

Preparing for Your Surgery and Recovery



Welcome

Welcome to AdventHealth. It is our pleasure to care for you and your family. This guidebook will help you understand what to expect when having surgery. If you have any questions about your treatment plan, surgery or medications, please do not hesitate to contact us or your doctor's office. We are here to help.

Respecting your preferences is important to us. Interpreter service will be provided for you in your preferred language when receiving information about your care and procedure.



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Before Your Surgery

Pre-Testing Visit

Before your surgery, your doctor's office may schedule a visit for you with the pre-testing department. The reason for this pre-testing visit is so that we may:

- Become familiar with your medical and surgical history
- Verify medications you take
- Perform or schedule any pre-surgical tests you may need, based on your history and health, such as blood work, an electrocardiogram (EKG) or X-rays
- Register you for surgery

WHAT SHOULD I BRING TO THE PRE-TESTING VISIT?

- A valid health insurance card
- Photo identification
- A form of payment (if your insurance company requires a co-pay for the surgery)
- A list of all the medications, vitamins, supplements and herbs you are taking. This includes prescription medications, non-prescription medications, over-the-counter medications, aspirin and herbal supplements. Write down the dose you take and how often you take the medicine. You may bring the prescription bottles with you, if you prefer
- Your wallet ID card for any implanted devices (examples: pacemaker, AICD, implanted pain pump, nerve stimulator)
- A list of your health problems and previous surgeries
- Any paperwork your doctors gave you about your surgery
- Your doctors' names and phone numbers
- Proof of guardianship, if you are a legal guardian to the patient

WHAT PAPERWORK WILL I COMPLETE AT THE PRE-TESTING VISIT?

You will complete various forms, including a Consent for Treatment and additional insurance forms, depending on your coverage.

You will be asked if you have an Advance Directive. This is a set of written instructions that tells your health care providers what type of care you want if you become unable to make decisions. Your Advance Directive will only be used if you become unable to take part in decisions about your health care. If you already have an Advance Directive, please bring a copy to your pre-testing visit, or on the day of surgery.

WHAT ELSE WILL HAPPEN AT THE PRE-TESTING VISIT?

You will meet with a nurse who will talk with you about your health history, the medications you take, and perform or schedule any pre-surgical tests.

THE NURSE WILL EXPLAIN AND GIVE YOU WRITTEN INFORMATION ABOUT:

- When to stop eating or drinking before surgery
- Which of your medications you should stop taking, or continue to take, before your surgery
- How you should prepare for surgery
- What things you should bring or leave at home when you come to the hospital for surgery
- What you can expect the day of your surgery and during your recovery

The visit will take 30 to 60 minutes, but may take longer if a meeting with a doctor is scheduled during the visit.

You are encouraged to bring a family member or close friend with you to the pre-testing visit.

WHAT IF MY SURGEON DOES NOT SCHEDULE A PRE-TESTING VISIT FOR ME?

Some patients are not required to visit the pre-testing department before surgery. You may receive a phone call from a nurse in the pre-testing department instead, who will review your surgery information and provide instructions. This phone call should take 15 to 45 minutes.



Preparing for Surgery

Before your surgery, it is highly recommended that you:

- **Stop smoking.** Smoking increases the risk for problems after surgery such as infection, delayed bone and skin healing, and blood clot formation. If you would like assistance to stop smoking, the nurse can provide you with information or you can visit TobaccoFreeFlorida.com.
- **Control your blood sugar.** It has been shown that keeping your blood sugar between 80 and 130 results in less complications from surgery.
- **Make arrangements for someone to drive you home after surgery.** If you are going home the day of your surgery, you may not drive yourself home from the hospital. Medications given during surgery make it unsafe to drive.
- **Follow hygiene instructions.** Your pre-testing nurse will tell you if you need to take a shower with a special soap, called chlorhexidine gluconate (CHG), the evening before and morning of your surgery. This soap helps to decrease the germs that live on your skin, which will help prevent infection after your surgery. The CHG soap will be provided to you during your pre-testing visit, or you will be told where to purchase the soap.

WHAT HAPPENS IF I GET SICK BEFORE SURGERY?

