Spectrum Health Surgical Optimization Center at Butterworth Hospital
330 Barclay Avenue NE
Grand Rapids, MI 49503
Phone: 616.267.9123
Fax: 616.267.8141

Please park in the patient parking lot, Lot B, off of Barclay Ave. There are designated spots for SOC patients.

Directions:

Coming from the North or South:
• Take US-131 to I-96 East
• Take Exit 78 at College Avenue and turn right
• Turn right on Michigan Street (first traffic light)
• Turn left on Barclay Avenue

Coming from the West:
• Take I-96 East to College Avenue
• Take Exit 78 at College Avenue and turn right
• Turn right on Michigan Street (first traffic light)
• Turn left on Barclay Avenue

Coming from the East:
• Take I-96 West to College Avenue
• Take Exit 78 at College Avenue and turn left
• Turn right on Michigan Street (second traffic light)
• Turn left on Barclay Avenue

Spectrum Health Surgical Optimization Center at Blodgett Hospital
1840 Wealthy St. SE
Grand Rapids, MI 49506
Phone: 616.774.0276
Fax: 616.774.5204

Please use free patient valet services. Registration is located in room 2C-244.

Directions:

Coming from the North:
• Take US-131 to I-96 East
• Take I-96 east to East Beltline Avenue (Exit 38)
• Turn right (south) on East Beltline Avenue
• Turn right (west) on Fulton Road
• Turn left (southwest) on Robinson Road
• Turn left (south) on Plymouth Road

Coming from the South:
• Take US-131 to Wealthy Street (Exit 84A).
• Turn right (east) on Wealthy Street SE.
• Turn right (south) on Plymouth Road

Coming from the West:
• Take I-96 East to I-96 East.
• Take East Beltline Avenue (Exit 38) and turn right (south) on East Beltline Avenue.
• Turn right (west) on Fulton Street.
• Turn left (southwest) on Robinson Road.
• Turn left (south) on Plymouth Road.

Coming from the East:
• Take I-96 west to Cascade Road (Exit 40).
• Turn left (southwest) on Robinson Road.
• Turn left (south) on Plymouth Road.
Making your surgery safer
Quality health care means doing the right thing the first time and every time. As part of our commitment to quality, we have created the Surgical Optimization Center (SOC) to prepare you and your surgical care team before your surgery.

What is Optimization?
The goal of “optimizing” your health prior to surgery is to minimize your risk of postoperative complications, decrease length of stay in the hospital, reduce unplanned readmissions and enhance your overall health and surgical experience. By optimizing your health prior to surgery this may also prevent delays or cancellation of your surgery. It is also to provide a surgical care plan for the patient, surgeon, anesthesiologist, surgical team, and primary care provider. Optimization also includes patient education to help answer questions and reduce anxiety about your upcoming procedure.

What to expect
Your surgeon or referring provider will submit a referral to the Surgical Optimization Center. The SOC team will call you to schedule the appointment.

On the day of your appointment, you should bring:
- Any recent EKG results, cardiac work-up or laboratory work
- A complete list of your current medications, how much and how often you take them, including prescriptions, over-the-counter medications, vitamins and other supplements
- Information about your medical conditions and prior surgeries
- The full name and phone number for your primary care doctor and any specialists you see

During your appointment, your SOC provider will review your medical history, medications, perform a physical exam, and complete a checklist that helps us determine your risk or readiness for surgery. In most cases, the appointment will provide us enough information to decide if you are ready for surgery. In some cases, additional tests or medications may be needed to ensure it is safe to proceed with surgery. This information will be communicated to your surgeon and primary care physician.

Your personalized surgical care plan
You and the SOC team will work together to create a plan for your surgery and recovery. This plan will guide you and everyone who cares for you before, during and after your surgery.

Your personal plan will include:
- A complete medical assessment, including a review of your surgical, familial and social histories
- Education and resources to let you know what to expect and how to prepare for your surgery
- Medication review and instructions given prior to and day of your surgery
- We work with your surgical team and anesthesiologists to determine if additional testing is needed based your medical history. This helps to avoid unnecessary tests and visits, and can save you money and time
- Care management options if at-home assistance is needed during your recovery

Frequently asked questions
Why does the surgical team need to know my medical history? Certain medical conditions may increase the risk of complications associated with your surgery. By knowing your medical history, your surgical team can prepare most appropriately to minimize these risks.

What kind of medical information are you looking for? We need to know what medications you may be taking, including how much and how often. Among other conditions, we look for a history of blood clots during surgeries, a history of bleeding problems or problems with anesthesia, high blood pressure, breathing disorders, sleep disorders that require a breathing machine, diabetes, kidney or heart disease.

What if my medical condition is very complicated or I am not optimized for surgery? If your SOC provider determines you may not be ready or optimized for surgery or your medical condition is very complicated, we will discuss your evaluation with your surgeon. Your surgeon can then decide whether surgery is right for you at this time. This information will also be shared with your primary care physician.

Why are all these steps needed? Spectrum Health wants to ensure you are as prepared as possible for surgery and for your recovery. Our goal is to know all we can about your medical status. This helps us plan for your surgery and share your needs with those who will care for you before, during, and after your surgery, as well as reducing the chance for delay or cancellation of your surgery. In addition, several specialties offer educational classes to help you prepare for your specific surgery and recovery.

Meet Our Team
Adam Edlund, MD, SFHM
Medical Director
Perioperative Medicine

Melanie Burghgraef, ANP
Perioperative Medicine

Jennifer Pals, FNP
Perioperative Medicine

Gustavo Moretta, FNP
Perioperative Medicine

Heather Sypien, FNP
Perioperative Medicine

Appointment Date/Time
Month Day Year

Arrival Time

You do not have to fast for this appointment