

PORTER ADVENTIST HOSPITAL

Map & Directions



Street Address

2525 S. Downing St.
Denver, CO 80210



Phone Numbers

Main: 303-778-1955
Scheduling: 303-765-6500



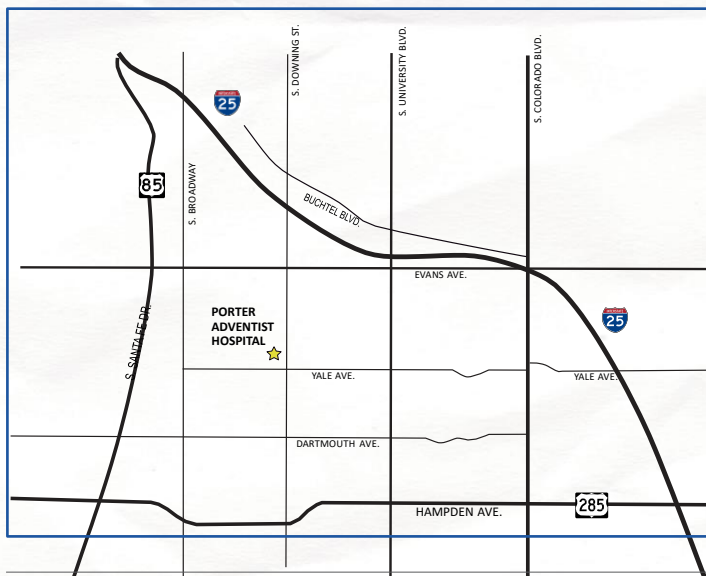
Traveling from the North:

- Traveling on I-25 north, take exit 203 for Evans Ave.
- Turn left onto Evans Ave.
- Turn left onto S. Downing St.
- Porter Adventist Hospital will be on the right.



Traveling from the South:

- Traveling on I-25 south, take exit 206 toward Washington St./Emerson St.
- Keep right at the fork, follow signs for Washington St./Emerson St. and merge onto Buchtel Blvd. south.
- Turn right onto S. Downing St.
- Porter Adventist Hospital will be on the right.



