

Preparing for Your Surgery

Surgical Day Care & Same Day Admission

Patient's Name: _____

Date of Surgery: _____

Report to Surgical Day Care at: _____

(See back page for location/map)

PLEASE READ THIS PAMPHLET CAREFULLY

Please bring this pamphlet with you to any future surgical appointments and to the hospital the day of surgery

Surgeon: _____

Office Phone: _____

Surgical Services
Richmond Hospital
7000 Westminister Highway
Richmond BC V6X 1A2
Tel: 604-278-9711

Important Information



A responsible adult **MUST** accompany you home after day surgery. Your surgery **WILL** be cancelled if you do not have someone to take you home and stay with you overnight after day surgery.

Please contact your surgeon's office immediately if:

- You are feeling unwell or have a change in your medical condition.
- You develop any skin irritation, open wounds, or broken skin.

We Are Here to Help

Interpreter Services available upon request for PAC appointment and/or day of surgery. Please contact your surgeon's office if you need this service.



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

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Pre-Admission Clinic (PAC) Visit

- You may be contacted to visit the PAC before your surgery date.
- Report to “Registration/Admitting” (Yellow Zone) at Richmond Hospital to register for the booked PAC visit.
- The appointment will take approximately 1–3 hours to complete all the necessary tests and discuss preparing for your surgery.
- **Please bring:**
 - » Your **medications** in their original container(s),
 - » Your **Driver's Licence & Services Card** (BC, CAN)
 - * or **BC Care Card** (Medical Service Plan Card) and government issue **photo ID**
 - » Any **Forms** you received from your surgeon's office
 - » **Interpreter**, if required. Interpreter should be fluent in English as well as your language.
 - » You may bring a friend or family member if you wish.

Before Coming to Hospital for Surgery

- You will be told which medications to take prior to surgery and on the morning of surgery. (see page 6-7)
- **DO NOT** smoke, drink alcohol, chew gum or suck lozenges (cough drops, candies) after midnight the night before surgery.
- Follow the diet instructions given to you by the Surgeon, PAC Nurse or Anesthesiologist. (see page 4-5)
- **REMOVE ALL make-up, nail polish, false eyelashes, jewellery, body piercings, contact lenses, wigs and hair pins.** All rings should be removed prior to admission.
- Shower in the morning. Avoid creams/lotions.
 - » You **may** be given special instructions about bathing using a special cleaning sponge.
- **LIMIT BELONGINGS TO ONE SMALL BAG.**

Diet Instructions before Your Surgery

For **ALL** Patients having surgery:

- **Do NOT** drink alcohol 24 hours before surgery.

The night before your surgery,
starting at **midnight**:



- **Do NOT** eat food
- **Do NOT** chew gum
- **Do NOT** smoke
- **Do NOT** drink citrus juices, carbonated beverages or dairy products

Additional Notes: _____

Additional Instructions: Surgeon's office or PAC to pick one of the following

- For most patients:**
 - Drink **2 cups** (500ml/16 ounces) of clear juice* or water at bedtime, the night before surgery.
 - On the day of surgery you may have **a maximum of 1 cup** (250ml/8 ounces) of clear juice* or water **up to 1 hour** before hospital check in time.
- For patients to have nothing after midnight**

For patients who are: pregnant, diabetic on insulin, BMI>35, or have severe Gastroesophageal Reflux Disease (GERD)

 - Drink 2 cups (500 mL or 16 ounces) of clear juice* or water on the evening prior to surgery.
 - **Do NOT** eat food or drink anything after midnight on the night before surgery.

***ONLY Acceptable Clear Juice:**
clear apple juice, or cranberry juice

Diabetic patients on insulin should limit their clear juice, and just have water unless feeling hypoglycemic (low blood sugar)

Medications

Follow these guidelines unless you have been given different instructions from your Surgeon, Pre-Admission Clinic Nurse, or Anesthesiologist.



7 Days before surgery

STOP ALL vitamins, herbal preparations & herbal teas (e.g. green tea)

4 Days before surgery

STOP anti-inflammatories including pills and creams (e.g. Advil/Ibuprofen, Aleve/Naproxen, Diclofenac/Voltaren)

Blood thinners/Anti-coagulants:

If you are taking **any** blood thinners/anticoagulants, please notify your surgeon for directions.

These medications can increase your risk of bleeding during the operation. You may also be given further instruction by the PAC nurse or anesthesiologist.



Examples of blood thinners:

- ◇ Coumadin/Warfarin,
- ◇ Plavix/Clopidogrel,
- ◇ Aspirin/ASA products, including ASA 81mg
- ◇ Rivaroxaban/Xarelto,
- ◇ Apixaban,
- ◇ Dabigatran/Pradaxa

Medications on the Morning of Surgery

Patients should take their usual medication with a small **sip of water** if it is for:

- Heart or blood pressure
- Breathing problems (including inhalers)
- Seizures
- Parkinson's disease
- Psychiatric conditions
- Oral Contraception or hormone therapy
- Prednisone and corticosteroid therapy
- Stomach acid Reflux
- Chronic Pain

DIABETIC Medications:

- Do NOT take any diabetic medications (either pills or injection) on the morning of surgery. You will receive specific instructions about your diabetic medications if needed.

Additional Instructions: _____

On the Morning of Surgery

Please bring ALL prescription medications, in their labelled containers or bubble pack, to the hospital with you. Please leave your narcotics at home.