Call your surgeon if you have a change in your health, including a cold, flu or any infection before your surgery. If you are sick on the day of surgery with a fever, cold, flu-like symptoms or vomiting, call your surgeon's office.

HOW WILL I PAY FOR MY SURGERY/PROCEDURE?

The doctor's office will provide your insurance information to the hospital team, who will verify your benefits. The hospital will work with your doctor's office to obtain insurance authorization for your surgery. **If you have questions or concerns about your coverage, you can clarify these with your insurance company.** A financial services representative from the Patient Access department can also answer financial questions about your surgery. If you would like an estimate of the cost for your surgery, call the hospital where your surgery is scheduled, and ask for the patient access department.

The Day of Your Surgery

Understanding how to get ready for your procedure will help make the process go smoothly. Your surgery may be cancelled or delayed if you do not follow instructions for your surgery, such as eating or drinking after the time you were told to stop, arriving late the day of surgery, or not having a responsible person to take you home after surgery.

- **Refer to your pre-testing instructions to check the time you should stop eating and drinking before surgery.** This includes candy, cough drops, chewing gum, mints, antacids and chewing tobacco. It is important to have an empty stomach when having any surgery requiring anesthesia to reduce the chance of vomiting during surgery.
- **Do not smoke.**
- **Take any medicine you were advised to take.** Please take your medicine with water only.
- **Do not shave in or around the area where you will have surgery.** If necessary, the staff at the hospital will remove any hair with clippers on the day of surgery.
- **Take your CHG shower, if you were told to in your pre-testing instructions.**
- **Do not wear cologne or perfume.**
- **Check the pre-testing instruction sheet to know what time to be at the hospital.** Someone from the pre-testing team, or your surgeon's office, will tell you what time you should arrive on the day of surgery. This will usually be two hours prior to your scheduled surgery time.
- **Make sure you have arranged for a ride with a responsible person to take you home.** If you leave the hospital the same day as your surgery, arrange for someone to stay with you for the first 24 hours after surgery.

WHAT SHOULD I BRING TO THE HOSPITAL OR SURGERY CENTER ON THE DAY OF MY SURGERY?

- Your insurance card
- A photo ID
- A form of payment (if your insurance company requires a co-pay for the surgery)
- Your Advance Directive (living will, health care surrogate), and guardianship papers
- Your wallet ID card for any implanted devices (examples: pacemaker, AICD, implanted pain pump, nerve stimulator)
- A list of health problems and surgeries you've had, and a list of the medications you take with the dosages and how often you take them. If you provided this at a pre-testing visit or phone call, you do not need to bring this again.
- Casual, loose-fitting clothing that is easy to take off and put on. Please consider that you may be returning home with a bandage, cast or splint.
- A case or storage container for your glasses, contact lenses, dentures, partial plates, hearing aids or any prosthesis. Bring the needed solutions for these, as well. To prevent injury and/or accidental loss, you may not wear any of these into surgery.
- Your CPAP (continuous positive airway pressure) machine. This is something used when sleeping for patients who have sleep apnea.
- Any items the surgeon may have given you for after surgery (examples: surgical boot, brace)
- Medications, such as an inhaler, if directed to do so by the pre-testing nurse. Please leave all other medication at home.
- Any X-ray or MRI films you were given to bring to the hospital
- Any papers or forms your other doctors' offices gave to you for your surgery. An example of this is any forms or tests from your heart doctor's office.
- Any requests for back to work notes or restriction requests you need your doctor to complete
- A favorite blanket, stuffed animal or toy for children having surgery. These may remain with your child during surgery and in the recovery room.



PLEASE LEAVE THESE ITEMS AT HOME.

Jewelry and piercings. For your safety in surgery, all jewelry must be removed. Please remove jewelry and piercings ahead of time and leave them at home.

Nail polish. Please remove dark-colored nail polish. The monitoring device placed on your finger during surgery and recovery does not perform as accurately over dark-colored nail polish or acrylic nails.

Money and valuables. Staff cannot be responsible for your valuables. Please leave these at home.

Your home medications, unless directed to bring them by the pre-testing nurse. The health care staff will give you any medications you need during and after surgery.

