

# Patient, Family & Caregiver Information

## Surgical Pre-Admit Clinic Day Surgery



**\*\*PLEASE BRING THIS SHEET WITH YOU DAY OF SURGERY\*\***

**\*Your surgeon's office will contact you the day before your surgery with a time.  
If you do not hear from them, contact your Surgeon's office\***

### Arrival

Come directly to the Surgical Services department – located in the East Building- Second Floor (E2-702), at the time provided to you by the Surgeon's office. For example, if your surgery is at 8:00 am - arrive at 6:30 am. It is recommended that parents of children plan to have one parent stay with the child.

**Arrival Time: 1.5 hours before surgery    Surgery Length: \_\_\_\_\_    Recovery Time: \_\_\_\_\_**

If being admitted, you will stay overnight on the Surgical Unit – located in the East Building- Third Floor (E3.600)

### After Your Surgery

You cannot drive for 24 hours following your surgery, and **must** be accompanied home by a responsible adult (even if travelling by public transportation or taxi or walking). These arrangements must be made before you come to the hospital. At the hospital, you will be asked for the name and telephone number of the person accompanying you. The Day Surgery staff will contact the person accompanying you when you are ready to go home. You **must** have someone stay with you for 24 hours after your surgery.

### Food & Beverage Intake

It is very important that you follow the following instructions. Failure to do so could result in the rescheduling of your surgery to a later date or put you at risk for developing life-threatening complications.

**\*\*Please follow any instructions from your Surgeon if they are different than below. \*\***

#### Adults and Children

- Eat as usual until midnight the day before your surgery
- You may drink clear fluids up to three (3) hours BEFORE the time of surgery (i.e. apple juice, water)
- Do not chew gum or hard candy day of surgery

#### Infants (Newborn – 1 year of age)

- Feed your child as usual the day before surgery
- Breast milk can be given up to four (4) hours before coming into hospital
- Formula can be given up to six (6) hours before coming into hospital

### Smoking/Vaping

- There should be **no** smoking/vaping for eight (8) hours before your surgery. Smoking/vaping affects your heart and lungs.
- You are advised to reduce and preferably stop smoking/vaping for two (2) weeks before your surgery.
- For support with quitting smoking/vaping, please call your Healthcare Provider
- For more information on free provincial smoking/vaping supports please visit [www.hpph.ca/smoking](http://www.hpph.ca/smoking).
- Smoking/Vaping is not permitted on HPHA property

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### Pre-Operative Medications

- Stop taking anti-inflammatory medications – Aspirin, Ibuprofen (Advil), Naproxen (Aleve) – seven (7) days prior to surgery, as they may cause increased bleeding. Acetaminophen (Tylenol) is okay to take.
- Stop taking all vitamins, minerals, supplements and herbal medications seven (7) days before surgery, unless otherwise instructed
- Monoamine Oxidase (MAO) Inhibitors should be stopped 2 weeks before surgery, if possible.
- **Stop taking all blood thinners. Call your doctor/surgeon for directions.**

### On the morning of your surgery, do not take any of the following:

- Oral hypoglycemics (diabetic medication)
- Diuretics (“water pills”)
- Insulin – You should contact your family doctor to receive direction on insulin prior to surgery

Medications to <b>hold</b> morning of surgery	Medications to <b>take</b> morning of surgery (with a small sip of water)

**\*\* Bring all your medications, in their original bottles to the hospital on the day of your surgery \*\***

### General Reminders

- Notify your surgeon before surgery if you develop a cold, infection, fever or if you are feeling unwell
- You **must** bring your health card
- **Leave all valuables, including money, credit cards, jewelry, etc., at home**
- Remove **all** nail polish and make-up before coming to hospital
- Shower or bathe the evening before, or morning of your surgery
- Brush your teeth and freshen your mouth
- **Do not** shave your surgical site with a razor within 72 hours prior to surgery
- **Do not** use tampons on the day of surgery
- **Do not** wear perfumes, colognes, or aftershave on the day of surgery
- Contact lenses/eyeglasses, dentures & hearing aids are not to be worn in the operating room. Please bring a container to store them
- If you are being admitted - pack an overnight bag that includes toiletries, loose-fitting pants and comfortable shoes

### Bring Your Own Reusable Bag

As part of HPHA's commitment to environmental sustainability, we kindly ask day surgery patients to bring their own clean reusable bag for their personal belongings to be kept on the day of surgery.

**If you have any questions, please contact 519-272-8210 ext. 2510**