

## **PREPARING FOR YOUR DAY SURGERY PROCEDURE**

**YOUR SURGERY DATE WILL BE ON:** \_\_\_\_\_

**APPOINTMENT CANCELLATION:** If, you are symptomatic and/or are rescheduling your surgery for any reason please notify your surgeon's office.

### **WHAT TIME SHOULD I ARRIVE FOR MY SURGERY?**

- For your surgery arrival time, please call the Admitting Department the evening prior to your surgery at (416) 469-6381 between the hours of 3 p.m. to 10 p.m. The admitting clerk will tell you what time to arrive at the hospital so that staff can prepare you for your surgical procedure.
- If your **surgery is on a MONDAY**, please call on the Friday (3 p.m. to 10pm) prior to your surgery.
- Note: Please **remove** your nail polish and shower/bathe either the night before or the morning of your surgery.

### **YOU MUST BE AT THE HOSPITAL AT THE RIGHT TIME, OR YOUR SURGERY MAY BE CANCELLED**

**Immediately notify your surgeon if you or your household contacts are experiencing any of the following symptoms:**

- Fever
- New or worsening cough
- New or worsening nasal congestion
- New or worsening shortness of breath
- Nausea, vomiting or diarrhea
- Sore throat

**Please note that if you present any of these symptoms prior to the surgery, your surgery might be postponed.**

## STOP THESE MEDICATIONS BEFORE SURGERY

- For the following blood thinners, you will be advised at your PAC appointment when to stop:

- Dabigatran (Pradaxa)
- Rivaroxaban (Xarelto)
- Apixaban (Eliquis)
- Edoxaban (Lixiana)

**14 days** before surgery:

- **STOP** Ticlopidine (Ticlid) and herbal medicines/herbal teas/herbal supplements.

**7 days** before surgery (or as instructed by your doctor):

- **STOP** Aspirin, Clopidogrel (Plavix), Vitamin E & Multivitamin.

**5 days** before surgery:

- **STOP** Warfarin (Coumadin) and Ticagrelor (Brilinta)

**3 days** before surgery:

- **STOP all** Anti-inflammatory/NSAID medications. **Note:** Celecoxib (Celebrex) & Acetaminophen (Tylenol) may be taken.
- **STOP** Dapagliflozin (Forxiga), Empagliflozin (Jardiance), Canagliflozin (Invokana)
- **STOP** recreational cannabis (marijuana). Medical cannabis (marijuana) may be taken on day before surgery.

**Night** before surgery: **STOP** alcohol the night before surgery (increases bleeding).

- **Day of Surgery**

- **STOP** GLP-1 RA diabetic or weight loss medication such as Semaglutide (Ozempic, Wegovy, Rybelsus), Liraglutide (Saxenda, Victoza), Dulaglutide (Trulicity)
- If you are taking a GLP-1 RA diabetic or weight loss medication, please see below for specific **fasting instructions**.

**PLEASE FOLLOW THE INSTRUCTIONS PROVIDED ON THE MEDICATION LIST DURING YOUR PREOPERATIVE ASSESSMENT (PAC) APPOINTMENT.**

## THE DAY/NIGHT BEFORE SURGERY

	<b>If you are NOT on GLP-1 RA (most patients)</b>	<b>If you take GLP-1 RA:</b> Semaglutide (Ozempic, Wegovy, Rybelsus, Liraglutide (Saxenda, Victoza), Dulaglutide (Trulicity)
<b>Fasting</b>	<b>No Food</b> - Do not eat anything after midnight to ensure an empty stomach for surgery. If you eat, your procedure will be <b>cancelled</b> .	<b>No Food</b> - Do not eat anything for <b>24 hours</b> prior to scheduled arrival time.
<b>Drinking clear Liquids Before arrival time</b>	<b>Allowed until your scheduled arrival time</b> - Apple juice, water, black coffee/tea without milk, ginger ale, etc. <b>Do NOT have orange juice.</b>	<b>Allowed up to 2 hours before scheduled arrival time</b> - Apple juice, water, black coffee/tea without milk, ginger ale, etc. <b>Do NOT have orange juice.</b>
<b>If Diabetic (Blood Sugar Below 5.0 mmol/L)</b>	<b>Can drink ½ cup clear apple juice</b> If blood sugar is below 5.0 mmol/L, drink to raise it to at least 5.0 mmol/L. (Allowed until your schedule arrival time)	<b>Can drink ½ cup clear apple juice</b> If blood sugar is below 5.0 mmol/L, drink to raise it to at least 5.0 mmol/L. (Allowed up to 2 hours before scheduled arrival time)

## THE DAY OF SURGERY

- On the morning of surgery, take all 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 medication list). 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.