WHAT CAN I EXPECT WHEN I GET TO THE HOSPITAL?

If you did not go to a pre-testing visit, you will need to register for surgery when you arrive at the hospital, and then go to the surgery area. If you did go to a pre-testing visit, you will go directly to the surgery unit and check in with the receptionist.

You will be brought into a preoperative area to be prepared for surgery. You will have the option to have your family join you, or they may stay in the waiting area during some of your preparations. Before surgery, decide which two family members or friends may wait with you until it is time for you to go to the operating room. Parents and legal guardians stay with their children throughout the preparation period.

WHAT CAN I EXPECT IN THE PREOPERATIVE AREA?

The nurses and doctors will verify your name and date of birth. You will be asked this more than once during your surgical stay. This is one of our ways to ensure your safety.

A name bracelet and allergy bracelet will be placed on your arm, after verifying the information is correct.

You will be asked what type of surgery you are having and on what part of your body the surgery is going to be done. You will be asked this more than once before surgery. This is another way we ensure your safety.

Your surgical consent will be reviewed with you. You will be asked to sign the consent, if you have not already done so in the surgeon's office or the pre-testing visit.

The staff will ask for the name and phone number of the family member who is waiting for you. If you are going home the day of surgery, hospital staff will verify you have a ride home and the telephone number of the person taking you home. You may not drive yourself home after surgery.

You will be asked to change into a hospital gown and no-slip socks. Your clothing will be placed in a bag to be given to your family, placed on your stretcher or placed in a locker at your surgery center.

You may be asked to wipe your skin with special CHG-soaked cloths. This is one of the ways we help prevent infection.

You will be visited by several members of our highly skilled surgical team who will help with your procedure and make sure you are comfortable. These include the preoperative nurse, the anesthesiologist and members of the anesthesia team, the operating room nurse, your surgeon and any members of the surgeon's team.

The nurses and anesthesiologists will review your medical and surgical history.

The nurses and anesthesiologists will ask you about the medications you take. If you did not provide a list of medications to the nurse during the pre-testing visit or phone call, please bring it with you the day of surgery. Remember to tell your doctors and nurses about all the medications you take, including any over-the-counter medications, vitamins, supplements, herbal products and skin patch medications.

You may have additional testing done, if needed. This will depend upon your medical history.

You will have an IV started. This is a small plastic tube that is placed in your arm, so you can receive fluid and medications during your surgery and recovery.

Your surgeon may mark your surgical site with a skin marker.

A protective paper hat will be placed over your hair. Your entire surgical team will be wearing similar hats. This is done to help prevent infection.



WHAT DOES AN ANESTHESIOLOGIST DO?

An anesthesiologist is a doctor who keeps you safe and comfortable during surgery. They assess your medical history and physical condition before surgery, monitor and treat you during surgery while providing anesthesia, and help you control your pain after surgery.

Your anesthesiologist and other anesthesia team members will explain the plan and process for giving you anesthesia after reviewing your medical history. They will explain the possible side effects of anesthesia as well. Tell your anesthesiologist if you have ever had any problems with nausea after anesthesia in the past. You will sign a consent for anesthesia after all your questions about anesthesia have been answered. Members of your anesthesia team will remain at your side during your entire surgery until they take you to the care of a nurse in the recovery room.

WHAT CAN I EXPECT WHEN I GO TO THE OPERATING ROOM?

In the operating room, there are bright lights and many types of equipment. Your care team will move you from the stretcher to an operating table and connect you to monitors. There will be several members of the surgical team with you during your entire operation to provide you excellent care.

During your surgery, your family members wait for you in the waiting room. A team member is available to help your family and answer questions while they are waiting. Your family is given a card with a number assigned to you so they can follow you through each area during surgery on a “tracking board.” A tracking board is a screen in every waiting room that shows your family if you are in the operating room or recovery room. Your personal information is not visible on the tracking board.

For your family’s convenience, complimentary Wi-Fi is provided in all waiting rooms. Your family may want to have a sweater or jacket in case they are cold.

