

ADMITING INSTRUCTIONS

IF COMING FROM ABROAD

Welcome to Costa Rica!!!

We recommend you to first register at your hotel of choice. We suggest you register at Marriot Hotel or Intercontinental, which are very near by and have a shuttles running back and forth to our hospital, but there are plenty of options to choose from, and you may explore them at:

<http://www.surgery-retreat.com/> <http://cresi-usa.com/>



ONCE IN TOWN

- **On the day prior to your admission:** Call 208-1211 or 208-1363 during business hours (9:00 AM and 6:00 PM) to confirm your arrival time.
- Arrange for a designated driver, cab or shuttle to drop you off at the **entrance**



- Some patients will be scheduled for surgery later in the day. However, it is recommended that you be available to report to the hospital earlier, in case your surgery is moved ahead.
- If you are scheduled for ambulatory surgery and your are planning to be discharged on the same day of your surgery, please arrange for a responsible adult to accompany you. This person should be easily reachable to facilitate same day discharge.
- Upon your arrival in the Unit a registered nurse will begin preparation for your surgery. You will be asked to sign an informed consent and an Anesthesiologist will see you just prior to your surgery.



DOES AND DOES NOT

Do Not:

- Eat, drink, chew gum, or smoke after midnight. Nothing in the morning - **not even coffee, juice or water!** (Your surgery may be delayed or canceled if you do not follow these instructions.)
- Drink any alcoholic beverages or use recreational drugs for 24 hours before surgery.
- Bring any jewelry, rings, necklaces, earrings, wrist watches or valuables.
- Wear make-up, false eyelashes, mascara, contact lenses or nail polish.

Do:

- Wear comfortable, casual clothing and ring robe and slippers.
- Bring eyeglasses, dentures, hearing aides, medication in their original containers.
- Bring any **papers** or **X-rays, CT or MRI films**.

After Surgery:

- If you received general anesthesia you will be taken to the Post-Anesthesia Care Unit after surgery. If your procedure is not ambulatory, you will be taken to your room after recovering.
- Discharge instructions will be prepared by your physician and will be reviewed with you and your family.
- Do not drive or operate machinery or sign important papers for 24 hrs after general anesthesia or sedation.

If you have any further questions, please do not hesitate to contact us at:

info@neurospinal.com

Or call us, during business hours Monday through Friday at 208-1363.