About Your Surgery

To be completed by your surgeon prior to your surgery date.

Patient Name: ________________________________
______________________________________________________________________________

Surgeon: _______________________________________________________________________

Phone: _________________________________________________________________________

Important Dates and Times

Pre-Op Class: Date______________________
               Time _____________ am/pm
               Boise        Meridian

Pre-Admission Testing Visit:
               Date______________________
               Time___________ am/pm
               Boise: (208) 381-2570
               Meridian: (208) 706-2177

Date of Surgery: ____________________________
               Arrival Time:_______ am/pm

Nothing to Eat or Drink After: _____________
               Date______________________
               Time______________ am/pm

Pre-Surgery Doctor’s appointment:
               Date______________________
               Time______________ am/pm

Post-Surgery Doctor’s appointment:
               Date______________________
               Time______________ am/pm
Dear Surgery Patient:

*In preparation for your surgery at St. Luke’s, we would like to extend a warm welcome and assure you of our commitment to your good health and comfort.*

The employees and medical staff at St. Luke’s are committed to providing you with excellent care. We aim to:

• Include you and your family in the planning of your care.

• Assist you in developing realistic goals for your surgery experience.

• Make you as comfortable as possible.

• Provide you with information for a successful recovery while in the hospital and at home.

The following information will help you know what to expect while you are here. Feel free to ask our staff if you have any questions or concerns.

If you have additional questions or comments, please contact us at the telephone number or address listed below.

Thank you for choosing St. Luke’s for your surgical procedure.

Sincerely,

Sherry Boyer, Director  
St. Luke’s Boise Pre-Op / Pre-Surgery and  
Post-Anesthesia Care Unit (PACU) / Recovery  
190 E. Bannock Street  
Boise, Idaho 83712  
(208) 381-3078

Melissa Winters, Interim Director  
St. Luke’s Meridian Pre-Surgery, Surgical Services  
and Post-Anesthesia Care Unit (PACU) / Recovery  
520 S. Eagle Road  
Meridian, Idaho 83642  
(208) 706-2141
Pre-Admission Testing

Your doctor may ask you to come to St. Luke’s to complete pre-operative testing and registration before your surgery. Your doctor’s office may schedule an appointment for you, or may instruct you to schedule an appointment.

Pre-Admission Testing Clinic Hours

Boise: Monday-Friday, 7:30 a.m.-6:30 p.m.

Meridian: Monday-Friday, 8 a.m.-4:30 p.m.

Call to schedule an appointment that is convenient for you.

Boise: 381-2570   Meridian: 706-2148

Free valet parking is available at the main entrance for Pre-Admission Testing patients who have difficulty walking. Tips are not accepted.

For your Pre-Admission Testing visit, you will need to bring the following:

- Insurance information (insurance cards, Medicare and/or Medicaid cards, workers’ compensation claim information)
- Photo ID
- Pre-Admission Orders (if you received them from your doctor)
- A copy of your advance directives if you wish to place them on file at St. Luke’s. Advance directives may include:
  - Living Will
  - Durable Power of Attorney for Health Care
  - Physician Orders for Scope of Treatment (POST)
- A list of your medications with dosage and frequency for each. Please include oxygen, over-the-counter medications, vitamins, minerals, and herbal supplements you are taking or have taken in the last month.
- A list of allergies and the allergic reactions you experience. Include reactions to medication, the environment (e.g. pets, pollen, and dust), food, contrast media, and latex.
- Immunization information for adults: most recent dates for influenza (flu), pneumonia, and tetanus vaccines. Vaccinations should be given at least two weeks before surgery.
- A list of previous surgeries.

A Medical Information Wallet Card is provided at the back of this packet for your convenience. You may choose to use it for recording your list of medications, allergies, and previous surgeries. The card is for you to keep; it is designed in a manner that makes it easy for you to carry with your insurance cards, and provides medical information about you in case of an emergency.

Please notify your surgeon if:

- You suspect you are pregnant. Anesthesia and medications may be harmful to the baby.
- You take arthritis medications, aspirin, or ibuprofen (e.g. Advil, Aleve, Motrin) products.
- You take any herbal supplements.
- You have an advance directive or Physician Orders for Scope of Treatment (POST).
Surgery Guidelines

At St. Luke’s, we want your surgery experience to be as trouble-free as possible. Follow these guidelines to prepare for your surgery:

• Plan on arriving at the time instructed by your surgeon. Being on time ensures there is adequate time for your pre-surgery preparation.