If your family wants to leave the waiting area for short periods while you are in surgery, they should inform the receptionist so they can be contacted if needed.

Please note that AdventHealth is a tobacco- and smoke-free campus. Your family members will not be permitted to smoke or use tobacco products inside or outside hospital property.

HOW LONG DOES SURGERY TAKE?

Your doctor will tell you approximately how long surgery will take. The time given for the length of surgery is an estimate. The actual surgery time may vary. You will be reunited with your family as soon as possible after surgery.

After Your Surgery

When your surgery is completed, the surgical team will bring you to the recovery-area. Our recovery-area nursing team will care for you by controlling any pain or nausea, and helping keep you comfortable.

WHAT CAN I EXPECT WHILE I'M IN THE RECOVERY ROOM?

- The nursing staff will be at your side, controlling your pain and nausea and making you as comfortable as possible.
- You will be connected to monitors to have your blood pressure, heart rate, breathing rate and oxygen level checked frequently. This will help our team keep you safe and comfortable.
- A nurse will check your bandages, if you have any.
- You will be encouraged to take deep breaths and cough while you're waking up.
- The nurse might give you something to drink when you are awake, depending on the surgery you had done.
- After this phase of recovery, you will either go to a room in the hospital or to another recovery area to prepare you to go home.

HOW LONG WILL I BE IN THE RECOVERY ROOM?

The time you need in the recovery room will vary. The type of surgery, type of anesthesia used and your body's own response decides the length of time you will need to stay in recovery. Before you are able to leave the recovery area, the nurse will make sure you wake up easily, are moving around on your own, breathing well, able to cough easily, and that your blood pressure and heart rate are similar to what they were before surgery.

WHEN WILL I SEE MY FAMILY AFTER SURGERY?

Your family will be brought back to the recovery area as soon as possible after you are awake and feeling comfortable. The amount of people who can visit in recovery may be limited. Parents of children will come to the recovery room as soon as their child wakes up.

WILL MY DOCTOR TALK WITH ME WHILE I'M IN THE RECOVERY ROOM?

Because the medications you received for surgery can have an amnesic effect (make you forget things), the doctor will speak with your family after surgery to give them information about your operation. The nurse will give you and your family member more instructions before going home.

WILL I HAVE PAIN AFTER MY SURGERY?

Because you had surgery, some pain or discomfort is expected. We will ask you frequently to use a scale of zero to 10 to help us understand how you're feeling. On this scale, zero means no pain and 10 means the worst pain you have ever experienced. We may use other methods, in addition to medicine, to improve your pain control. While it is normal to expect some discomfort after your surgery, we will work with you, the anesthesia team and your surgeon to find the quickest and safest relief possible to control your pain. We strive to keep you as comfortable as possible and will be monitoring this frequently.

WILL I BE SICK TO MY STOMACH OR NAUSEOUS AFTER SURGERY?

Nausea is a possible side effect after surgery. You will be given medications to assist in the control of nausea and vomiting after surgery.

HOW ELSE WILL I FEEL IN THE RECOVERY ROOM?

You will be drowsy and may have blurred vision for a short time after surgery because of the medications you were given. It is not unusual to experience a dry mouth after surgery. You will be given something to drink as soon as possible, depending on the type of surgery you had.

DO I NEED TO BRING A SUITCASE IF I AM STAYING OVERNIGHT IN THE HOSPITAL?

If you are staying overnight, you may bring personal items with you. You will be provided with a hospital gown to wear after surgery. Oftentimes, personal clothing is more difficult to put on than a hospital gown. If you bring personal items with you in a bag or suitcase, please leave these in the car to be retrieved by a family member after you have gone to your room. It is difficult to store bags in

the surgery areas.

WHAT CAN I EXPECT IF I GO HOME THE SAME DAY I HAVE SURGERY?

You will go to a second recovery area. Your family may stay with you here.

You may be given something to drink and eat.

You may be required to urinate before going home, depending upon the type of surgery and anesthesia you had.

You and your family member will receive instructions about your care when you go home, specifically signs and side effects you will want to watch for after your surgery. Because the medications you received during surgery make you forgetful, your instructions will be in writing. The nurse will review the instructions with your family member.