### Visitor Policy (Adults):

**Pre-Operatively:** If you need assistance for mobility and/or require translation preoperatively, one (1) escort/family member may accompany you to the J4 preop surgical suite.

Space in our J4 waiting room is prioritized for patients only. Visitors will be asked to and directed to wait at the J6 visitor waiting room.

**Post-operatively for Day Procedures:** *Your escort or family member will be contacted when you're ready for discharge. The escort or family member will receive instructions as to the location for your pick-up and be able to participate in your post-op instructions*

**What to bring/not bring on the day of surgery?**

<b>Please BRING items to the hospital</b>	<b>Please DO NOT BRING</b>
<ul style="list-style-type: none"> <li>○ Ontario Health Card.</li> <li>○ Secondary Insurance Information.</li> <li>○ <b>ALL</b> medications that you are currently taking including inhalers (puffers) and eye drops.</li> <li>○ A clean pair of socks.</li> <li>○ Storage cases for glasses/contacts/hearing aids, which should be removed before surgery.</li> <li>○ Reusable bags for your belongings.</li> <li>○ Reusable water bottle.</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>Valuables</b> – the hospital does not take responsibility for lost or stolen items.</li> <li>○ <b>Jewelry/body piercings</b> – remove and leave <b>ALL</b> jewelry/piercings at home, these items <b>cannot</b> be worn during surgery.</li> </ul> <p><b>NOTE:</b> your surgical procedure could be cancelled if not removed.</p> <p><b>Personal items</b> – any extra belongings that are not required for this visit should be left with your escort (if possible).</p>

**If you are not able to communicate in English and are unable to provide your own interpreter, MGH has a translation service available to translate on your behalf.**

Michael Garron Hospital has been working closely with Ontario Health to explore earth-friendly initiatives. Two of the change ideas decided upon are called **BYORB** (Bring Your Own Reusable Bags), and **BYORWB** (Bring Your Own Reusable Water Bottle). We are requesting patients to bring:

- **2 or 3 reusable bags** for your belongings, big enough for your shoes, clothes and jacket.
- **Reusable water bottle:** the water bottle should be **empty** and **not made of glass**.



## RECOVERY IN PERIANESTHESIA CARE UNIT (PCU J4/J6) – 4<sup>th</sup> and 6<sup>TH</sup> FLOORS

- **Pre-operative (J4)** – To prepare you for your surgical procedure, your nurse will ask 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 and disposable footwear. You will then be asked to wait in the Surgical Pre-operative Waiting room until it is time for your operation.
- **Post-operative (J6/G613)**— Following a short stay in the PCU Recovery Room, your escort or family member will be contacted to give them an estimated time for your discharge. They will then arrive at J6/G613 to take you home.
- **Discharge Information** – Your surgeon and the healthcare team will assess you, review your post-operative instructions (with you and your escort/family member) and give you a doctor’s prescription (if ordered by your surgeon).

**Note: You should not drive for 24 hours and arrange to have someone stay with you the first night after surgery.**

IMPORTANT PHONE NUMBERS	
Pre-operative Assessment Clinic (PAC)	(416) 469 – 6580 ext. 2813 Fax Number: (416) 469 – 6560
Perianesthesia Care Unit (PCU)	(416) 469 – 6580 ext. 6564
Surgical Waiting Room	(416) 469 – 6580 ext. 2343
T6 Surgical Inpatient Unit	(416) 469 – 6580 ext. 6610

### SAFETY MEASURES

- Patients and Families might be asked to wear masks when they receive care in a clinical area.

## CHECK-IN FOR YOUR SURGICAL PROCEDURE

- Enter the hospital through the doors located on Sammon Avenue and go to the Admitting Registration Department that is located on the main floor, M wing. See the map below.
- After you have registered, please take the G/H elevators to the **4th floor, J wing**, go straight, and follow the signage to the Perianesthesia Care Unit (PCU) Pre-op Surgery Desk.