• Have an empty stomach for your anesthetic. Follow your surgeon’s instructions about when to stop eating and/or drinking. No water, gum, breath mints, or tobacco products (includes smoking and chewing).

• Follow your doctor’s instructions regarding your usual medications the day of surgery.

• If you have diabetes, ask your doctor what medications you should take the day of surgery.

• Bathe or shower as instructed by your surgeon. (If you were given a showering kit, follow the instructions in the kit.)

• Leave all hairpins, jewelry, watches, wedding rings, and/or body piercings (ears, tongue, etc.) at home.

• Do not wear makeup.

• If you wear contact lenses, you will need to remove them before surgery.

• Underage patients (minors) or developmentally delayed adults must be accompanied by a parent or legal guardian authorized to give legal consent for the patient’s surgery.

• Arrange for someone to drive you home. It is highly recommended that someone be with you for 24 hours following discharge from the hospital.

Day of Surgery

When you arrive at St. Luke’s, you will be directed to the Registration area or the waiting room. A surgery waiting room is available for your family and friends while you are having surgery. An adult must be present at all times with children in the waiting room. (It is best to make other arrangements for child care.) Staff members will be present to answer questions.

Pre-Op (Pre-Operative Holding Area)

In the Pre-Op area you will:

• Change into a surgery gown.

• Update your health history information.

• Read and sign consent forms.

Staff members will:

• Check your blood pressure, pulse, and temperature (vital signs).

• Start your IV.

• Review your surgery consent forms with you.

An anesthesiologist will:

• Visit with you to explain and answer questions about the anesthetic you will receive.

• Order medications to relieve anxiety and help you relax before surgery.

When preparations are completed, you may request ONE designated person to be in the Pre-Op area with you. (Two parents or family members may accompany minor children.) Limiting the number of visitors in the Pre-Op area ensures patient privacy and confidentiality.

Recovery Room/Post-Anesthesia Care Unit (PACU)

After surgery, you will be in the main Recovery Room, also known as the Post-Anesthesia Care Unit (PACU), for about an hour. Additional time may be needed before you are ready to leave the PACU and go to your hospital room, or leave the hospital if you are an outpatient.
After Surgery

**Pain**

Pain after surgery is caused by injury to your skin, muscles, and nerves during your procedure. Other factors that can affect your level of pain are stress, anxiety, increased gas in your bowel, the extent of the surgery, and the surgery site. Some areas of the body contain more nerve endings than others, and are therefore more painful.

Some pain is expected. Not everyone feels the same amount or type of pain, and everyone reacts differently when in pain. If you experience pain, please tell your caregiver.

**Rating Pain**

St. Luke’s uses a pain scale of 0 to 10. Zero equals no pain and 10 equals the worst pain. Your caregivers will do their best to keep you as comfortable as possible, but they cannot guarantee a zero on the pain scale. If you are not able to give a number, simply point to the face on the pain scale that relates to how you feel. *(See the pain scale on page 10.)*

**Preventing Surgical Site Infection (SSI)**

*Hand washing has been proven to be the best way to prevent infection.*

**Before Surgery**

- Let your surgeon know if you have diabetes, cold or flu, any current infection, rash, or open sores.
- Quit smoking. Smoking decreases the body’s ability to fight infection in the tissues.
- Do not shave the incision site. This can make microscopic cuts in the skin, which can promote infection.
- Shower or bathe the night before surgery and the morning of surgery.

**After Surgery**

Wash your hands before and after touching your incision.

- Anyone who touches your incision or changes bandages at your incision should wash their hands first. This includes yourself, your family and friends, and health care workers. If you do not see your health care workers wash their hands, ask them to do so.
- Protect your incision from sources of infection such as unwashed hands, pets, household dust, dirt, and garden soil.
- Stay out of the hot tub, swimming pool, or other bodies of water until cleared by your surgeon.
- When showering, do not scrub the incision site.
- Sleep in clean bedding and clean bed clothes.