The nurse will explain:

- When to re-start your usual medications
- When to shower, if your doctor has provided this instruction
- How to care for any bandages you have
- If you have to limit your activity
- About signs of infection
- When to see your doctor again
- Any other instructions specific to your care

You will dress in your own clothes when you are ready to go home.

You will be taken to your car in a wheelchair by hospital staff. You may still be drowsy when it is time to go home.

CAN I DRIVE MYSELF HOME AFTER SURGERY?

No. We want you to be safe and recover quickly after surgery. Because of the medications you received for surgery, it is not safe for you to drive for 24 hours after surgery. If you do not have a responsible person and ride to take you home after surgery, your surgery may

be cancelled.

Your Recovery at Home

Your recovery continues at home. The medications you received for surgery and pain may continue to make you drowsy and forgetful.

Do not make any other plans for the day of surgery. Plan to have someone with you for 24 hours after surgery to help care for you.

YOUR SAFETY IS IMPORTANT TO US. FOR 24 HOURS AFTER SURGERY, YOU SHOULD NOT:

- Drive
- Drink alcohol
- Use any drugs not prescribed to you
- Sign any important papers
- Make any important decisions

Follow the instructions you receive from your doctor and nurse about resting, what to eat and drink, medicines to take, any limits to your activity, how to care for your surgery area or bandages, and when to see your doctor after surgery.

If you use a CPAP (continuous positive airway pressure) machine, make sure you use it for naps after surgery, as well as at night. The medicine you get for surgery and to help control pain can worsen your sleep apnea temporarily.

WHAT IF I HAVE QUESTIONS ONCE I GET HOME?

You may refer to the written discharge instructions you received or call your surgeon's office. If you went home on the same day as surgery, you may receive a call from one of our nurses in the days following your surgery to check how your recovery is progressing.



What Every Family Wants to Know

You are an important part of your loved one's care and recovery. Here is what you can expect on your loved one's surgical day.

- Check the map you were given to know where to park. If this is in a parking garage at AdventHealth Orlando, your parking ticket will be validated by the surgery unit before you leave.
- Leave any large bags or suitcases for an overnight stay in the car until your loved one is in their hospital room.
- You may wait with your loved one while they are getting prepared for surgery.
- You will wait in the waiting room during your loved one's surgery. All waiting rooms have complimentary Wi-Fi on the AdventHealth network. You may want to bring a sweater and something to read during your wait.
- Give your phone number to the staff member in the waiting room if you leave during your loved one's surgery, so you can be reached. Please note, for some shorter surgeries, you may be asked to remain in the waiting room or within the facility. The staff will ask you to provide a phone number before your loved one's surgery begins so you can be reached by the doctor if you are not in the waiting room when surgery is done.
- The doctor will speak with you after your loved one's surgery and provide information to you. Because of the medicine your loved one receives for surgery, they will be drowsy and forgetful that day, and may not remember information received from the doctor. Please be aware, the doctor may speak to you even before your loved one is out of the operating room. The anesthesia and nursing teams will be with your loved one the entire time they are in surgery.
- When it's time to leave the hospital, the nurse will give you and your loved one written discharge instructions and review them with you. If the doctor has left any prescriptions, you will receive them at this time.
- Your loved one will be taken to the car in a wheelchair when it is time for them to leave.
- Plan for someone to stay with your loved one if it has not been 24 hours since surgery.
- Your loved one should not make any plans for the day of surgery, if they are going home, so they may rest.
- AdventHealth is a tobacco- and smoke-free campus. Smoking or the use of tobacco products is not permitted inside the hospital or outside on hospital property.

If you or your family member have any questions or concerns during your hospital stay, please bring these to the attention of the nurse or any hospital personnel.

CREATION Life: Our Philosophy of Health and Wellness

CREATION Life is a whole-person lifestyle created by AdventHealth designed to help individuals achieve maximum health and wellness. This framework seeks to positively influence all aspects of a person's recovery — body, mind and spirit. When practiced consistently, CREATION Life empowers participants to live a more fulfilling and productive life by embracing eight guiding principles — Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook and Nutrition.

