



Dear Patient,

Thank you for choosing Ascension St. Thomas for your spinal surgery. I am excited to be your Spine Nurse Navigator to assist and support you through your surgical journey to ensure the best possible outcome for your surgery!

As your Nurse Navigator I am here to guide you with personalized support as you navigate the pre-operative and post-operative processes associated with your surgical procedure. Our team will provide you with educational information pertinent to your procedure to optimize your surgical outcome and provide you with one on one support.

I look forward to meeting with you!

Sincerely,



Gay Ensey RN, BSN

Please bring with you on the day of your pre-op appointment:

- Insurance Card
- Photo ID
- Medications (in original bottle or a detailed list that includes dosage and frequency)
- Copy of Living Will/Power of Attorney
- EKG within 6 months (if available)
- Lab work within 1 month of surgery date (if available)
- Cardiac clearance letter
- Cardiac testing within the last 5 years (stress test, Echo, heart cath, etc.)
- Pacemaker/stent cards

Day of Appointment:

- Take medications as usual
- You can eat and drink as usual
- Patient should be able to provide a medical history to a nurse

The following may be required at appointment:

- Urine sample
- EKG
- Blood Work

Before Surgery

- Follow the medication instructions given to you at your pre-op appointment
- Do not eat after 11pm the night before surgery but you may have clear liquids up until 2 hours before your arrival time
- Use special soap as instructed
- Bring a detailed list of your medications (you do not need to bring your medications)
- Use the incentive spirometer given to you at your pre-op appointment