**Signs of infection**

- Increasing redness, heat, or pain around the incision
- Drainage of cloudy fluid from the incision
- Fever (over 101º F)

*Call your surgeon immediately if you have any signs of infection.* (Most surgeons’ offices have a recording with an emergency contact number for weekends and evenings.)

**Activity Following Surgery**

After surgery, your activity will depend on the type of anesthetic and the surgical procedure you have had. If you had a general anesthetic, it is important that you regularly take deep breaths and cough every hour while you are awake for a few days following surgery. This fully expands your lungs and helps prevent post-operative congestion and pneumonia.

Simple movements of your ankles will help promote blood flow in your legs to prevent formation of blood clots. Move your ankles in circles and point your feet up and down. This exercise should be done every hour while you are awake for a few days following surgery.

Ask your surgeon about when you can return to work, resume exercising, lifting, and other activity such as sports.
Staying in the Hospital after Surgery

Call...Don’t Fall!
Hospital staff will assist you in getting out of bed and help you start walking after surgery. The hospital environment is not like your home, and your sense of balance may be changed by medications, hospital equipment, and the surgery itself. It is important that you call for assistance! Even a minor fall can cause an injury.

Remember, Call...Don’t Fall!

Concerns about Your Care: Code “H” (Help)
Our goal is to provide you and your family with excellent care during your stay. If you have concerns about your care after speaking with your nurse or doctor, you may access additional help through the Code “H” program by dialing 1-9222 in Boise or 6-9222 in Meridian from any hospital phone at any time.

What to Bring
• Personal hygiene items
• Robe, slippers, gown or pajamas
• Comfortable clothes to wear home
• Eyeglasses or contacts and supplies
• Hearing aids and extra batteries
• CPAP or BiPAP mask and machine
• Inhalers, if used in the past year

Outpatient Surgery
You may experience some pain and nausea after surgery. Pain and nausea vary greatly with the type of operation and the individual. We will strive to make you as comfortable as possible during your recovery.

Meal Service
When your doctor allows you to resume meals, our menu will be at your bedside. Choose anything on the menu and tell us when you would like it delivered. Our operators will gladly assist you in placing your order.

Guest trays can be ordered from the same menu. Call to order, and pay by phone with debit or credit card, or pay on delivery with cash.

To order meals:
Call 12453
7 a.m.-7 p.m.
After-hours menus are available.
Request assistance from staff to order.
If Your Child Is Having Surgery

Although St. Luke’s is child-friendly, the general hospital environment may cause anxiety for children and their parents or caregivers. You may find that a pre-surgery tour will decrease anxiety. Even if your child is too young to understand the tour, you will have a better idea of what to expect on the day of surgery. We find that if you are relaxed on the “big day” your child will be relaxed also.

Pre-surgery tours are available for pediatric patients and their families. The guided tour takes you through the surgery areas. Children who will be spending the night may also tour the Pediatrics Unit. For more information or to register for a pediatric pre-surgery tour, call St. Luke’s Child Life at 381-4758.

If you are unable to attend in person, you and your child can take a virtual tour online at stlukesonline.org/pedstour.

Pre-Operative/Pre-Surgery area (Pre-Op)

Your child may bring a comfort item, such as a favorite toy or blanket (be sure to clean the item the day before surgery). This item can accompany your child into the Operating Room. Both parents (or parent and another family member) can be with the child until he or she goes into the Operating Room. In preparation for surgery, we will:

- Weigh your child.
- Give you a gown to help your child change.
- Check your child’s blood pressure, pulse, and temperature (vital signs).
- Review your child’s health history and surgical consent forms with you.

An anesthesiologist will visit with you to explain and answer questions about the anesthetic your child will receive. Whether your child’s IV will be placed in the Operating Room or in the Pre-Op area will be decided by your anesthesiologist on the day of surgery. Your child may be given medications to relieve anxiety and help him or her relax before surgery.

