Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Your Same-Day Lymphatic Mapping and Surgery at MSK's Josie Robertson Surgery Center

This information describes what to expect during your same-day lymphatic (lim-FA-tik) mapping and surgery at MSK's Josie Robertson Surgery Center (JRSC). Read this before your surgery. Refer to it on the day of your surgery so you know what to do and what to expect. Remember to also read the educational resources your nurse gave you.

The JRSC is an ambulatory surgery center. Your care there will be based on your surgery and designed just for you. We'll talk with you, so you know what to expect at every step.

Before your surgery, you'll have your lymphatic mapping done in the Molecular Imaging and Therapy Service (MITS). MITS is sometimes called the Nuclear Medicine service.

After your lymphatic mapping, MSK transportation will take you and your caregiver or visitor to the JRSC for your surgery. To learn more, read the section "The day of your

surgery."

Before your surgery

You'll get several surveys in your MSK MyChart or email account before and after your surgery. These surveys will ask about your health and your experience at the JRSC.

Using MSK MyChart

MSK MyChart (mskmychart.mskcc.org) is MSK's patient portal. You can use it to send and read messages from your care team, view your test results, see your appointment dates and times, and more. You can also invite your caregiver to make their own account so they can see information about your care.

If you do not have an MSK MyChart account, you can sign up at mskmychart.mskcc.org. You can also ask a member of your care team to send you an invitation.

If you need help with your account, call the MSK MyChart Help Desk at 646-227-2593. They are available Monday through Friday between 9 a.m. and 5 p.m. (Eastern time).

The day of your surgery

What to bring

- Your prescription card, if you want to have your prescriptions filled at the JRSC.
- Toiletries, especially if you may need to stay overnight after your surgery.
- Clothes to wear when you leave the JRSC after your surgery. We'll give you a hospital gown, hospital robe, and nonskid socks to wear while you're at the JRSC.
    - Your outpatient clinic nurse may tell you to bring certain types of clothing. For example, they may tell you to bring a button-down shirt or pants with an elastic waistband. Follow their instructions.
- Your phone or tablet and its charger.
- It's best to leave other valuable items at home or with your caregiver or visitor. This includes jewelry.
- A pillow to keep you comfortable for the car ride home, if you want.

Read the educational resources you got in clinic or in MSK MyChart. They may list other items to bring.

If you're expecting to stay overnight at the JRSC, 1 caregiver or visitor can stay with you. They should also pack a bag with any toiletries and clothing they will need.

Rarely, we must move a surgery from the JRSC to Memorial Hospital, MSK's main hospital. If that happens, your caregiver or visitor may not be able to stay overnight with you. Your care team will give you more information.

Lymphatic mapping procedure

Where to go

Before your surgery, you'll have your lymphatic mapping done in the MITS. The address is:

1250 1st Ave. (between East 67th and East 68th streets)
New York, NY 10065

The guard at the front desk will direct you to the MITS. Check in at the Radiology Department reception desk next to the elevators. You can have 1 caregiver or visitor come with you to the MITS.

Your lymphatic mapping will take about 1 to 2 hours.

After your lymphatic mapping procedure

After your procedure, a staff member will take you to the hospital exit at 1275 York Avenue. MSK transportation will take you and your caregiver or visitor to the JRSC for your surgery. There's no charge for this service.

JRSC parking information

MSK patients, caregivers, and visitors can park at the garage next to the JRSC (see Figure 1). The address is:

425 E. 61st St. (between York and 1st avenues)
New York, NY 10065

The entrance is just past the JRSC on the **right** side of the street. To learn more about discounted parking rates, visit *MSK Parking at 425 East 61st Street* (www.mskcc.org/locations/planning-visit-travel-to-msk/driving-directions-ride-share-parking-at-msk/msk-parking-at-425-east-61st-street).

For more information about parking options, visit www.msk.org/parking or call 646-888-7100.

There are other garages near the JRSC (see Figure 1). We've listed a few below.

- 1113 York Ave. (at the corner of York Avenue and 61st Street)
  New York, NY 10065
  The entrance is on 61st street on the left side of the street.
- 501 E. 61st St. (between FDR Drive and York Avenue)
  New York, NY 10065

- 403 E. 60th St. (between 1st and York avenues)
  New York, NY 10065

MSK does not have a relationship with these garages. Contact them directly for more information.

