



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
(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 extended stay 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 and may increase bleeding.

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 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 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. 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 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.

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 outside of the pre op area 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. 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.

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.

Please bring your Health Card

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.

NO FOOD AFTER MIDNIGHT THE DAY PRIOR TO 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.

Special Instructions

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

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

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