Recovery Room/Post-Anesthesia Care Unit (PACU)

After your child’s surgery, the surgeon will review the surgical results and answer your questions. To protect the privacy of other recovering patients and provide the best nursing care, we regret that we are unable to have parents of young children in the Recovery Room/Post-Anesthesia Care Unit (PACU) immediately after surgery. As soon as your child is able to be moved to a more private setting, we will call you to join him or her. We make every effort to have you and your child together as soon as possible.
General Information

Advance Directives

Advance directives are documents such as a Living Will, Physician Order for Scope of Treatment (POST), and Durable Power of Attorney for Health Care. The Living Will and POST documents specify what treatment you want, or do not want, should you become very ill. Your physician may be able to assist in explaining your options for treatment and what treatments may be “life-sustaining measures” according to your Living Will or POST. The Durable Power of Attorney for Health Care lets you name someone you trust to make medical decisions for you, should you be unable to do so.

If you do not have advance directives and would like information, materials will be given to you at registration. If you need assistance with your advance directives, contact St. Luke’s Social Work Department at 381-2616 or one of the references provided in the packet of information.

The C.A.R.E. Channel

…for relaxation and comfort.

Tune in to beautiful nature images and instrumental music to provide you with a calming, healing environment. Staff can direct you to the C.A.R.E. channels, which are provided by a generous grant from St. Luke’s Auxiliary.

Your Child’s Pain after Surgery

After surgery, some pain is to be expected. Everyone reacts to pain in different ways. There are many ways to help children in pain. Pain medication is one way. Distraction (playing games, watching videos, listening to soothing music) may also help your child with pain.

You know your child better than anyone else. If your child is experiencing discomfort or pain, please tell his or her caregivers. Parents and caregivers can discuss the best method for pain relief. You may notice that pain medications can cause some side effects like nausea, feeling drowsy, or constipation. Talk to your caregivers about dealing with these side effects.

Rating Your Child’s Pain

With the help of your child, rate his or her pain on a scale of 0 to 10. Zero equals no pain and 10 equals the worst pain. Your caregivers will do everything possible to keep your child comfortable, but they cannot guarantee a zero on the pain scale.

If your child is not able to give a number, ask him or her to point to a face on the pain scale that relates to how he or she feels. (See the pain scale on page 10.)

After Outpatient Surgery

Restrict any activity that requires coordination (such as bike riding, skating, tree climbing, etc.). Medication received during or after surgery may slow reaction time for at least 24 hours. Your child may also feel drowsy and/or dizzy during this time. Ask your surgeon when your child may return to school and for guidelines on resuming normal activities.

A Word about Cost

You may be asked to pay in advance for all or part of the costs relating to your procedure, which includes hospital and professional fees (such as co-pays, deductibles, co-insurance, and/or a deposit toward your estimated costs). If you need financial assistance or help to set up a payment plan, please contact a customer service specialist at (208) 706-2333 or 1-800-342-3432.

Radiologists, pathologists, anesthesiologists, and other physicians will bill you separately for their services. If you have any questions regarding bills from these providers, please contact them directly.
Computer Access

Wireless laptop computer access is available to patients and visitors through GuestNet. GuestNet allows you to browse the Internet, use email, find entertainment, and perform other computer work.

Discharge: Planning to Leave the Hospital

Planning ahead prevents delays when you are ready for discharge. Discharge planning services are available to help you identify discharge needs and make plans for additional health care at home or in a post-hospital facility, if necessary. If you have any concerns, ask your nurse to contact a case manager for you.

We ask that you make transportation arrangements as soon as you know your discharge plans. It is helpful for family members to remove flowers and other items from your room before your dismissal. Once the hospital discharge process is complete, a staff member will accompany you to meet your driver.

“Do Not Publish (DNP)” Status

St. Luke’s maintains a patient directory to assist visitors, callers, and family members in contacting patients while they are hospitalized.

Some patients choose not to be in the directory and request “Do Not Publish (DNP)” status. As a DNP patient, you will be unable to receive phone calls or visitors unless you yourself give the room number and phone information to individuals who may want to contact you. You will be unable to receive flowers and cards. Hospital staff will not acknowledge your presence at St. Luke’s, even to your family members.

Latex-Safe Environment

St. Luke’s maintains a latex-safe environment. For this reason, latex balloons are prohibited in the hospital or clinic areas. Mylar balloons are acceptable.

Spiritual Counsel

Spiritual care and counseling are provided by St. Luke’s chaplains. They can contact your minister, priest, or rabbi, if you prefer. Pre-operative prayer and counseling are available from the Surgical Services chaplain at your request. A chaplain visit or special religious practice may be arranged ahead of time by calling 381-2100 in Boise or 706-1230 in Meridian.

