Preparing for Your Surgery
Surgical Day Care & Same Day Admission

Patient’s Name: _______________________
Date of Surgery: ______________________
Report to Surgical Day Care at: _________
(See end 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 Westminster Highway
Richmond BC V6X 1A2
Tel: 604-278-9711
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 pages 4 & 6).
- 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 pages 5 & 6)
- 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/deodorant.
- You may be given special instructions about bathing using a special cleaning sponge.
- LIMIT BELONGINGS TO ONE SMALL BAG.
Diet: The Night before Your Surgery

For **ALL** Patients having surgery:

- Do NOT drink alcohol 24 hours before surgery.
- Drink 2 cups (500ml/16 ounces) of clear juice* or water at **bedtime**, the night before surgery.

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

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

*ONLY Acceptable Clear Juice:
Store-bought 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)

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Medications: Before your Surgery

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 and herbal teas (e.g. green tea).
- Black tea and coffee are OKAY to drink

4 Days before surgery
STOP anti-inflammatories including pills and creams (e.g. Advil/Ibuprofen, Aleve/Naproxen, Diclofenac/Voltaren)
- Tylenol is OKAY to take

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
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.
- Ice machine
- Bra
- Sling

**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.

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**Medications: 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.

**Extra Fluids the Morning of Surgery**

Surgeon’s office or PAC to pick one of the following:

- For most patients:
  - 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)
  - **DO NOT** eat food or drink anything after midnight on the night before surgery.
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.
- If you arrive for surgery between 1:00 pm and 2:45 pm please report to REGISTRATION/ADMITTING.
- If you arrive for surgery after 2:45 pm please report to EMERGENCY ADMITTING.

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.


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 unless told otherwise.
- 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: __________________________________________
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___________________________________________________
___________________________________________________
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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 at 604-244-5178, Monday to Friday at 8:30 am to 4:00 pm.