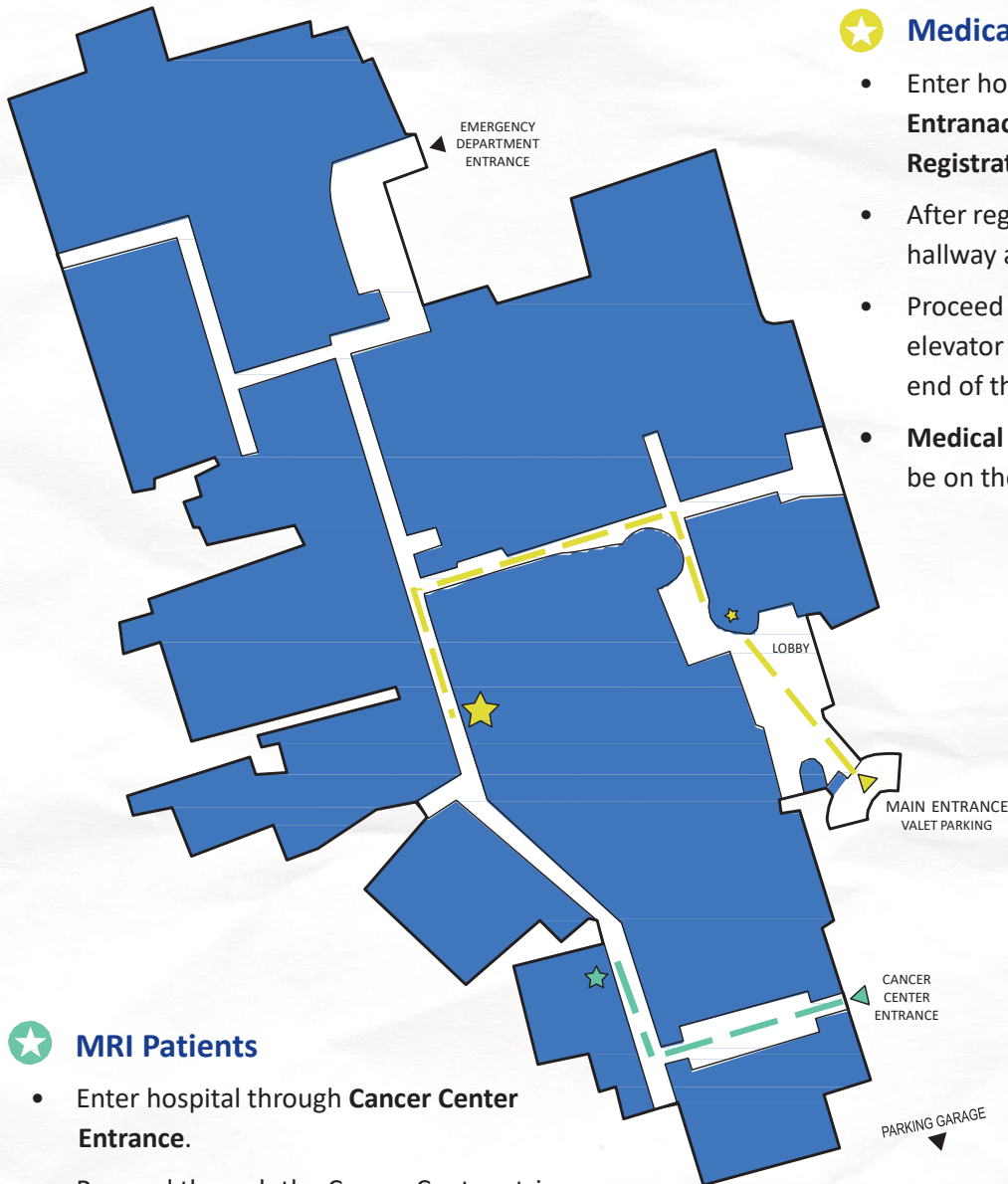
2525 South Downing Street
Denver, CO 80210
Phone: 303-778-1955

porterhospital.org/radiology

Porter Adventist Hospital
 Centura Health.

PORTER ADVENTIST HOSPITAL

Ground Floor Map



Medical Imaging Patients

- Enter hospital through **Main Entrance** and proceed to the **Registration Desk**.
- After registration, go down main hallway and turn left.
- Proceed down hallway going past elevator bank and turn left at the end of the hall.
- **Medical Imaging** department will be on the left side.



MRI Patients

- Enter hospital through **Cancer Center Entrance**.
- Proceed through the Cancer Center atrium and go through the sliding doors.
- Turn right and proceed down hallway.
- **MRI** will be on the left side.

Central Scheduling: 303-765-6500

Radiology Department: 303-778-5626

Fax: 303-765-6535

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porterhospital.org/radiology

Porter Adventist Hospital
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Excellence in Motion

1830 Franklin Street, Suite 450
Denver, CO 80218
Phone: 303-321-1333
Toll-Free: 888-900-1333
Fax: 303-321-0620

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Disorders of the Knee

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www.Western-Ortho.com

Please Note:

Your surgery
time is subject to
change. Please
make yourself
available all day.

Thank you!

NO FOOD OR LIQUIDS

(Includes no water, candy gum, breath mints.....NOTHING)

AFTER MIDNIGHT!

If you have ANYTHING by mouth after 11:59 p.m., we will have to

CANCEL YOUR SURGERY!!