Telephones and Cell Phones

Every patient room has a phone for local calls. Two-way communication devices (cell phones and laptops) may be used, but not within one foot of medical equipment. “Walkie-talkie” or radio service devices may not be used within 25 feet of medical devices or in hospital hallways.

Tobacco-Free Environment

St. Luke’s is a smoke-free hospital. To protect the health of our patients, visitors, and staff, the use of tobacco products is not allowed in or on St. Luke’s property. At your request, we will provide information about “How to Stop Smoking” to patients and families.

Visitors and Visiting

Visitors are welcome at St. Luke’s. Visits are good medicine, but the dosage must be right! For the benefit of our patients, staff may limit visits to ensure the patient gets adequate rest and to allow time for care and treatment.

Visitors may purchase snacks or meals in our cafeteria and coffee bar (or the Marketplace 360 Deli at St. Luke’s Boise). Vending machines are available throughout the hospital. Please ask for information about the closest location.

Delivery guest trays can be ordered from the patient menu. Call to order. Pay by phone with debit or credit card, or pay on delivery with cash.
Overnight Accommodations

**Bishop Foote Guest House**
121 W. Jefferson Street, Boise, Idaho 83702

Located one block from the hospital, the Bishop Foote Guest House welcomes patients and their adult family members who are under direct medical care at St. Luke’s Boise Medical Center, St. Luke’s MSTI, Boise Veteran’s Administration (VA) Medical Center, Elks Rehab Hospital, Saint Alphonsus Regional Medical Center, and other area medical facilities.

Please note: The Guest House is not handicap accessible.

- Kitchen and laundry facilities are available.
- Single rooms, $15/night + tax; double rooms, $20/night + tax. Prices are subject to change. Financial assistance may be available through other sources.
- Free shuttle service is available for medical purposes only, within a five-block radius of the Bishop Foote House.

For more information or to make a reservation, call (208) 381-3055 Monday-Friday, 10 a.m.-3 p.m., or 381-2222 after hours. Email BishopFoote@slhs.org.

**Ronald McDonald House**
101 Warm Springs Avenue, Boise, Idaho 83712

Located one block from the hospital, the Ronald McDonald House serves families of patients age 18 years or younger receiving treatment at Boise medical facilities, and whose permanent residence is outside Ada County. To stay at the house, patients and families must have a medical referral from a social worker, patient care coordinator, doctor, or nurse.

- Guests under age 18 years must be accompanied by an adult.
- Rooms accommodate two to five guests, depending on availability.
- Wheelchair accessible rooms/facilities
- Private guest bedrooms with bath
- Two kitchens and dining area with well-stocked pantry
- Laundry rooms with detergent
- Transportation available to and from St. Luke’s Boise

For more information, or to make a reservation, call 336-5478, daily from 9 a.m.-9 p.m.

**St. Luke’s Guest Quarters**

Located inside the hospital, St. Luke’s Guest Quarters provide temporary lodging for St. Luke’s Boise Medical Center and St. Luke’s MSTI patients and their immediate families who need accommodations following outpatient surgery or discharge, or who need overnight lodging before or after surgery or other procedure.

- Guests under age 18 years must be accompanied by an adult.
- Double rooms are $51/night (tax included), and suites are $74/night (tax included). Prices are subject to change.

For more information or to make a reservation, call (208) 381-1700.
Overnight Accommodations

RV Parking at St. Luke’s Boise

Free RV parking is available for patients and families of St. Luke’s Boise or St. Luke’s MSTI. The lot is open all year.

- Length of stay is limited to 30 days, but may be extended according to need.
- Water, electricity, and security camera surveillance are provided.
- Transportation is available to and from the hospital.

For more information, call 381-2353.

Accommodations near St. Luke’s Meridian

The following hotels may offer discounted rates for patients and their families. Ask for the St. Luke’s discount or bring a note from the hospital.

