

Your Visit to Vanderbilt Preoperative Evaluation Center (VPEC)

VPEC will help assure you are as safe and comfortable as possible during anesthesia, surgery, and your recovery afterward. It is important to schedule your VPEC appointment as soon as you know you are having surgery. You may find that you need medical tests that your surgeon has not already requested. Also, you may need to stop taking some of your medicines up to ten days before surgery.

Getting Here

It is very important that you arrive or are available by phone at your scheduled appointment time. Please call us if you will be late or unable to keep the appointment.

Vanderbilt Preoperative Evaluation Center

Appointment Line
(615) 343-2230 Phone

Main Campus (TVC)
1301 Medical Center Drive, Suite #2810
The Vanderbilt Clinic
Nashville, TN 37232
(615) 343-9003 Phone
(615) 343-7811 Fax

Parking is free in the Vanderbilt parking garage on 21st Avenue South and Valet services are available in front of The Vanderbilt Clinic (TVC).

One Hundred Oaks (OHO)
719 Thompson Lane, Suite #21100
Nashville, TN 37204
(615) 343-3030 Phone
(615) 343-1555 Fax

Parking is free at the One Hundred Oaks facility. The "E" entrance is the one closest to the VPEC Suite at the OHO location.

Appointment date/ time:



Vanderbilt Preoperative Evaluation Center

BEFORE YOUR APPOINTMENT

Stop taking any herbal or dietary supplements as soon as possible – two weeks is optimal.

Do not fast before your VPEC visit. Eat and drink normally unless your surgeon has told you otherwise.



PLEASE BRING THIS INFORMATION TO YOUR APPOINTMENT:

- List all medicines and supplements with dosing information and what time you take them
- List of any allergies to medicines
- List of any past surgeries with dates
- Name of your doctors and any specialists that you see and their phone numbers
- You may fax prior to your appointment any testing performed outside of Vanderbilt. Primary care providers and specialists: lab work, chest x-rays, EKG and other cardiac testing including: echocardiograms, stress tests and cardiac catheterizations to VPEC at (615) 343-7811

DURING YOUR VISIT

Your in-person visit will take about 35 minutes in either of the VPEC clinics or over the phone. You can ask questions, and we will gather information to help prevent complications and delays on your day of surgery.

If you have fever or flu-like symptoms (nausea, vomiting, or diarrhea) please reschedule your appointment.

You may spend up to an hour after your VPEC appointment in the Lab and/or X-ray getting additional testing recommended by your surgeon or Nurse Practitioner.

You will fill out some brief paperwork when you arrive. Vital signs will be obtained and your picture may be taken for airway assessment. A Nurse Practitioner will ask questions about your medical history, check test results and paperwork and do a physical exam. We may order other tests to make sure you have no other medical problems that the anesthesiologist and surgeon need to know about. The nurse practitioner or phone nurse will tell you which medicines you should and shouldn't take on the day of surgery unless told otherwise by your surgeon.



YOUR ANESTHESIA

The type of anesthesia you will receive depends on the type of surgical procedure and your medical condition.

General anesthesia, which you will receive through an IV in your arm, causes complete loss of consciousness.

Regional anesthesia numbs only the part of your body where surgery is being performed. It may be done by a spinal epidural or a nerve block. Local anesthesia, which you receive by injection, numbs only a small area.

The nurse or nurse practitioner will answer any general questions regarding anesthesia. You will have an opportunity to meet your anesthesia team the day of your surgery.