ALL PATIENTS - THE MORNING OF SURGERY

- Have a bath or shower. Remember your belly button too!
- Do NOT wear any scented products
- Remove all make-up, nail polish and jewelry (including all piercings – concerns should be directed to your Pre Surgical Screening nurse at the time of your interview).
- Leave all valuables at home – watches, rings, credit cards. You should not bring more than $20 cash to the hospital.
- Bring very few items with you. Storage space is limited. You will be instructed on what, if any, medications you need to bring with you.
- If needed, other personal items may be brought into the hospital after your surgery.

ALL PATIENTS – GENERAL DISCHARGE INFORMATION

- Be sure to follow your surgeon’s instructions regarding medication, activity, and after surgery care.
- Increase your diet slowly (or as per instructions) starting with a light diet.
- Ask about any follow-up appointments with your surgeon.
- Ensure you have any prescriptions before leaving.

MY SURGERY NOTES

<table>
<thead>
<tr>
<th>Surgery date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Report to hospital at</td>
</tr>
<tr>
<td>Location</td>
</tr>
<tr>
<td>No food after</td>
</tr>
<tr>
<td>No clear fluids after</td>
</tr>
<tr>
<td>Stop all herbals and vitamins as directed before surgery</td>
</tr>
<tr>
<td>AND the following medications</td>
</tr>
<tr>
<td>Take these medications the morning of surgery with a SIP of water (unless otherwise directed)</td>
</tr>
</tbody>
</table>

☐ See medication record (site specific)

Special Instructions

Other appointments

IHA – Surgical Services
DCS & PSS Clinical Practice Standards Working Group

DAY CARE SURGERY
(Usually no hospital overnight stay)

AND SAME DAY ADMIT SURGERY
(Admitted to hospital on day of surgery)

PATIENT INFORMATION

MISSION STATEMENT:
To strengthen the quality of personal, family and community life through counselling, education, support or referral.

Please leave this pamphlet by your telephone so you can make notes regarding dates, times and any special instructions – see back page.
**PREPARING FOR YOUR SURGERY**

To ensure your safety and well-being, please follow ALL instructions given regarding eating, drinking or other requirements prior to your surgery. If the instructions are not followed, your surgery may be postponed.

In addition:

- **NO** chewing gum or tobacco, or eating candy after midnight
- Pills may be taken with a sip of water as instructed.
- **DO NOT** smoke after midnight
- **STOP** taking all vitamins, herbals and supplements one (1) week before surgery or as directed.

You may need to be at the hospital early (i.e. 5:30 or 6:00 AM) so please make any necessary arrangements.

You can also expect to stay in hospital a minimum of 4 hours. This will vary based on the type of surgery you are having.

**SAME DAY ADMIT PATIENTS**

**PREPARING FOR DISCHARGE:**

To ensure you are ready and prepared for discharge, please arrange for the following:

- A responsible person(s) **MUST** accompany you home and stay with you for 24 hours after your surgery to ensure your safety. Anesthetics and other medications may affect your judgment and coordination.

**Please bring the name and number of this person with you on the day of surgery.**

- If you do not have anyone to stay with you overnight, please discuss this with the surgeon or Pre-Surgical Screening Nurse.

- For at least twenty-four (24) hours after your procedure, **do not:**
  - drive any type of motorized vehicle
  - ride as a passenger on a motorcycle or snowmobile
  - operate any power tools
  - sign any legal document or important papers
  - drink alcohol or use recreational drugs
  - provide care for others

**ALL PATIENTS—PRIOR TO SURGERY**

- If you develop a cold, flu, infection or any other illness within one (1) week of your surgery, please contact your surgeon’s office or the Pre Surgical Screening Clinic as soon as possible.

- If lab work is required, please remember to take your care card with you to the lab.

- Due to unexpected events, time may be changed or your surgery postponed on the day of surgery. If this happens, please talk to your nurse prior to leaving the hospital as they will have some important information for you.

**ALL PATIENTS—THE EVENING PRIOR TO SURGERY**

- Have a bath or shower using a new bar of regular soap