

Preanesthetic Patient Information Package

This information package is intended to prepare you for your anesthetic and surgery. We ask that you:

- Review the enclosed information.
- Complete the Patient Medication List.
- Bring the completed package to your preanesthetic appointment.

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 surgery. Our objective is to ensure you are prepared so that we can provide you with the best possible care.

- Please read this information over prior to your preanesthetic appointment and prepare any questions.
- Your Preanesthetic visit may take 1-3 hours depending on how many tests are required.
- Please complete the attached Preanesthetic Patient Medication List.
- Please bring all medications (prescription and non-prescription items) to your clinic appointment.
- Bring this Preanesthetic Patient Information Package with you to your appointment.

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. Avoid milk and 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.
- Patients with moustaches and beards are asked to be clean shaven. This is for your safety and ours.
- Please remove all make-up and do not wear perfume or aftershave. CGMH is a “Scent Free” hospital.

- Remove all body jewelry and leave all valuables at home (money, jewelry, credit cards).
- Do not drink alcoholic beverages on the day of your surgery.
- Do not use recreational drugs (including marijuana) on the day of your surgery.
- We suggest you not smoke cigarettes within 24 hours of your surgery.

REGISTRATION:

When you arrive at 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 (e.g. Sun Life). Some items (crutches, splints) may be charged for. Private or semi-private rooms depend on availability.
- Same Day Admission Surgery patients should bring a small bag with items needed for an overnight stay.
- All patients should bring a small reusable bag to put their clothes and personal belongings in.
- A denture cup if you have dentures. CGMH is making efforts to reduce its use of disposable supplies.

VISITOR GUIDELINES:

One support person may accompany you to Surgical Daycare. Your support person should be well and not have symptoms suggesting an acute illness such as fever, runny nose, or cough. You will be advised if any visitor restrictions are in place. Food and drinks are not permitted in the Surgical Daycare area. The most up-to-date visitor's policy can be found on the hospital website at <https://cgmh.on.ca/patients-visitors>

CHILDREN:

Children having surgery require special attention. A parent or designate must remain with the child in the patient holding area. Please plan for the care of other children - they are not permitted to be with you. After surgery, the Surgeon and Anesthetist will update you. The Recovery Nurse will inform you 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: Outpatient Surgery

- After your operation, you will be cared for in the recovery room for 1-2 hours until you are fully awake.
- Arrangements must be made in advance to have someone accompany you home and stay with you overnight. You will not be permitted to drive yourself home or leave the hospital alone in a taxi.
- Your ride should be always available by telephone 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.
- 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, Family Doctor, Nurse Practitioner, Telehealth Ontario or visit the Emergency Department.

CGMH Infectious Disease Prevention Measures and Preoperative Testing

It is important that you do not contract an infectious illness before or immediately after your surgery or procedure. We will do our part to ensure your well-being, and we are asking you to do the same.

What are we asking you to do?

Reduce your risk of contracting an infectious illness in week before and after your procedure by taking precautions. Follow the attached shower instructions before, and the wound care instructions of your surgeon afterwards.

Reduce your risk of exposure.

Avoid contact with others who are unwell or who have a fever, cough, sore throat, or runny nose. Avoid large gatherings especially indoors.

Practice good hygiene.

Clean your hands with alcohol-based hand sanitizer, or soap and water after contact with others.

Preoperative Testing

Patients who are being admitted to hospital after their operation will require screening for Antibiotic-Resistant organisms.

Important

When you arrive at CGMH, you may be asked to wear a mask. Your assistance is appreciated so that we can care for you and others safely.

If you become ill with fever, cough, shortness of breath, sore throat, runny nose, muscle aches, vomiting or diarrhea or you have close contact with someone else who does, please contact CGMH at (705)444-8656 as soon as possible. We will make arrangements to rebook your procedure and avoid operating room time being unused.

Thank-you for your co-operation. We look forward to caring for you.