Morning of surgery**IMPORTANT**Morning of surgery

Please brush teeth with toothpaste, rinse and spit. NO GARGLING

TAKE ONLY the following medications with ONE SIP of water:



1830 Franklin Street, Suite 450
Denver, Colorado 80218

ASPIRIN/BLOOD THINNER PROTOCOL

**FOR PATIENTS NORMALLY TAKING COUMADIN, WHO
HAVE NOW BEEN ASKED TO SUBSTITUTE WITH LOVENOX IT IS REQUESTED
THAT YOU DISCONTINUE THE LOVENOX A MINIMUM OF 24 HOURS PRIOR TO
SURGERY, OR THERE IS A POSSIBILITY YOUR SURGERY WILL BE CANCELLED.**

DO NOT TAKE ASPIRIN OR ASPIRIN RELATED PRODUCTS FOR TWO (2) WEEKS PRIOR TO YOUR SURGERY - BELOW IS A LIST FOR YOUR CONVENIENCE.

The taking of aspirin and/or aspirin related medications can prove harmful to your body's perioperative healing process. Aspirin chemically inhibits the ability of the body to form stable clots necessary to permit proper healing.

If you are currently taking any medication and are unsure as to whether it contains aspirin or has a similar effect as aspirin (preventing the formation of stable blood clots), please do not hesitate to contact your pharmacist for additional information.

4-Way Cold Tabs
Actron
Advil Caps and Tabs
Aleve
Alka Seltzer Plus Night-Time Cold Medicine
Alka Seltzer Plus Cold Medicine
Alka Seltzer Extra Strength
Alka Seltzer (Flavored)
Alka Seltzer Antacid/Pain Reliever
Anacin Analgesic Caps & Tabs
Anacin Maximum Strength Tabs
Anacin Arthritis Pain Formula
Anaprox
Ansaid
Ascriptin w/Codeine Tabs
Axotal
B-A-C #3 Tabs
Bayer Aspirin Tabs & Caps
Bayer Maximum Aspirin Tabs & Caps
Bayer 8 Hour Time Release Aspirin
Bufferin Analgesic Tabs
Bufferin Arthritis Strength Tabs
Carisoprodol Compound Tabs
Cataflam
Celebrex

Children's Chewable Aspirin	Nabumetone
Clinoril	Nalfon
Damason-P	Naprelan
Darvon with ASA	Naproxen
Darvon-N with ASA	Naproxen Sodium
Daypro	Naproxyn
Dia-Gesic Improved	Norgesic Forte Tabs
Diclofenac Sodium Potassium	Norgesic Tabs
Disalcid	N-saids
Dolobid	Nuprin Tabs
Dolobid #3 Tabs	Orphengisc w/Caff & Aspirin
Easprin	Orudis
Ecotrin	Oruvail
Ecotrin Max Strength Tabs	Oxaprozin
Empirin with Codeine	Oxycodone w/Aspirin tabs
Equagesic Tabs	Percodan Tabs & Demi Tabs
Etodolac	Persistins
Excederin	Piroxicam
Feldene	Regular strength tabs
Fenoprofen	Relafen
Fiogesic Tabs	Robaxisal Tabs
Fiorinal Tabs & Caps	Roxiprin Tabs
Fiorinal with Codeine Caps	Rulen Tabs
Geiprin Tabs	Salflex
Ibuprofen Tabs	Salicylate's
Indocin	Soma Compound Tabs
Indomethacin	Soma Compound Tabs w/Codeine
Ketoprofen	Sulindac
Lodine	Supac
Lortab ASA Tabs	Synalgos DC Tabs
Medipren Tabs & Caps	Talwin
Meloxicam	Talwin Compound
Midol 200	Tolectin
Mobic	Tolectin DS or 600
Motrin	Tolmetin
Motrin 200	Trilisate
Motrin Tabs	Vanquish Analgesic Caps

You may take Tylenol, Anacin 3 or Datril as they do not contain aspirin.

Attention Men: Please discontinue any erectile dysfunction medications 1 week prior to surgery.



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Herbal Supplement Instructions

IF YOU ARE TAKING ANY OF THESE HERBAL SUPPLEMENTS (LISTED BELOW), WE ASK THAT YOU STOP TAKING THEM 2 WEEKS PRIOR TO YOUR SURGERY.

