

PATIENT INFORMATION: PREOPERATIVE & POSTOPERATIVE

You have been scheduled at the Hospital for an operative procedure. Please arrive at the Surgical Day Care Unit at the scheduled time given to you by the Hospital or your physician's office. The Business Unit Clerk will obtain some information from you and direct you to the Surgical Day Care waiting room. Please bring your OHIP card and any additional insurance cards for extended coverage.

Please bring in a list of medications you are currently taking, as well as the times you take them (or you may bring the bottle(s) in with you). If you have diabetes please bring your insulin and/or diabetes medication with you, but do not take them on the morning of your surgery, unless instructed to do so.

You may take your medications with a small sip of water if advised by physician.

Please make sure your surgeon is aware of any of the following prior to your surgery:

- Take medications such as Ozempic or blood thinners. You may be asked to stop your blood thinners as directed by your Endoscopist before surgery.
- If you have concerns with having a body mass index (BMI) of greater than 50.

$$\text{BMI} = \frac{\text{Weight (in kilograms)}}{\text{Height}^2 \text{ (in meters)}}$$

You may access this online tool to help estimate your BMI: [Body Mass Index \(BMI\) Calculator - Diabetes Canada](#)

We wish to help answer questions about your surgery and to enable you to better understand your treatments while in Hospital.

Pre-Operation:

1. Urine and blood samples, a chest x- ray and an electrocardiogram may be taken prior to your surgery. You may have already attended a pre-operative clinic in which case these tests usually do not have to be repeated.
2. You should take a bath or shower the evening before your surgery. Only if you were instructed to do so by the nurse at your pre-operative clinic visit, purchase a Chlorhexidine pre- operative shower kit from the Hospital's Gift Shop or a local pharmacy. You do not need a prescription. Take two pre-operative showers (one the night before your surgery and the other the morning of your surgery) following the directions inside the box. Note – this shower kit is only required for certain types of surgery.
3. Leave all jewellery and valuables at home. Do not wear any make-up or nail polish. Wear loose clothing - a jogging suit or loose dress is ideal. Nose jewellery, belly button

rings and other body piercing accessories may have to be removed, at the discretion of the anaesthetist or surgeon.

4. Sometimes bowel preparation is necessary before surgery. You will receive any needed instructions by your surgeon and/or at the pre-op clinic.
5. If any body hair needs to be shaved, it will be done in the Surgical Day Care unit. Please do not shave yourself as this can increase your risk of infection.
6. Your nurse can give you the approximate time of your surgery. When you arrive, however, it is only an approximation and delays or cancellations can occur despite our best efforts. Emergency cases take priority over booked or elective surgeries. Please be prepared to spend the entire day here.
7. If you experience cold or flu symptoms (cough - fever, etc.) within a couple of days prior to your scheduled procedure/surgery, call your doctor. Your procedure/surgery may need to be re-scheduled.
8. Refrain from smoking as far in advance of your surgical date as possible to reduce risk of infection and complications. Speak to your family doctor about smoking cessation therapy to assist you with this.
9. If you use a CPAP (Continuous Positive Airway Pressure) machine at home, please bring it to the hospital with you.
10. Your nurse will explain and have you practice a few very important activities which you will be encouraged to do after your surgery:
 - breathing exercises
 - leg exercises
 - coughing with the use of a pillow for support of your incision, if appropriate
 - turning and moving in bedThese activities will improve your blood circulation, prevent congestion in your lungs, and generally promote a good recovery.
11. Stop eating solid food at midnight the night before your surgery. You **may** have clear fluids (black tea, apple juice or water) only up until three hours before your scheduled arrival time. Do not chew gum or tobacco.

Upon Arrival to Surgical Day Care:

1. You will be given a hospital gown and, possibly, compression sleeves to wear into the Operating Room (OR). The compression sleeves will remain on as directed by your surgeon. They help in the prevention of blood clots in your legs. Just before going to the OR, your nurse will place a hat of lightweight material on your head to cover all your hair.
2. Jewellery, contact lenses, eyeglasses, hairpins, hairpieces, dentures (full or partial), nail polish and artificial limbs are removed before you go to the OR. If you do not wish to remove your wedding band, it may be taped to your finger provided that it is not on the same side of your surgery. The last thing you should do before you get your pre-

operative medication if applicable is empty your bladder.

3. The physician giving you your anaesthetic may provide the nurse with an order for a pre-operative medication. This medication may be ordered by mouth, sublingually (under the tongue), or by injection. You will meet your anaesthetist prior to your anaesthetic.
4. The surgeon will come to the Surgical Day Care Unit to mark your surgical site with their initials.
5. You will be taken to the Operating Room on a stretcher, where you will be met by an OR nurse.
6. The nurse will review your chart and consent with you after confirming your identity. She will transport you to the OR theatre where the remainder of the surgical team is waiting.
7. The surgical team will initiate the "Surgical Safety Checklist" which you will hear as the team reviews several safety issues related to monitoring, medications, allergies, surgical procedure, etc. There are several other components to the Surgical Safety Checklist that will occur after you have been put to sleep or sedated and yet another stage done just prior to transferring you out of the OR to the Recovery Room. This checklist is mandatory and developed with your safety as our first priority. You can ask for a copy of the checklist to read during your admission to Day Surgery.

Post-Operation:

1. After your surgery, you will waken in the Recovery Room. The nurse in the Recovery Room will check your pulse, breathing and blood pressure often until you return to a conscious level. At this point you may become aware of drainage tubes and an intravenous (IV). These will stay in place depending on your progress, the type of procedure, and your doctor's orders.
2. If you are being admitted to the Hospital, you will leave from Recovery Room directly to your room. The nurse will check your temperature, blood pressure, operative site, the intravenous and any drains you may have. The breathing exercises, etc., you learned should start NOW! Your nurse will remind you and help you along the way.
3. Your nurse will be available to administer medications that you may need for any postoperative pain and/or nausea you may experience. Please use the call bell to contact him/her.
4. If admitted overnight, the evening of your surgery you will sit on the side of your bed and dangle your legs or stand beside your bed. (There are a few exceptions to this as a result of the type of surgery).
5. You will be encouraged to walk several times a day and your nurse will accompany you until you are able to do this on your own.
6. Your operative site will be checked every shift by your nurse. If you have any sutures or clips in the operative site, they will be removed as your doctor orders, usually after discharge.

7. You will resume your diet slowly, starting with sips of clear fluids and gradually increasing depending on your doctor's orders.
8. Your stay in the Hospital will depend on the type of surgery and your progress. Your doctor will discuss and plan with you your discharge date.

Discharge:

1. If you are having a procedure and being discharged the same day, you **MUST** have a ride home arranged **BEFORE** you come to hospital. **YOU CANNOT DRIVE YOURSELF**. Please inform your ride that because we do provide emergency surgical care, sometimes your ride home may be required later in the day if there have been delays.
2. If you are discharged home the day of your surgery, your nurse will provide health teaching and a handout that addresses diet, dressings, restrictions and a follow up appointment with your surgeon. A nurse from the Surgical Day Care unit will call you the next day to see how you are feeling. Unfortunately, if the Unit is busy, phone calls may have to be deferred or come later in the day. Therefore, if you wish to speak to a nurse earlier, call the phone number given to you on your follow up sheet.

Please use the space below to write down any questions you wish to ask your doctor or nurse.

For health advice or general health information from a Registered Nurse, call Telehealth
Ontario: 1-866-797-0000