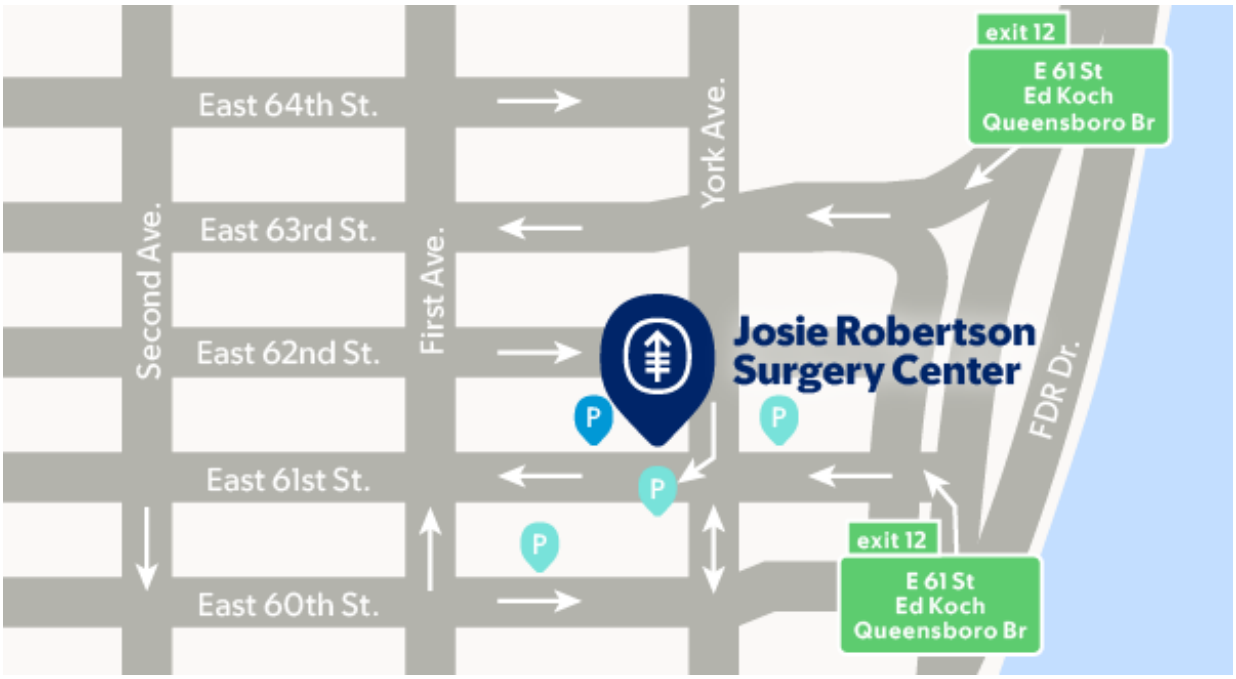


Figure 1. MSK's parking garage (blue) and other nearby garages (teal)

Check-in at the JRSC

A concierge will greet you when you enter the JRSC. They'll direct you to the check-in area on the 3rd floor.

When you get to the 3rd floor, you'll get a patient badge to wear. If you have a caregiver or visitor with you, they'll get a visitor badge to wear. These badges help your care team find you and your caregiver or visitor so they can give updates on your progress.

We'll ask for the name and contact information of the person taking you home after your surgery. This person can give their phone number to get text message updates before, during, and after your surgery.

What to expect in the pre-surgical center

A member of your care team will bring you to the pre-surgical center when they're ready for you. The pre-surgical center is on the 6th floor. Your caregiver or visitor can stay with you until you go to the operating room.

In the pre-surgical center, you'll change into a hospital gown, hospital robe, and nonskid socks. We'll give you a bag to store your clothes, phone, glasses, and other belongings. We'll keep this bag in a locked closet during your surgery and bring it to you in your recovery room.

You'll meet with your care team in the pre-surgical center. They'll go over your medical history with you and answer your questions. Tell them if you have any dietary restrictions, such as if you're kosher, gluten-free, or vegetarian. They will make sure you get the foods and drinks you need.

Your nurse will bring you to the operating room when it's time for your surgery.

Information for caregivers and visitors



We sometimes update our visitor policy to keep our patients and staff safe and healthy. Go to www.msk.org/visit for the most up-to-date information.

When we take the patient to the operating room, you'll go back to the waiting area on the 3rd floor. The waiting area has Wi-Fi, charging stations, and screens that show surgery updates. There is also a café where you can buy food, drinks, and gifts.

When possible, a nurse liaison will visit you in the waiting area to share surgery updates. After the surgery, a staff member will bring you to the patient's recovery room once they're ready for visitors.

After your surgery

At the JRSC

A member of your care team will take you to your private recovery room on the 4th, 5th, or 6th floor. Your care team will bring your caregiver or visitor to your room once you're ready for visitors.

When you're awake, your nurse will:

- Encourage you to walk.

- Offer you something to eat and drink, if it's allowed after your surgery.
- Go over your discharge instructions with you.
- Answer your questions.

From your recovery room, you'll be able to:

- Communicate with your care team.
- Watch or listen to music channels on the TV.
- Use your smartphone or tablet for calls, music, or video chats.

Depending on your surgery, you may stay at the JRSC for 1 night. Your room will have a lounge chair or sleeper seat, so 1 caregiver or visitor can stay with you.

If your care team feels you need to stay longer, you'll be taken to Memorial Hospital, MSK's main hospital. It's located at 1275 York Ave., between East 67th and East 68th streets.

At home

A member of your care team will call you the day after you go home. They'll ask how you're feeling and answer your questions.

Fill out your Recovery Tracker

We want to know how you're feeling after you leave the JRSC. To help us care for you, we'll send questions to your MSK MyChart account every day for 5 to 10 days after your surgery. These questions are known as your Recovery Tracker.

Fill out your Recovery Tracker every day before midnight (12 a.m.). It only takes 2 to 3 minutes to do. Your answers to these questions will help us understand how you're feeling and what you need.

Based on your answers, we may contact you for more information or ask you to call your surgeon's office. You can always contact your surgeon's office if you have any questions.

To learn more about your Recovery Tracker, read *Common Questions About MSK's Recovery Tracker* (www.mskcc.org/pe/recovery-tracker).

MSK MyChart is our patient portal. If you don't have an MSK MyChart account, visit mskmychart.mskcc.org or call 646-227-2593 to sign up.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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