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Instructions for Patients Preparing for Surgery

1. Decide on a date for your surgery. Inform the secretary St. Luke's and Manila Doctors, that's Lilet at 09175284886, or 7278382; for Medical City that's Margie at 09175298886, or 6362827). The secretary will then have to schedule on or near your preferred date of surgery.
2. For patients who want to be admitted, paperwork for admission should be requested from your surgeon. These forms can be shown to the Admitting Section to reserve a room days before the intended date of surgery. The admitting office is located on the first floor near the entrance of the Medical City, St. Luke's Medical Center and the Manila Doctors Hospital.
3. For pediatric patients, visit the pediatrician (_____) connected with the hospital where surgery will be performed 3-5 days before the scheduled date of surgery. For adult patients more than 35 years of age, visit the internist (_____) connected with the hospital where surgery will be performed 1-2 weeks prior to schedule of surgery. Adult patients aged 18-34 may be required to seek internist clearance if clinical history dictates this.
4. Typically, the pediatrician/internist will request some laboratory work, usually a CBC and Chest X-ray. Adult patients may require ECG. Other tests may be requested as history or clinical findings dictate.
5. Have laboratory tests done. Once results are available, go back to pediatrician or internist as applicable for preoperative clearance. The pediatrician or internist will see the patient again in his/her clinic, and should provide a written note of clearance or preoperative risk assessment.

6. Once obtained, proceed to pre-anesthesia evaluation clinic with your patient and laboratory results. That's APEC (Anesthesia Pre-Evaluation Clinic) for the Medical City or PARES (Pre anesthesia Risk Evaluation System) for St. Luke's Clinic. For Manila Doctors patients, the anesthesiologist may give the parent or guardian a call a day or a few days prior to the scheduled procedure.
7. For patients for admission, bring your laboratory results, admitting orders, and other paper work starting from the afternoon on the day before surgery. For day surgery or out-patient procedures, be at the surgery suite 2 hours prior to scheduled procedure. (3rd Floor for the Medical City, 4th Floor for Manila Doctors Hospital, and 5th Floor Ophthalmology Operating Room for St. Luke's Medical Center, Quezon City). Bring the preoperative instructions from your physician as well as clearance from pediatrician/internist, and anesthesiologist evaluation.
8. Should patient develop any illness, cough, or fever the day before surgery despite being cleared by the pediatrician or the internist, please call the secretary so the schedule may be cancelled (for St. Luke's and Manila Doctors, that's Lilet at 09175284886, or 7278382; for Medical City that's Margie at 09175298886, or 6362827). If ready to reschedule, repeat process from number 1.
9. Pediatric patients typically require REPEAT clearance, whereas the same may not necessarily be so for adult patients, but may be requested on a case to case basis.
10. If at any point there are questions, please call or text the secretary for assistance. (for St. Luke's and Manila Doctors, that's Lilet at 09175284886, or 7278382; for Medical City that's Margie at 09175298886, or 6362827).