

ALL PATIENTS - THE MORNING OF SURGERY

- **Have a bath or shower.** Remember your belly button too!
- **Do NOT** wear any scented products
- All jewelry **MUST** be removed, including all piercings. **If jewelry is not removed this may cause your surgery to be postponed.** Please seek a jeweller's assistance if required. For concerns talk to your Pre Surgical Screening nurse.
- **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

Surgery date
Report to hospital at
Location
No food after
No clear fluids after
Stop all herbals and vitamins as directed before surgery
AND the following medications <hr/> <hr/>
Take these medications the morning of surgery with a SIP of water (unless otherwise directed) <hr/> <hr/>
<input type="checkbox"/> See medication record (site specific)
Special Instructions
Other appointments <hr/> <hr/>

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

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Interior Health
Every person matters

DAY CARE SURGERY

(Usually no hospital overnight stay)

AND SAME DAY ADMIT SURGERY

(Admitted to hospital on day of surgery)

PATIENT INFORMATION

MISSION STATEMENT:

Promote healthy lifestyles and provide needed health services in a timely, caring, and efficient manner, to the highest professional and quality standards.

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

PRIOR TO SURGERY

You will be advised of your surgery date and time and/or will be asked to call the Booking office to confirm your time. You will also be given some information as to when you should arrive at the hospital.

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:

- **DO NOT** shave or remove hair **from the surgical area** by any means 7 days before surgery
- **NO FOOD**, chewing gum, tobacco, or candy after midnight unless instructed by your doctor or PSS nurse
- Pills may be taken with a sip of water as instructed.
- **DO NOT** smoke or use tobacco after midnight
- **STOP** taking all vitamins, herbals and supplements 7 days 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.

DAY CARE SURGERY PATIENTS

PREPARING FOR DISCHARGE

To ensure you are safe, ready and prepared for discharge, please note 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 an adult to give you a ride home and to stay with you for 24 hours, your **surgery may be postponed**. Please discuss this with the Pre-Surgical Screening Nurse.
- For at least 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

SAME DAY ADMIT PATIENTS

PREPARING FOR DISCHARGE:

To ensure you are ready and prepared for discharge, please arrange for the following prior to your surgery date:

- A responsible person who will be available to pick you up if required when you have been discharged.
- A caregiver if required.
- Any required equipment or home supplies needed for recovery (e.g. walker, toilet aid, etc.)

ALL PATIENTS – PRIOR TO SURGERY

- If you develop a cold, flu, infection or any other illness within 7 days 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**