Please bring:

- Your **Driver's Licence & Services Card** (BC, CAN)
 - » or **BC Care Card** (Medical Service Plan Card) and government issue **photo ID**
- If you do not speak English, bring someone to assist you and who can stay with you until your surgery. If you require an interpreter please call your surgeon's office and one will be arranged for you.
- Wear glasses and hearing aids if required.
- Wear walking shoes and comfortable/loose clothing.
- If you use a CPAP machine (Continuous Positive Airway Pressure) at home, please bring it to the hospital.
- Bring a friend or family member if you wish.

Please DO NOT bring:

- More than \$20 cash
- Valuables or jewellery
- Electrical appliances (e.g. Hair dryer)
- Laptop, tablet, or other electrical devices

The hospital is **NOT RESPONSIBLE**
for items kept at the bedside.

Day of Surgery – Where to go

- You will be asked to arrive at the hospital 2 hours before surgery.
- Please report to SURGICAL DAY CARE (Red Zone) for your surgery. Come in through the South Entrance of the hospital.
- If you arrive for surgery after 1:30 pm please report to Emergency Admitting.
- See map on back page.

After Surgery

- You will remain in the Recovery Room for 1–3 hours (or more if needed).
- Visitors are usually not allowed in the Recovery Room. The Recovery Room Nurses appreciate your patience during this time. If there are any concerns, they will contact the designated friend or family member.
- Ask your surgeon to contact one designated family member after the surgery is complete.

For more information on **Pain Control after Surgery:**
<http://vch.eduhealth.ca/PDFs/FM/FM.820.P161.pdf>

Going Home

Discharged the Same day as the Surgery

- Your designated contact person will be called 30 minutes prior to being discharged. Please ensure they are available to come when called.
- The discharge nurse will review how to care for yourself and your incisions/dressings at home.
- The designated person to drive you home after day surgery must come into Surgical Day Care to pick you up.
- A responsible adult **MUST** accompany you home after day surgery. (You cannot go home alone or in a taxi by yourself)
- We highly recommend that you have someone stay with you for the first 24 hours after discharge from hospital. Your surgery will be cancelled if you do not have someone to stay with you. Please call your surgeon's office if you do not have anyone to stay with you.
- For 24 hours after an anesthetic/procedural sedation, do not do anything that needs coordination or judgement. This includes driving a car and making important decisions.
- Do not drink alcohol for 24 hours after an anesthetic/procedural sedation.

Discharged after one or more nights in hospital

- You will be discharged in the morning before 10:00 am.
- Please ensure that you have a ride home and the appropriate resources at home to manage after surgery.

When you are Home

- Please follow the instructions given to you.
- Purchase any prescribed medications and take as directed.
- Pain medication should be stored safely in your house and any unused pills should be returned to your pharmacy.
- Keep appointments for follow-up care with your family doctor/surgeon. Contact your family doctor/surgeon or the Emergency Department for any problems after surgery.

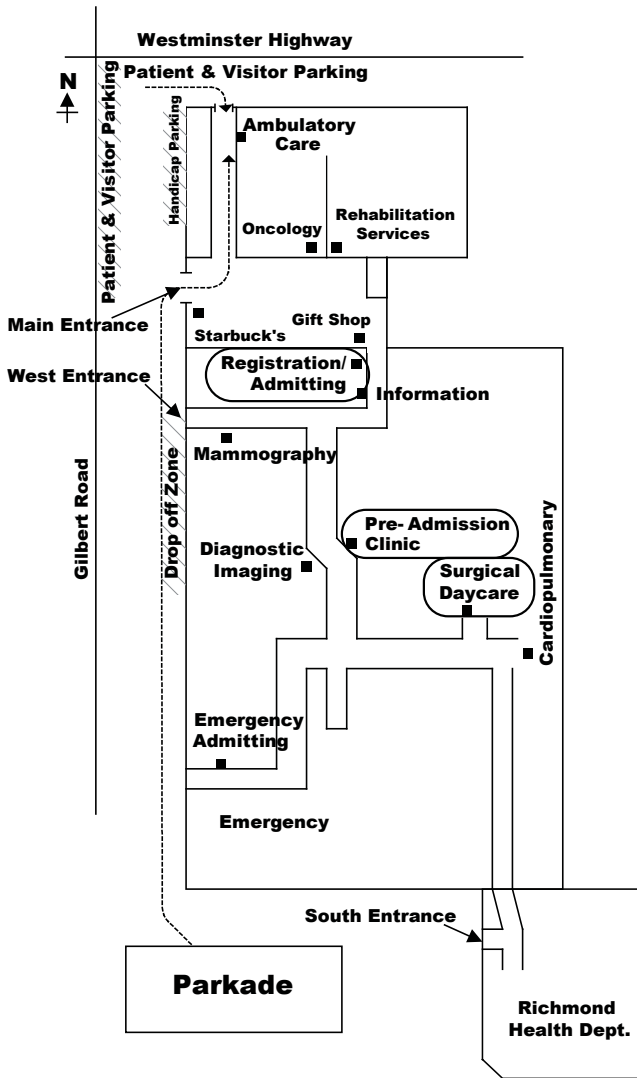
Questions: _____

HealthLink BC [www.healthlink.bc.ca]

To speak with a nurse, pharmacist, or dietitian, call 811.
For deaf and hearing-impaired assistance (TTY), call 711.
Services available in 130 languages.



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



Making better decisions together with patients and families

For more copies, go online at <http://vch.eduhealth.ca> or email pthem@vch.ca and quote Catalogue No. ED.150.P9196

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The information in this document is intended solely for the person to whom it was given by the health care team.
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