- ECHINACEA
 - EPHEDRA
 - GARLIC
- THIS DOES NOT MEAN GARLIC IN YOUR FOOD.
- GINKGO
 - GINSENG
 - KAVA
 - ST. JOHN'S WART
 - TURMERIC
 - VALERIAN
 - FLAX SEED OIL, VITAMIN E AND FISH OIL
 - ANY TYPE OF DIET PILLS (METABOLIFE, HERBALIFE, ETC)

IT WAS RECENTLY REPORTED THAT THESE HERBAL SUPPLEMENTS MIGHT CAUSE HARM DURING AND/OR AFTER SURGERY.

THANK YOU FOR YOUR COOPERATION AND ALLOWING US TO KEEP PROVIDING YOU WITH THE BEST CARE.



Monday, Oct. 09, 2000

A Dangerous Mix

By Ian K. Smith, M.D.

Doctors have never quite figured out what to say about herbal supplements. While alternative medications have become increasingly popular--Americans will spend some \$5 billion this year on natural remedies for everything from arthritis to the common cold--most physicians assumed that even if they didn't know exactly what these remedies did, they were, at worst, harmless. But more and more, doctors are starting to recognize that many natural supplements have medicinal qualities that can complement--or conflict with--the treatments and medications they prescribe.

The American Society of Anesthesiologists is the latest physicians' group to sound a warning about the potential side effects of alternative medications. Concerned by evidence that some supplements can interfere with anesthesia, the group has issued a recommendation that patients stop taking all natural remedies at least two weeks before surgery--giving the body plenty of time to clear them from the system.

The anesthesiologists' warning is based on the latest of several findings that are raising doctors' awareness of the risks associated with natural supplements. Take, for instance, ginkgo biloba, used by almost 11 million Americans to improve memory and increase blood circulation. Doctors now believe ginkgo may reduce the number of platelets in the blood and can prevent blood from clotting properly. Taking ginkgo at the same time one is taking blood-thinning medications, like Coumadin or even aspirin, could make a patient dangerously vulnerable to bleeding.

Similarly, St. John's wort, a popular supplement taken to treat anxiety, depression and sleep disorders, is believed to prolong or increase the effects of some narcotic drugs and anesthetic agents. Ginseng, an herb taken to boost vitality, has been associated with high blood pressure and rapid beating of the heart--conditions that could be deadly in the operating room.

Part of the problem is that herbal supplements and mainstream medicine come from two very different worlds and operate in different regulatory environments. The marketing of prescription and over-the-counter drugs is strictly regulated by the Food and Drug Administration, which requires scientific proof of safety and efficacy. Herbal remedies, by contrast, are largely exempt from FDA supervision. Companies can sell herbal preparations without guaranteeing that what's on the label is inside the bottle.

These uncertainties don't mean that you should never take a supplement. But they make it even more important that you discuss whatever you are taking with your physician--something not enough patients do. A recent study showed that although 60 million Americans have taken alternative medicines, only a third of them reported it to their doctors.

This is a bad idea. A drug your doctor prescribes could be perfectly safe and effective, but if you are taking a similar-acting supplement, there is a real danger of cross-reaction. Don't be afraid to bring your herbal supplements to your doctor's office. Your physician may spot a potential conflict on the label or know of another drug--or even another supplement--that works just as well.

Dr. Ian appears on WNBC-TV in New York City. E-mail him at ianmedical@aol.com For more on herbals, try altmed.od.NIH.gov

<http://www.time.com/time/magazine/article/0,9171,998150,00.html>

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US Anesthesia Partners of Colorado Preparation for Surgery

The Day Before Surgery

- Your anesthesia provider may try to call you the night before your surgery. They may call from a number you do not recognize, so please try to answer the phone number you listed as your primary contact number.