Choice – Choice inspires personal fulfillment and well-being. Establishing control over your life through conscious decision-making leads to improved health and longevity. Choose the most important thing for you each day and share it with friends and loved ones.

Rest – Rest rejuvenates the body, mind and spirit, empowering you to function at your best. Proper sleep and relaxation can lower blood pressure and reduce stress. Rest is important to your recovery. Take time to relax. Listen to soothing music, read and meditate.

Environment – Environment influences your overall health. Creating pleasant surroundings that energize the senses can lead to inner peace and happiness. Keep things around you that make you feel comfortable. Adjust lighting and temperature as needed.

Activity – Activity strengthens the body, sharpens the mind and invigorates the spirit. Regular physical and mental exercise can greatly improve your quality of life. Maintain the level of activity that your health care team recommends. Puzzles, word searches and other games are a fun way to stimulate your mind.

Trust – Trust promotes healing and security in your relationship with God, family, friends and coworkers. Nurturing trust in all your relationships creates inner stability and confidence, which leads to wellness. Talk to your pastor, friends and family about your spiritual and emotional needs. Pray, read scripture or journal about your experience.

Interpersonal Relationships – Interpersonal relationships can spark health and healing. Social connection fortifies resolve and nourishes the body, mind and spirit. Stay connected through emails, blogs, letters and phone calls. Encourage friends and family to visit.

Outlook – Outlook creates your reality. A positive attitude can strengthen the health of your body, mind and spiritual life. Begin a gratitude journal and write down what you are thankful for each day. Keep a list of how you are integrating CREATION Life principles in your life.

Nutrition – Nutrition is the fuel that drives you. Small changes to your diet can produce profound improvements to your overall health. Follow your diet plan to feel better and more energized.

Our Health Equity Promise

Patient Protection and Affordable Care Act: Section 1557

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. This facility does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

AdventHealth provides free aid and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

AdventHealth provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, please call 407-303-5600 x1106707.

If you believe that this facility has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance or request that someone assist you with filing a grievance at 407-200-1324 or fh.risk.management@adventhealth.com.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically, through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

The statements below direct people whose primary language is not English to translation assistance.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi theo số điện thoại dưới đây.

注意: 如果您使用中文, 您可以免费获得语言协助服务。请拨打下面电话号码。

Atansyon: Si ou pale kreyòl Ayisyen, gen sèvis asistans nan lang ou ki disponib gratis pou ou. Rele nimewo ki anba an.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 아래의 번호로 전화하십시오.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer podany poniżej.

ملحوظة: إذا كنت لا تتحدث اللغة الإنجليزية فإن خدمات الترجمة متوفرة لك مجاناً. الرجاء الاتصال بالرقم أدناه.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro ci-dessous.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero sa ibaba.

ВНИМАНИЕ! Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Для этого позвоните по нижеуказанному номеру.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie die untere Nummer an.

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. નીચેના નંબર પર ફોન કરો.

ATENÇÃO: Se você fala português, disponibilizamos serviços lingüísticos gratuitos. Ligue para o número abaixo.

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। नीचे लिखे नम्बर पर सम्पर्क करें।

اگر شما فارسی زبان هستید، خدمات کمکی زبان بطور مجانی در دسترس شما قرار دارد. تو شماره زیر زنگ بزنید.

توجہ فرمائیے۔ اگر آپ اردو بولتے/بولتی ہیں تو آپ کے لئے لسانی خدمات مفت میسر ہیں۔ ذیل میں دئیے گئے نمبر پر کال کریں۔

注意: 日本語でお話になりたい場合には、無料の通訳サービスをご利用いただけます。下記の番号にお電話してください。

ໄປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອ ດ້ານພາສາ, ໄດ້ອໍເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ກະລຸນາໃຫ້ນໍາເບີຢູ່ຂ້າງລຸ່ມ

LUS CEEB TOOM: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu tus xojtooj hauv qab no.

ATTENZIONE: Se parlate italiano, sono disponibili dei servizi di assistenza linguistica gratuiti. Chiamare il numero sotto indicato.

407-303-5600 ☎ 407-303-3025

