricted to cars with 2 persons–HOV2)  
Take Exit 71 ( N. Fairfax Dr.)  
Left onto N. Glebe Rd. (Rt. 120)  
Left onto Washington Blvd.  
Right onto N. George Mason Dr.

**From Interstate 1-66 Westbound:**

(4-6:30 pm weekdays; 1-66 westbound only is restricted to cars with 2 persons–HOV2)  
Take Exit 71 (N. Fairfax Dr.)  
Right onto N. Glebe Rd. (Rt. 120)  
Left onto Washington Blvd.  
Right onto N. George Mason Dr.

**From the 14th Street Bridge:**

Straight onto 1-395 South  
Right onto N. Glebe Rd. (Rt. 120)  
Left onto Washington Blvd.  
Right onto N. George Mason Dr.

**From Springfield/Woodbridge**

Take 1-395 North  
Exit onto N. Glebe Rd. (Rt.120)  
Left onto Washington Blvd.  
Right onto N. George Mason Dr.

**From the American Legion Bridge:**

Right onto George Washington Pkwy.  
Right onto Chain Bridge Rd. North (Rt. 123)  
Right onto N. Glebe Rd. (Rt. 120)  
Right onto Washington Blvd.  
Right onto N. George Mason Dr.

**From Chain Bridge:**

Straight onto N. Glebe Rd. (Rt. 120)  
Right onto Washington Blvd.  
Right onto N. George Mason Dr.

**From the Wilson Bridge:**

Take Exit I to Washington St.  
Left onto Washington St.

Washington St. becomes the George Washington Pkwy.

Left onto Spout Run  
Right onto Lee Hwy (Rt. 29)  
Left onto N. George Mason Dr.

**From the Roosevelt Bridge:**

Straight onto 1-66 West  
Follow directions for 1-66 Westbound

**During rush hours:**

(4-6:30 pm weekdays; 1-66 restricted to cars with 2 persons–HOV2)  
Right onto George Washington Pkwy.  
Left onto Spout Run  
Right onto Lee Hwy  
Left onto N. George Mason Dr.

[www.virginiahospitalcenter.com](http://www.virginiahospitalcenter.com) Go to the web for more information.