

## Preparing for your Day Surgery Procedure

**Your Day Surgery Procedure will be on:** \_\_\_\_\_

If, for any reason you are unable to have your surgery on the day it is scheduled, please notify your Surgeon's office. For all day surgery procedures the patient is discharged on the same day, you will not need to stay overnight.

### Stop these medications before surgery:

- **STOP** Ticlid and herbal medicines/teas, and supplements **14 days before** surgery.
- **STOP** Aspirin, Plavix, Vitamin E & Multivitamin **7 days before** surgery, or as instructed by the doctor.
- **STOP** Coumadin (blood thinner) **5 days before** surgery. You will be advised when to stop Pradaxa, Xarelto, Eliquis & Brilinta.
- **STOP** All pills for Arthritis/Anti-inflammatory medication **3 days before** surgery. **NOTE:** Celebrex, Meloxicam, & Tylenol may be taken.

### What time should I arrive for my surgery?

The **day before** surgery call the Admitting Department at **416 469 6381**

The admitting clerk will tell you what time to arrive at the hospital so that staff can prepare you for your procedure.

**YOU MUST BE AT THE HOSPITAL AT THIS TIME OR YOUR SURGERY MAY BE CANCELLED.**

**If your procedure is on a Monday,** Please call **after 3 p.m.** on the **Friday** prior to surgery; you can also call on the weekends.

**If your surgery is any other day of the week:** Please call **between 3 p.m. – 10 p.m.** the day before your surgery.

## The night before surgery:

### Can I eat before my procedure?

**NO** - Do not eat any food after midnight. If you eat your procedure will be cancelled.

### Can I drink before my procedure?

- You can drink **water ONLY**. No other fluid to be consumed or surgery will be cancelled. **STOP drinking 2 hours before your scheduled arrival time.**
- If you have diabetes AND your blood sugar is below 5.0mmol/L, you may have ½ c. clear apple juice in order to raise it to at least 5.0mmol/L.  
**Stop drinking 2 hours before your arrival time.**

On the morning of surgery, take all of your routinely prescribed medications (**with sips of water**), unless your physician instructs you otherwise.

**Do not take** any medications that have been stopped (refer to page 1). Do not take your diuretics (water pills) or pills for diabetes. If you are a diabetic on insulin, please refer to the instructions you received during your preoperative assessment appointment.

## Preparing for the Day Surgery Procedure:

Please **BRING** these items to the hospital with you:

- Ontario Health Card.
- Secondary Insurance Information.
- All medications that you are currently taking.
- A clean pair of socks.
- If you are not able to communicate in English and unable to provide your own interpreter, MGH has a phone service available to translate on your behalf.
- **Escort:** you **MUST** have a responsible person to escort you home. **NOTE:** your surgery could be cancelled if you do not have a responsible person to take you home after your surgery.
- Storage cases for glasses/contacts, which should be removed pre-operatively.

Please **DO NOT BRING:**

- **Valuables** - the hospital does not assume responsibility for lost or stolen items.
- **Jewelry/Body Piercings** – Remove and leave **all** jewelry/piercings **at home**, these items **cannot** be worn during surgery.
- **Personal items:** any extra belongings that are not required for this visit should be left with your escort (if possible).

Please **remove** your **nail polish**, and **shower/bathe** either the night before or the morning of your surgery.

## Once you have arrived at the hospital proceed to **Central Registration.**

Enter the hospital through the doors located on Coxwell Avenue and go to the **Admitting Registration Department**, located on the main floor, G wing.



After you have registered, **take the G/H wing elevators to the 6<sup>th</sup> floor and proceed to the Day Surgery desk**, exit elevators turn right then turn left.

The Admitting Department will have notified the Day Surgery unit (G6) that you have arrived and registered. On arrival to the 6<sup>th</sup> floor please proceed to the Day Surgery desk and check in.

## **Upon Arrival to the Pre-Operative Surgery unit (G6):**

To prepare you for your operation your nurse will ask you some questions, perform a set of vital signs, and start an intravenous (IV).

You will be asked to remove all your clothing and dentures. You will be provided with a hospital gown, a housecoat and disposable footwear to wear. You will then be asked to wait in the Surgical Pre-Operative Waiting Room until it is time for your operation.

## **Discharge after your surgery:**

Following a short stay in the Recovery Room, you will be sent to the **Day Surgery Unit** on G6 to **prepare for discharge.**

The Day Surgery team will *determine* your discharge time but **you should expect to be discharged shortly after coming back to the Day Surgery Unit (usually about an hour).**

**Prior to your discharge** the Day Surgery nurses will assess you, review your post-operative instructions with you and give you the doctor's prescription (if ordered by your surgeon).

**It is also recommended that you: Do not drive a car for 24 hours and arrange to have someone stay with you the first night after surgery.**

## Visitor Waiting Room:

During your operation your visitors can wait in the **Surgical Waiting Room located on J6**. The volunteers there will keep your family updated, and under most circumstances the surgeon will come to speak to your relatives in the Surgical Waiting Room on J6 once the surgery is completed.

A telephone is available in the waiting area.

## Important Phone Numbers:

<b>Pre-Operative Assessment Clinic</b>	416- 469-6580 ext. 2813	Fax number: 416-469-6560
<b>Pre/Post-Operative Day Surgery Unit</b>	<b>G6</b> 416-469-6580 ext. 6564 <b>J6</b> 416-469-6580 ext. 2991	
<b>Surgical Waiting Room</b>	416-469-6580 ext. 2343	