

***If you have any signs of COVID 19, DO NOT come to the Hospital. Contact us at ext. 2414 to cancel your procedure. Contact the COVID 19 testing centre (705-461-8882) for testing.***

Date of Procedure: \_\_\_\_\_ Time to arrive: \_\_\_\_\_

You will receive a phone call from the OR booking clerk before 10 am the **DAY BEFORE** your surgery informing you of the time to arrive at the Hospital.

### **MEDICATIONS**

**The Doctor or Nurse has reviewed your medication list from your pharmacy.**

If you require to take or to hold a specific medication prior to or the morning of surgery, **you will be clearly instructed in writing or by telephone call.** Otherwise take your medications as usual up to midnight the day before your surgery and take **NO medication** the morning of surgery unless otherwise instructed by the Doctor or Nurse.

### **INSTRUCTIONS**

\*All patients should **stop taking Aspirin for 3 days** before the surgery.

STOP: \_\_\_\_\_

Take Day Before: \_\_\_\_\_

Take Morning of Surgery (with sip of water): \_\_\_\_\_

### **THE DAY BEFORE THE SURGERY**

- You will receive a telephone call from the OR Booking Clerk before 10:00 a.m. informing you of the time to arrive at the Hospital for your procedure.
- Start fasting from midnight (12:00 a.m.) the evening before surgery (nothing by mouth, food/water, lozenge, gum – unless instructed otherwise by a Nurse/Doctor).
- Take a cleansing shower the night before surgery.
- If you are having abdominal surgery, you will shower using antimicrobial soap.
- If you are having a day procedure, the Hospital will provide you with a housecoat and slippers. If you are to be admitted after your surgery, you need to pack only your personal items for your stay.
- Bring your CPAP if needed for sleep.
- Leave all valuables at home as the Hospital is not responsible for lost/stolen items.
- Take only medications as instructed by the Nurse or Doctor.
- Restrict your smoking.

### **ON THE DAY OF THE SURGERY**

- Wear comfortable clothing, have **no jewellery, make-up, creams, powders, nail polish or perfume.**
- Have someone drop you off and pick you up when discharged from your procedure or your admission, as you are restricted from driving afterwards. No one can come in with you at this time (COVID-19 Precautions); unless it is your caregiver. **No food or drinks are allowed.**
- **Check in at the Admitting Department;** you will need your health card, (if required, you will be directed to the Lab). You will receive a page of stickers which you will bring with you to the nursing station ACC (surgical unit) on the second floor.
- You will be escorted to a room, assigned a closet and provided with a gown.
- A Nurse will check your blood pressure, temperature, pulse and insert an IV.
- You will be advised to wait in the room until your procedure time.
- You will be brought to the Operating room by stretcher.
- You will speak with the Surgeon and Anaesthetist about your surgery and are encouraged to ask questions.

### **AFTER THE SURGERY IS COMPLETED**

- You will wake in the Recovery Room (RR) where the Nurse will check blood pressure, oxygen levels, bandages and IV (it provides you with fluids until you can take them by mouth).
- When your condition is satisfactory, a Nurse will transfer you back to ACC or, if you are being admitted, to your assigned room. The Nurse will continue to monitor your blood pressure and oxygen levels and offer something to drink if able.
- When ready, either the same day or after admission, your Nurse will review and explain your discharge instructions based on your procedure and Surgeon's orders.
- You will be given a copy of these discharge instructions to take home with you
- You are encouraged to ask questions.
- Your instructions will include instructions for medications to start once you are home and information on any new medications that have been prescribed for you.