Types of Anesthesia

- You will have time to speak with your anesthesia provider at the surgical facility on your day of surgery. We encourage you to provide input into our plan for your care. **If you have a specific question and would like to speak with an anesthesia provider prior to the day of surgery, please do not hesitate to call our office and we will connect you with someone.**
- After carefully considering the type of surgery, your overall health, medical history, lab results and your concerns and preferences, your anesthesia provider will talk to you about the type of anesthesia that is both the safest and best suited for you. Because the goal of anesthesia is to keep you safe and comfortable, sometimes there may not be an option for the anesthesia type you receive.
- These are the main types of anesthesia (for more information you can visit www.asahq.org):
 - **General anesthesia** provides a total loss of consciousness, meaning you will be fully asleep. You will not be aware of any pain or feeling during your surgery. This type of anesthesia uses a combination of IV medicine (given through a tube in your vein) and gases (that you breathe through a mask or breathing tube).
 - **Regional anesthesia** blocks pain to a specific area of your body. Your anesthesia provider will inject medication near a nerve and you may also get other medications through an IV to help you relax. A peripheral nerve block blocks a nerve or group of nerves and is common for surgeries on hands, feet, arms, legs or the face. Epidural or spinal anesthesia is given through an injection to block pain for a large area of the body such as the abdomen, hips or legs.
 - **MAC (Monitored Anesthesia Care or Conscious Sedation)** uses IV medication to help you relax and decrease pain. You will not be completely asleep, but you may sleep and will be very groggy.
- Your anesthesia provider will not leave your side during surgery. They will be right next to you to monitor you and your vital signs and make sure you remain safe and comfortable.

What to Expect Before Surgery

- You will be asked to change into a hospital gown. No personal clothing or personal items will be allowed into the OR.
- The pre-operative nurse will review your history, medications and allergies and take your vital signs. An IV (a tube in your vein for medications and fluids) will be placed. If applicable, blood lab work or other tests may be conducted. Women of childbearing age may be screened for pregnancy.
- A support person may accompany you into the pre-operative area until it is time for surgery, at which time they will be directed to the waiting room.

Additional Questions

- It is very important to us that you have a good experience with your anesthesia. After your surgery, you may receive a text or email asking you to complete a short survey. We value your feedback and use the data that we receive to make sure we continue to provide great care of our patients.
- **Billing:** Please note that anesthesia services are billed separately from the rest of your surgery. We do participate with most major insurance plans. Depending on your insurance you may have some out-of-pocket expenses. You can call our Billing Department at 303-377-7638 if you have questions or would like to make pre-payment arrangements.

Thank you for allowing us to be a part of your care.

US Anesthesia Partners of Colorado

<https://www.usap.com/locations/usap-colorado/about-us>

303-785-4700





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Preoperative Evaluation:

This is required for all patients having surgery. A history and physical examination (H&P) **14 to 21 days prior to procedure**. This is done to make sure you are medically cleared to undergo surgery.

The lab request does not require any fasting (not eating).

Please allow 2 days for the paperwork and labs results to be processed.

You will need to notify us of when you have scheduled this appointment.

You should remember to bring a list of all medications you are currently taking including any over the counter medications.

If you are over 50 years old there are additional test that are ordered such as EKG or Chest X-ray.

WHAT TO WEAR:

Loose fitting clothing, sweats for colder weather, and summer dresses work well in warm weather.

WHAT TO BRING:

This is an inpatient surgery. You will be in the hospital 1-3 days.

Crutches, any medications you might need to take, (bring in original bottle).

PLEASE AVOID APPLYING ANY LOTION'S OR BODY OIL'S IN THE HIP AREA THE DAY OF

SURGERY AS WELL AS THE DAY OF TESTING.

DR. WHITE HAS A VERY INFORMATIVE SLIDESHOW ON OUR WEBSITE THAT WILL ANSWER MANY OF YOUR QUESTIONS ABOUT RETURNING TO WORK AND WHAT TO EXPECT FOR YOUR RECOVERY.

REMEMBER WHEN IN DOUBT PLEASE DO NOT HESITATE TO CALL OUR OFFICE 303-321-1333.

