



Dear Patient,

Thank you for choosing Ascension St. Thomas for your spinal surgery. I am excited to be your Spine Institute 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. I will provide you with educational information pertinent to your procedure to optimize your surgical outcome, provide you with one to one support, and remain involved through your post operative experience.

I look forward to meeting with you at your appointment in our Preoperative Medical Clinic!

Sincerely,



*Stephanie Johnson*

615-284-2250(office)



*Eileen Breckenridge*

615-692-8744(office)

**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 or drink anything after 11pm the night before surgery
- Use special soap as instructed
- Bring a detailed list of your medications (you do not need to bring your medications)
- Start using the incentive spirometer given to you at your pre-op appointment