



A PATIENT'S GUIDE TO PREPARE FOR DAY SURGERY

Surgery Date _____

The hospital will call with your arrival time 2 days prior to surgery.

QHC#394

General Instructions

Notify your surgeon if you normally receive antibiotics for dental work or surgery for a heart murmur/heart valve replacement/joint replacement, etc.

Notify your surgeon as soon as possible if you are taking blood thinners, aspirin, arthritic and/or anti-inflammatory medications, over-the-counter vitamins or herbal supplements. These may need to be stopped before your surgery. Inquire when to restart these after your surgery.

Notify your surgeon if you have **sleep apnea**. If you use a breathing machine (i.e. CPAP), you **must** bring it with you the day of surgery. Plan to be in the recovery room for 4 hours after your surgery.

If you develop a sore throat, fever, cold or flu within a few days prior to your surgery, call your surgeon. Your surgery may have to be delayed until you are feeling better. Please notify the Surgical Preadmission Clinic at (613) 969-7400 ext.2827, if you have ever been told you have **VRE or MRSA**.

No smoking is advised within 48 hours of your surgery. **No smoking on hospital property** as of July 1, 2009.

General Instructions

No alcoholic beverages for at least 24 hours before your surgery as alcohol may interfere with the medications you will be receiving.

QHC Reduced-Scent Policy (patients, visitors and staff). Please refrain from wearing **ANY** scented products (perfumes, colognes, scented soaps, lotions, etc.)

If you are unable to speak or understand English, please bring an interpreter with you.

If for any reason, you cannot keep your appointment, please call your surgeon's office.

If you would like an appointment(s) booked for your **preoperative testing** (blood work, ECG, X-rays if ordered), please call (613) 969-7400 ext. 2494. If no appointment is arranged prior, you will be seen on a first come, first serve basis.

If you are referred or expect to be referred to the Community Care Access Centre (CCAC), for in-home services, please contact their office at (613) 966-3530 or 1-800-668-0901 to discuss any arrangements prior to your surgery.

General Instructions

The hospital will notify you of your arrival time 2 business days prior to surgery.

Leave valuables, money and jewellery at home. The hospital is not responsible for lost items.

Hearing aids, glasses/contact lenses should be brought to the hospital with proper storage containers. Dentures will be removed just prior to surgery. Wear comfortable, loose-fitting clothes and flat-soled shoes. You may want to bring your slippers.

Have a shower or bath the morning of surgery. Remove all makeup, perfume, nail polish and jewellery (wedding band may be left on).

Try and have a bowel movement the evening before or the morning of surgery. If necessary, take a mild laxative.

Length of recovery time in hospital after surgery varies. Please ensure that the person taking you home can be easily contacted and available.

General Instructions

Remember that your surgery is planned. Before your surgery, please ensure that you have made the necessary arrangements for someone to take you home the day of your surgery and someone to stay with you for the first few days until you see for yourself that you can manage on your own. If you live alone, alternate arrangements, such as staying with family or friends, should be considered.

If your family wishes to speak to the surgeon following your surgery, there is a waiting room across from the Operating Room doors in Belleville and a large waiting room across from the Same Day Surgery department doors in Trenton. If your family wishes to leave the hospital, a phone number may be left for the surgeon to call your family member. In some cases, a family member may sit with you after you are prepared for surgery.

PARKING IS ALLOWED IN DESIGNATED AREAS ONLY. PARKING IS NOT ALLOWED IN FIRE ROUTES. Drivers are only permitted to stop in these driveways to drop off or pick up someone. Unattended vehicles will be considered parked and subject to ticketing and/or towing.

Patient pick-up instructions will be provided by hospital staff.

The cost of parking is \$4.00 an hour to a maximum of \$11.00 for the day.

Day of Surgery

Please arrive at your scheduled time. This prevents a delay in your surgery. Please be aware that there may be alterations in your surgery time due to emergencies.

Please bring your Health Card and Hospital Card with you.

Before your surgery, please ensure that your **Health Card** is valid. Your surgery will be cancelled otherwise.

Please bring **all** of your medications with you in their **original containers**, including any puffers, insulin and/or patches. This also includes **all** non-prescription items you normally take (vitamins and/or herbal supplements).

NO FOOD AFTER MIDNIGHT THE DAY OF YOUR SURGERY. YOU MAY HAVE SMALL AMOUNTS OF WATER ONLY. NO FLUID IS

PERMITTED UP TO THREE (3) HOURS BEFORE YOUR SURGERY.

YOUR SURGERY MAY BE DELAYED OR CANCELLED OTHERWISE.

Day of Surgery

Take your usual morning prescription medications including inhalers **UNLESS TOLD OTHERWISE BY YOUR DOCTOR.** Do not take any **diabetic medication**, unless instructed by your doctor. Check with your doctor for *special instructions* if you are on an *Insulin Pump*.

Special Instructions

You are **NOT** allowed to drive yourself home or take a taxi unaccompanied. You **MUST** have someone to stay with you the remainder of the day and overnight. **YOUR SURGERY WILL BE CANCELLED OTHERWISE.**

Questions?

If you have any questions and/or concerns prior to your surgery, please call the Pre surgical Assessment Clinic (613) 969-7400 ext. 2827.

Developed By: Surgical Services, 2002

Approved By: Department of Anaesthesia, Quinte Health Care

Revised: May 2012