Please call Candice 2 weeks prior to your surgery date to confirm.

Any surgery cancelled less than 2 weeks prior, is subject to \$250.00 cancellation fee.

Surgery time subject to change.

THANK YOU!



Excellence in Motion

Pre-Surgical Instructions/FAQs

When Should I stop eating and drinking?

NO SOLID FOOD AFTER MIDNIGHT, The night before your surgery.

IF YOUR SURGERY IS SCHEDULED FOR:

7:00am nothing past MIDNIGHT

11:30am nothing past midnight

2:30pm clear liquids ONLY until 7:30am (clear liquids, anything you can see- through- this can include coffee (no cream or sugar)

Why is this important? Prevention of a serious anesthesia complication such as Aspiration (inhaling stomach contents into lungs)

If you Do not follow the recommendations above, the anesthesiologist or surgeon can and will cancel your surgery

Check in time for your surgery:

7:00am check into surgery admissions at 5:00am

11:30am check into surgery admissions at 6:30am

2:30pm check into surgery admissions at 10:15am

MEDICATIONS TO AVOID:

You will be given a list of medications to avoid

Any questions please call Dr. White's office 303-321-1333



Total Orthopedics, Inc.
4700 S. Wadsworth Blvd.
Littleton CO 80123
Phone: 303-478-3957
Fax: 303-464-1098

Dear Patient,

Dr. White has ordered a VenaPro (DVT prevention) and an IceMan Clear3 (cold therapy to reduce pain and swelling) units to be used following your upcoming surgery. Most insurance companies view these devices as not medically necessary therefore they do not pay for the units.

Dr. White has arranged for you to purchase both units with special discounted pricing through DJO Global. **Your total cost to purchase both the VenaPro and the IceMan Clear3 with an appropriate pad is \$195.00 plus sales tax.** Call for pricing on items sold separately.

****IF NOT ORDERED IN TIME FOR SHIPPING TO YOU, UNITS WILL BE DELIVERED TO THE HOSPITAL THE DAY AFTER YOUR SURGERY****

Please contact Connie with any questions or concerns at 303-478-3957 or cweber@totalortho.net. Visit www.djoglobal.com to learn more about the products.

Thank you,
Total Orthopedics, Inc.

Patient Name _____

Billing Address _____

Telephone(s) _____

Email address for receipt _____

Date of Surgery _____

Method of Payment: AMEX _____ DISC _____ MC _____ V _____

Card Number _____

Expiration Date _____ Security Code (3 or 4 digits) _____

Name on Card _____

Physician Signature _____ Date _____
BRIAN WHITE, MD NPI 1477743466

My signature above means that, in my judgment, the above prescribed products are medically indicated, necessary, and consistent with current accepted standards of medical practice and treatment of this patient's physical condition.

****IF NOT SHIPPED TO YOU, UNITS WILL BE DELIVERED TO THE HOSPITAL THE DAY AFTER YOUR SURGERY****

FAX TO (303) 464-1098 – THANK YOU

ICEMAN COOLING MACHINE AND VENAPRO LEG COMPRESSION DEVICE- COST \$195.00



VENAPRO



Right of Refusal for Durable Medical Equipment

Dr. White recommends the use of the following after surgery:

-CPM or bending machine: This is used to keep the joint moving in the first 2-3 weeks after surgery to minimize scarring that can make the joint feel tight.

-Ice Machine: This helps reduce early inflammation and pain.

-SCD's or compression stockings machine: These intermittently squeeze the calf muscles and decrease the risk of blood clots.

Unfortunately, insurance companies frequently do not cover the expense of these. Dr. White has worked hard to negotiate the best possible financial arrangement for you. However, given the potential financial burden, it is your choice if you decide not to use them. Please sign below that you are responsible for making this decision.

If you are refusing this equipment, please send or fax this form back to me at 303-253-7405.

Patient Signature: _____

Date: _____

Printed Name: _____