Best Western Rama Inn
1019 S. Progress Avenue
Meridian Road and I-84
(208) 887-7888

Candlewood Suites
1855 S. Silverstone Way
Overland and Eagle Roads
(208) 888-5121
700 N. Cole Road
Cole Road and Emerald Street (Boise)
(208) 322-4300

Cambria Suites
2970 W. Elder Street
Vista and I-84 (Boise)
(208) 344-7444

Comfort Suites
2610 E. Freeway
Overland and Eagle Roads
(208) 288-2060
1-800-424-6423

Courtyard by Marriott
1789 S. Eagle Road
Eagle Road and I-84
(208) 888-0800

Hampton Inn and Suites
875 S. Allen Street
Eagle Road and I-84
(208) 887-3600
1-800-426-7866

Holiday Inn Express
800 S. Allen Street
Eagle Road and I-84
(208) 288-2100
1-800-465-4329

Mr. Sandman Motel
1575 Meridian Road
Meridian Road and I-84
(208) 887-2062

Town Place Suites
1415 S. Eagle Road
Eagle and Overland Roads
(208) 884-5550

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Pain Rating Scale

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<td>Worst Pain</td>
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| No Hurt | No Duele | 2 | Hurts Little Bit | Duele un Poquito | 4 | Hurts Little More | Duele un Poquito más | 6 | Hurts Even More | Duele Mucho | 8 | Hurts Whole Lot | Duele Muchísimo | 10 | Hurts Worst | El Peor Dolor |
Pre-Admission Testing

St. Luke’s Boise

Pre-Admission Testing at St. Luke’s Boise is located on the main floor of the hospital, between the Main Lobby and the Chapel. Please feel free to ask for help or directions from staff or volunteers at the Information Desk in the Main Lobby.

St. Luke’s Meridian

Pre-Admission Testing is located on the second floor of the Medical Office Building, Suite 2104. Please use the main entrance for physician offices and outpatient services, which faces Eagle Road.
Driving Directions

From I-184 ("The Connector"): Travel east, staying on the connector until you reach the intersection of Myrtle and Broadway. Turn left on Broadway and travel north until you reach the intersection of Bannock and Broadway Streets. Turn left on Bannock. A patient/visitor parking lot is directly on your left. Staff from the adjacent Information Station are available to assist you with parking or directions.

From Town: Follow signs to City Center, then travel east on Main Street, Bannock Street, or State Street until you reach the hospital campus. Signs will direct you to the appropriate facility and parking areas.

From I-84: Take the Broadway exit. Take Broadway north (into town) until you reach the intersection of Bannock and Broadway Streets. Turn left on Bannock. A patient/visitor parking lot is directly on your left. Staff from the adjacent Information Station are available to assist you with parking or directions.
The Surgical Services department at St. Luke’s Meridian is located on the second floor of the main hospital. Please use the entrance next to the Emergency Department, which is at the back of the building, farthest from Eagle Road.

Valet parking is available at the main entrance for patients who have difficulty walking from the parking areas. There is no cost and tips are not accepted.
### Allergies

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### Medications

(Prescriptions, over-the-counter, herbals, vitamins, etc.)

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### Blood Pressure

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### Do You Use Any of the Following?

- Aspirin [ ] Yes [ ] No
- Ibuprofen [ ] Yes [ ] No
- Eye Drops [ ] Yes [ ] No
- Herbals [ ] Yes [ ] No
- Supplements [ ] Yes [ ] No

### Emergency Contact

Name _________________________________________________________

Address _______________________________________________________

Phone (_____) _____________________________

Primary Pharmacy/Location: _______________________________________

### Blood Glucose

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**Ongoing Health Problems**

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History of MRSA? [ ] Yes [ ] No [ ] Unknown

**Last Immunizations (Year)**

Tetanus ________ Pneumonia ________
Flu ________ Other ________

**Surgeries**

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**Cholesterol**

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**Advance Directives**

Do you have a Living Will or Durable Power of Attorney for health care? [ ] Yes [ ] No
If you answered yes, who has a copy?

Name ________________________________
Phone ( ____ ) ________________________

Notes

____________________________
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My Name ________________________________
Phone ( ____ ) ________________________

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Carry with you at all times. Present to your health care provider.

stlukesonline.org
For questions or concerns, please call:

Pre-Admission Testing
Boise (208) 381-2570

Pre-Admission Testing
Meridian (208) 706-2177