



# **A PATIENT'S GUIDE TO PREPARE FOR SAME DAY ADMISSION SURGERY**

*Surgery Date* \_\_\_\_\_

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

QHC#391  
(Revised April 2015)

## 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 and 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. If you have ever been told you have **VRE or MRSA**, please notify the Pre surgical Assessment Clinic at (613) 969-7400 ext. 2827.

**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.

For your preoperative blood work you will be seen on a first come, first serve basis. The lab is located on Level 1 and is open 9:00 am – 2:00 pm only.

For those patients requiring an ECG / X-ray you must register at Diagnostic Imaging also located on Level 1.

If your surgeon has ordered blood work and the lab applies a pink bracelet to your arm, do not remove it. Your surgery will be delayed otherwise.

## General Instructions

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

A telephone charge for phone use will be billed to you after discharge. For local calls – dial 9; Long distance calls – dial 0 to go through the hospital operator.

Leave valuables, money and jewelry 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.

If your family wishes to speak to the surgeon following your surgery, there is a waiting room outside the pre op area in Belleville and 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.

## **General Instructions**

Have a shower or bath the morning of surgery. Remove all makeup, perfume, nail polish and jewelry (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.

**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 discharge 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 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 arrangements prior to your surgery.**

## General Instructions

If you have family able to visit, please have your personal items brought in after your surgery when you are in your hospital room. You will require your own personal items (soap, Kleenex, toothpaste, comb, etc.). Please bring non-slip supportive slippers or shoes, a housecoat, reading material, etc.

Visiting hours are flexible to accommodate the patient circumstances; there are no prescribed hours. Visiting may be adjusted in timing and the number of visitors based on the clinical care needs of the patient.

Children are allowed to visit but must be quiet and under constant adult supervision.

Visitors should not visit if feeling unwell or have any infection (i.e. flu, sore throat, etc)

**Patient care is our priority.** If visitors are asked to leave for any reason, please abide by staff request.

## **General Instructions**

**Discharge time is 10 a.m.** Please ensure your ride is available. This allows the room to be available for the next person. Usually, your surgeon will let you know the day before he/she plans to send you home.

### **Surgical Short Stay Unit (SSU)**

The SSU is designed for patients undergoing selected procedures, who will require an overnight stay at Quinte Health Care. Your surgeon will decide if you will go to the SSU. The SSU is an open concept unit and your family member can sit with you after your recovery. Please note that there are no private rooms available. Discharge is early in the morning following your surgery.

The nurses are specialized to take care of post-operative patients. They will follow the doctor's orders and ensure that you receive the care required in order to safely discharge you home.

**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.**

Tickets for parking are available upon entrance to the parking lot which you will need to keep with you during your hospital visit. Prior to departure you will be required to pay for parking at the machine located inside the main entrance doors.

### **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.



## Day of Surgery

**NO FOOD AFTER MIDNIGHT THE DAY OF YOUR SURGERY. YOU MAY HAVE SMALL SIPS OF WATER ONLY IF TAKING MEDICATION. NO FLUID IS PERMITTED UP TO SIX (6) HOURS BEFORE YOUR SURGERY.**

**YOUR SURGERY MAY BE DELAYED OR CANCELLED OTHERWISE.**

Please bring your Health Card with you **and** any QHC teaching booklets provided to you by your surgeon.

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, eye drops and/or patches.

Special Instructions

The Pre op clinic will call regarding all medications that are required to be taken or discontinued prior to surgery.

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# SURGICAL SAFETY CHECKLIST

## Information for Patients

Patient safety plays an important role in the delivery of high quality care and it is a top priority at Quinte Health Care. The Surgical Team is committed to ensuring a safe experience for every patient having surgery. The Surgical Safety Checklist is one tool we are using to help ensure you receive safe, high quality care. The World Health Organization recommends that all hospitals around the world use a Surgical Safety Checklist.

### What is a Surgical Safety Checklist?

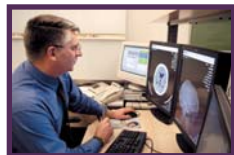
The surgical team uses the Surgical Safety Checklist in the Operating Room to discuss details about your surgery. This checklist is similar to what a pilot uses in the cockpit of an airplane before takeoff. The checklist is a final review before your surgery to make sure everyone on the team is: aware of your important medical information; all equipment is available and in working order; and everyone is ready to proceed.

### What to Expect

If you are undergoing surgery at QHC you can expect the Surgical Safety Checklist to be performed during the procedure.

The Surgical Safety Checklist is performed at three separate stages during surgery: 1) before you are put to sleep, 2) just before the incision, and 3) before you leave the operating room.

You will meet several members of the team including the admitting nurse, the surgeon, the anaesthesiologist, and the operating room nurse. You will be **repeatedly** asked a number of questions relating to your medical information and your surgery. These questions will include asking for your name, what procedure you are having done, and the location of the surgery as well as things like allergies. The surgeon will also mark your operative site when appropriate. Remember all of these activities are being done to ensure your safety, comfort and well-being.



## **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

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