



DAY SURGERY AND SAME DAY ADMISSION SURGERY

PATIENT INFORMATION AND CHECKLISTS

This patient handout and checklists are intended to help prepare and organize you for your upcoming anesthetic and procedure. Our objective is to ensure you are prepared so that we can provide you with the best possible care.

PREANESTHETIC APPT DATE: _____ **TIME:** _____

- Please read this information over prior to your preanesthetic appointment and prepare any questions

THE DAY BEFORE YOUR SURGERY:

You will receive a call between 10:00 a.m. and 1:30 p.m. providing you with your arrival time and instructions.

- Ensure there is someone to receive this call or that your voice mail clearly states your name to enable us to leave you a detailed message. If your procedure is booked on a Monday, the call will come on the Friday prior.

SURGERY DATE: _____ **ARRIVAL TIME:** _____

NOTE: All surgery times are subject to change. Emergency procedures are given priority and plans may change with little notice. There is always the chance that your surgery may not be done on the scheduled date and may require rebooking. We will keep you informed and appreciate your understanding.

THE DAY OF YOUR SURGERY

NUTRITION:

- Do not eat any solid food after midnight. Your surgery will be cancelled if you do not follow this instruction.**
- You should drink **clear fluids** (apple juice, water, ginger ale, Gatorade, black tea or coffee) up until 2 hours before your arrival time so that you remain hydrated. NO milk or orange juice.

MEDICATIONS:

- Take your medications as instructed by the Nurse or Anesthetist at your Preanesthetic Assessment. If you are unclear which medications to take, bring them with you to the hospital. We will have you take them here.

OTHER GENERAL INSTRUCTIONS:

- Follow your shower instruction handout.
- For your own safety, cleanly shave off facial hair (no beards or moustaches) the evening prior to your surgery.
- Please remove all make-up and do not wear perfume or aftershave. CGMH is a "Scent Free" hospital.
- Remove all body jewellery and leave all valuables at home (money, jewellery, credit cards).
- Do not drink alcoholic beverages on the day of your surgery.
- Do not use recreational drugs (including marijuana) on the day or your surgery.
- We suggest you not smoke cigarettes within 24 hours of your surgery.



REGISTRATION:

On your arrival to the Hospital, please register at the Central Registration Department located inside the front entrance. You will then be directed to Surgical Daycare on the second floor. Bring the items listed below with you.

- Your Ontario Health Card.
- Extended health insurance plan information if you have additional coverage (i.e. Sun Life). Some items (crutches, splints) may be charged for. We cannot guarantee private or semi-private rooms which depend on availability.
- Same Day Admission Surgery patients should pack a small bag with items needed for an overnight stay.

VISITOR GUIDELINES:

One support person may accompany you to Surgical Daycare. Food and drinks are not permitted in this area.

Visitor restrictions may be in place due to the coronavirus pandemic. Please understand that the health of everyone is important to us. Exceptions to the visitor guidelines should be discussed with a nurse.

CHILDREN:

Children having surgery require special attention. A parent or designate must remain with the child in the patient holding area. Please make arrangements for the care of other children as they are not permitted to be with you. After surgery, the Surgeon and Anaesthetist will give you an update. The recovery Nurse will let you know when you can be with your child.

SURGICAL SAFETY CHECKLIST:

CGMH is dedicated to patient safety. Prior to your procedure, you will be asked to participate in the Surgical Safety Checklist with the members of the surgical team - your Surgeon, Anesthetist and Nursing staff. The Safety Checklist is one of the many things we do at CGMH to ensure your safety and comfort.

DISCHARGE FROM HOSPITAL:**Out-Patient Surgery**

- After your operation, you will be cared for in the recovery room for 1-2 hours until you are fully awake.
- You will not be permitted to drive yourself home, or leave the hospital unaccompanied in a taxi. Arrangements must be made in advance to have someone accompany you home.
- Your ride needs to be available by telephone at ALL times that day so that they can pick you up when called.
- You will be given instructions about post-operative care, appointments to keep, and any prescriptions required.
- Please arrange to pay any charges at the Cashier's desk at the front entrance of the hospital upon discharge.
- You should not drive a vehicle or operate hazardous machinery for at least 24 hours following your surgery.
- You should not drink alcohol or use marijuana or other drugs for 24 hours following your surgery as there may be additive effects to the medications you have received.
- Should you feel unwell once you get home, you are advised to contact your Surgeon, your Family Doctor or Nurse Practitioner, call Telehealth Ontario or visit the Emergency Department.

SPECIAL INSTRUCTIONS OR NOTES:
