

## SURGERY PREPARATION AND RECOVERY (SPAR) INSTRUCTIONS

### WHERE WE ARE LOCATED

600 Gresham Drive, Norfolk Virginia, 23507  
2<sup>nd</sup> Floor Norfolk Zone

### PARKING

Please park in the visitor garage across from the Kaufman entrance of the hospital. Valet is available at this entrance, free of charge, 5:30 a.m. – 8:00 p.m. We encourage the use of Valet to ensure quick arrival to pre-op. Your keys will be left with Security after 8:00 p.m.

### DIRECTIONS TO SURGERY REGISTRATION

Enter through the Kaufman entrance. Follow signage for the Norfolk Zone. Take the Norfolk visitor elevators to the 2<sup>nd</sup> floor. The entrance to surgery preparation and recovery (SPAR) is immediately past the fire stairwell. Enter through the glass doors.

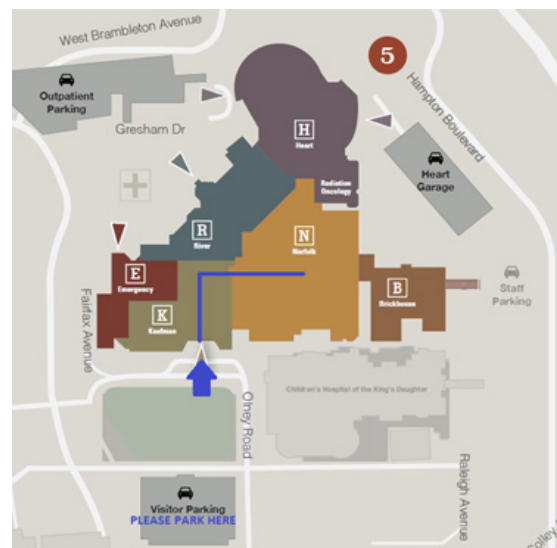
DOORS OPEN AT 5:00 A.M. AND ARE SECURED AFTER 8:00 P.M.

### REGISTRATION

You will be registered based on your surgery time and priority. Please plan the entire day as your surgery day. Your surgery time may change even on the day of surgery. We kindly ask that you come prepared with your picture ID, your Insurance Card, and your preferred payment method as you may have a copay which is due at the time of service per your insurance contract.

### PLEASE REMEMBER:

- Arrive 2 hours prior to your procedure.
- Do not eat or drink anything after midnight.
- Bring your photo ID and insurance card.
- A responsible adult must drive you home.
- A responsible adult must stay with you for 24 hours after surgery.
- Bring an updated list of your medication(s).



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[sentara.com](http://sentara.com)

**Sentara Norfolk General Hospital**  
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