Preparing for Your Surgery

Admission to Hospital

Vancouver General Hospital (VGH)

- If your surgery is on a Monday or after a holiday, call VGH between 11:00 a.m. and 2:00 p.m. the day prior at 604-875-4937 to find out what time you should be at the hospital.
- For all other days, your surgeon’s office will call you to give you your check-in time. If you have not heard from the office by 2:00 p.m., please call the surgeon’s office.
- If you cannot get in touch with your surgeon’s office by 3:00 p.m. the day before your surgery, call the VGH Admitting Department at 604-875-4300 between 3:00 p.m. and 4:00 p.m.
- **Day of surgery, report to the VGH Admitting Department in Jim Pattison Pavilion, VGH, 899 West 12th Avenue, Vancouver.**

UBC Hospital

- If your surgery is on a Monday or after a public holiday, your surgeon’s office will call you on Friday to give you your check-in time. If you have not heard from the office by 2:00 p.m., please call the surgeon’s office.
- For all other days, your surgeon’s office will call you to give you your check-in time. If you have not heard from the office by 2:00 p.m., please call the surgeon’s office.
- If you cannot get in touch with your surgeon’s office by 3:00 p.m. the day before your surgery, call the UBC Admitting Department at 604-822-7033 between 4:00 p.m. and 10:00 p.m.
- **Day of surgery, report to the UBC Koerner Pavilion Admitting Department, 2211 Wesbrook Mall, Vancouver.**

VGH and UBC are Smoke Free and Scent Free

Before your Surgery

- The Anesthesiologist or Nurse in the Pre-Admission Clinic will tell you what prescription medication(s) to take the day of surgery. These medications may be taken with a sip of water.
- **DO NOT** take any non-prescription vitamins, supplements, herbal medications or herbal tea for **7 days** before your surgery.
Diet Instructions

For patients with NO bowel preparation:

Day before your surgery:
- **STOP** eating solid food at midnight.
- From midnight up to 1 hour before hospital check-in time: Drink, if thirsty, small amounts of **THESE CLEAR FLUIDS ONLY:**
  - Water, clear apple juice or clear cranberry juice (red or white)
- **DO NOT DRINK** alcohol, citrus juices, carbonated drinks or milk after midnight.

Day of your surgery:

Carbohydrate Loading (for people without Diabetes and Diabetics Not on Insulin):
- 1 hour before your check-in time at the hospital, choose **ONLY** one of the drinks from below:

<table>
<thead>
<tr>
<th>Choose one to drink:</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clear apple juice or cranberry juice (red or white)</td>
<td>1 cup (250 mLs)</td>
</tr>
<tr>
<td>PREcovery®</td>
<td>1 package (mix package in 400 mL of water and drink within 20 minutes)</td>
</tr>
</tbody>
</table>

- **STOP drinking all fluids once you have finished this drink.**

Carbohydrate Loading (for Diabetics On Insulin):
- 1 hour before your check-in time at the hospital, drink 250 mL (1 cup) of water.
- You may drink clear apple juice or clear cranberry juice instead (up to 250 mL) if you feel hypoglycemic.

PREcovery® is evidence supported to show improved patient outcomes during and after surgery. However, PREcovery®, apple juice, or cranberry juice are all recommended options. If you are interested in purchasing PREcovery®, it is available at the Vancouver General Hospital Gift Shop located on the first floor of Jim Pattison Pavilion or Shoppers Drug Mart in the Diamond Healthcare Centre.

For patients who received bowel preparation:

Follow the bowel preparation instructions provided by Preadmission Clinic.

Other

- **DO NOT** smoke/vape, chew gum or suck lozenges (cough drops) after midnight the night before surgery.
Skin Preparation:

- Take a shower or bathe with soap (antimicrobial or non-antimicrobial) or an antiseptic agent (Chlorhexidine 2%) the night before and the morning of surgery.
- Do not shave surgical site for 2 days before surgery. You can continue to use an electric razor.
- Do not put any products on your skin (deodorant, lotion, make-up, cologne, perfume) after your last shower. Put on clean clothes.

SAGE: Follow the instructions as per the pamphlet “Lowering Your Risk for a Surgical Infection”.

Other:
- REMOVE ALL MAKE-UP, NAIL POLISH, FALSE EYE LASHES, JEWELRY, BODY PIERCINGS AND HAIR PINS. All rings must be removed prior to admission. Clear acrylic or gel nails (without polish) may be left on. Do not wear a WIG if you are having surgery above neck area.

Day of Surgery

- Bring your B.C. Care Card or other proof of medical insurance.
- Bring your Driver’s License or other government-issued photo identification.
- Bring a list of all your prescription medications, Vitamins/Supplements/Herbal Medications.
- If you do not speak English, bring someone to assist you. If you require an interpreter please advise your health care provider prior to your hospital admission.
- Wear glasses and hearing aids if required.
- Wear walking shoes and loose fitting clothes that will be comfortable after your surgery.
- If Continuous Positive Airway Pressure (CPAP) is required, bring to hospital in clean and working order on day of surgery. We can supply distilled water if needed.

If staying for more than one night, bring only essential personal care items. PLEASE LIMIT BELONGINGS TO ONE SMALL BAG.

Having an Anesthetic

- When you come for your operation you will have medication that will keep you comfortable during the surgery.
- The kind of anesthesia that you receive depends on the type of operation and on your health.
- General Anesthesia – you are “asleep” or unconscious, with medication given intravenously.
- Regional Anesthesia – you have freezing or local anesthetic, (like the dentist uses). The medication is injected near nerves to numb a part of your body, and you may remain awake or be sleepy during the procedure.
- Local Anesthesia – you have medication injected close to the surgery area.

See weblink for information on Pain control after surgery:
vch.eduhealth.ca/PDFs/FM/FM.820.P161.pdf

DO NOT bring:
- more than $20 cash
- valuables or jewelry
- electrical appliances, e.g. hair dryer

Note: The hospital is not responsible for items kept at the bedside.
Going Home

Discharged Same Day As Surgery:
- You will go home as soon as the doctor and nurses have found that you are able.
- A responsible adult MUST accompany you home after surgery. (You cannot go home alone or unaccompanied in a taxi.)
- We recommend you have someone stay with you for the first 24 hours that you are home.
- For 24 hours after an anesthetic, do not do anything that needs coordination or judgment. This includes driving a car and making important decisions.
- Do not drink alcohol. Alcohol may add to the anesthetic effects.

Discharged After One Or More Nights In Hospital:
VGH: You will be discharged in the morning at 10:00 a.m.
UBCH: You will be discharged in the morning between 8:00 and 11:00 a.m.

When you are Home
- Please follow the instructions given to you.
- Get any prescribed medications and take as directed.
- Pain medications 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 doctor. Contact your doctor or the Emergency Department for any problems after surgery.

Conveniences
- Visiting hours vary from unit to unit. Ask the clerk on the nursing unit about the visiting hours on your ward.
- For deaf and hearing-impaired assistance (TTY), call 711. Services available in 130 languages.