Surgical Day Care
Patients

Patient’s Name: ______________________
Date of Surgery: ______________________
Report to Admitting at: ______________

Read this pamphlet the day you get it!

Surgical Services
Richmond Hospital
7000 Westminster Highway
Richmond BC V6X 1A2
Tel: 604-278-9711
As a Day Care Patient, you will go home following your surgery.

**BEFORE Surgery**

- Your doctor’s office will let you know if you need to have blood work, an ECG, or other tests done. You can get these tests done at the hospital laboratory 10 days before your surgery. The Laboratory Outpatient is located on the second floor. Enter through the Emergency Entrance. Our hours are 8:00 a.m. to 5:00 p.m. No appointment is necessary.
- Fill out the “Patient History” form. Return it to your surgeon’s office as soon as possible.
- Remember to bring your *Care Card* (Medical Services Plan card).
- Call your family doctor if you have a cold, a fever, or any change in your health.
- Let your family doctor know if you have been admitted to another hospital within three months of the date of your surgery. You may need some tests.
- Do **not** smoke for 24 hours before your surgery.

*Please read the instructions on how and when to take your medications carefully.*
Blood thinners

Any of these medications can thin your blood:

• Aspirin, Bufferin, or Entrophen (ASA products)
• Coumadin (warfarin)
• Ticlid (ticlopidine)
• Plavix (clopidogrel)
• Trental (pentoxifylline)
• Pradaxa (dabigatran)
• Any prescription anti-inflammatories.

This means you can bleed easily. You will likely need to stop taking the medication before your surgery.

Follow these guidelines unless your anaesthesiologist or surgeon have given you different instructions:

14 days before surgery…
Stop Aspirin, Ticlid

10 days before surgery…
Stop Plavix and Trental, vitamins, herbal teas and herbal preparations

6 days before surgery…
Stop Coumadin

4 days before surgery…
Stop anti-inflammatories (including Advil and Ibuprofen)

These general guidelines may be changed for:

• some surgeries such as: cataract surgery, vascular surgery
• some medical conditions such as: artificial heart valves, coronary artery stents, peripheral and cerebral vascular disease, strokes, previous venous thrombosis or pulmonary embolus, irregular heart rhythms, hypercoagulable states.

To help us provide you with safe care, please tell us what blood thinners you take and why you take them.

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NIGHT BEFORE & DAY OF Surgery

It is very important that you do not eat, drink, or chew anything beginning at midnight the night before your surgery. This includes drinking water or chewing gum or candy.

Your surgery may be cancelled if you do not follow these guidelines.

Exception to the above:
Take your usual medication with a small sip of water if it is for:

• Heart or blood pressure
• Breathing problems
• Seizures
• Parkinson’s disease
• Psychiatric problems (Call 604-244-5178 before your surgery date if taking anti-depressants.)
• Oral contraception or hormone therapy
• Prednisone and corticosteroid therapy
• Stomach acid reflux

Diabetic: Do not take any diabetic medications, either pills or injection. We will give your specific instructions about your diabetic medications.
** Bring all medications, in their labelled containers, to the hospital with you.

- Take a bath or shower in the morning. Wear comfortable clothes to the hospital.
- Remove makeup, nail polish, contact lenses, and jewellery. A wedding band may be worn if it cannot be removed.
- Leave money at home.
- Bring one friend or family member if you wish. We have a visitor’s waiting lounge.

If you have any questions or are not clear as to what to do, call your surgeon's office or the Pre-Admission nurse (604-244-5178).

If you need help with the English language, bring someone who can interpret for you and who can stay with you until your surgery. We can also provide a professional interpreter if needed. Please call us to arrange for an interpreter.

Report to the Admitting Department of the Richmond Hospital at least one hour and forty minutes before your surgery. (See map.)

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**Going Home**

You should be ready to go home about 2 to 3 hours after your surgery time. Your stay may be shorter if just a local anaesthetic has been used.

You must have a responsible person available to take you home after surgery.

You are not to drive yourself or take a taxi home alone. Please make sure this person is easy to contact and is available when you are ready to go home. You need a person to stay with you in your home the first night of your surgery.

If your child is having Day Care surgery, please have two people available to take your child home - one to drive and one to look after your child.

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**Following Surgery**

Your judgement may not be as good as it usually is for 24 hours following anaesthetic medications. Follow these directions during this time:

- Do not drive or operate machinery.
- Do not make important decisions.
- Do not travel alone by public transportation.
- Do not drink alcohol.

Contact your doctor if you have problems or concerns after surgery.

Call your surgeon’s office the day after surgery to make an appointment for a post-surgery check up.