

Preparing for your Day Surgery Procedure

Dear Patient,

THINGS YOU SHOULD KNOW BEFORE YOU VISIT

Immediately notify your surgeon if you or your household contacts are diagnosed with COVID- 19 or develop 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
- Known COVID-19 positive

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

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 prior to your surgery.

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

STOP THESE MEDICATIONS BEFORE SURGERY

- For the following blood thinners, you will be advised by a doctor 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** recreational cannabis (marijuana). Medical cannabis (marijuana) may be taken on day before surgery.
- **Night** before surgery:
 - **STOP** alcohol the night before surgery (increases bleeding).

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

THE NIGHT BEFORE SURGERY

Can I **EAT** before my surgical procedure?

- NO. Do **NOT** eat any food after midnight. *This is for your safety to ensure there is no solid food in your stomach.* If you eat, your procedure will be cancelled.

Can I **DRINK** before my surgical procedure?

- You are encouraged to drink clear fluids until 2 hours prior to your scheduled arrival. This will keep you well hydrated and more comfortable. Clear liquids only are permitted. Examples of clear liquids are apple juice, water, other clear pulp free juice, sports rehydrating drinks, black coffee or tea WITHOUT Milk or Cream, and Gingerale. Do NOT have orange juice.
- If you have diabetes AND your blood sugar is below 5.0 mmol/L, you may have ½ cup of clear apple juice in order to raise it to at least 5.0 mmol/L. **STOP drinking 2 hours before your arrival time.**
- ☒ Note: Please **remove** your nail polish and shower/bathe either the night before or the morning of your surgery.

THE DAY OF SURGERY

- 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 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 G6 surgical suite.

Space in our waiting rooms is prioritized for patients. If space permits, we will support the presence of patient escorts in the waiting room. Patient escorts may be asked to wait outside if the waiting room reaches maximum capacity.

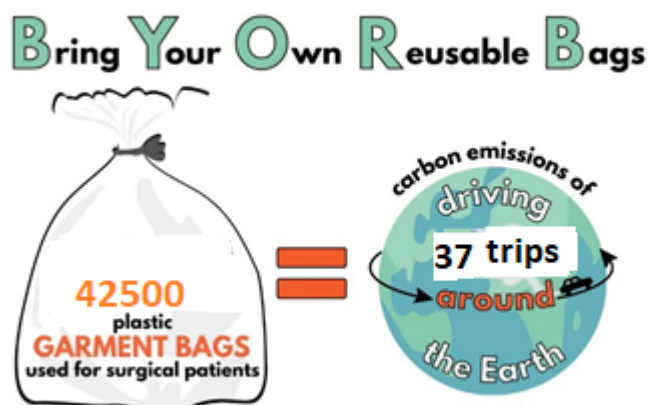
Post – Operatively for Day Procedures: Your escort/family member will be contacted when you're ready for discharge. The escort/family member will receive instruction as to location for your pick up and be able to participate in your post-op instructions.

BEFORE YOUR HOSPITAL VISIT

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:

A - **2 or 3 reusable bags** for your belongings, big enough for your shoes, clothes and jacket.

B - **Reusable water bottle:** the water bottle should be **empty** and **not made of glass**.

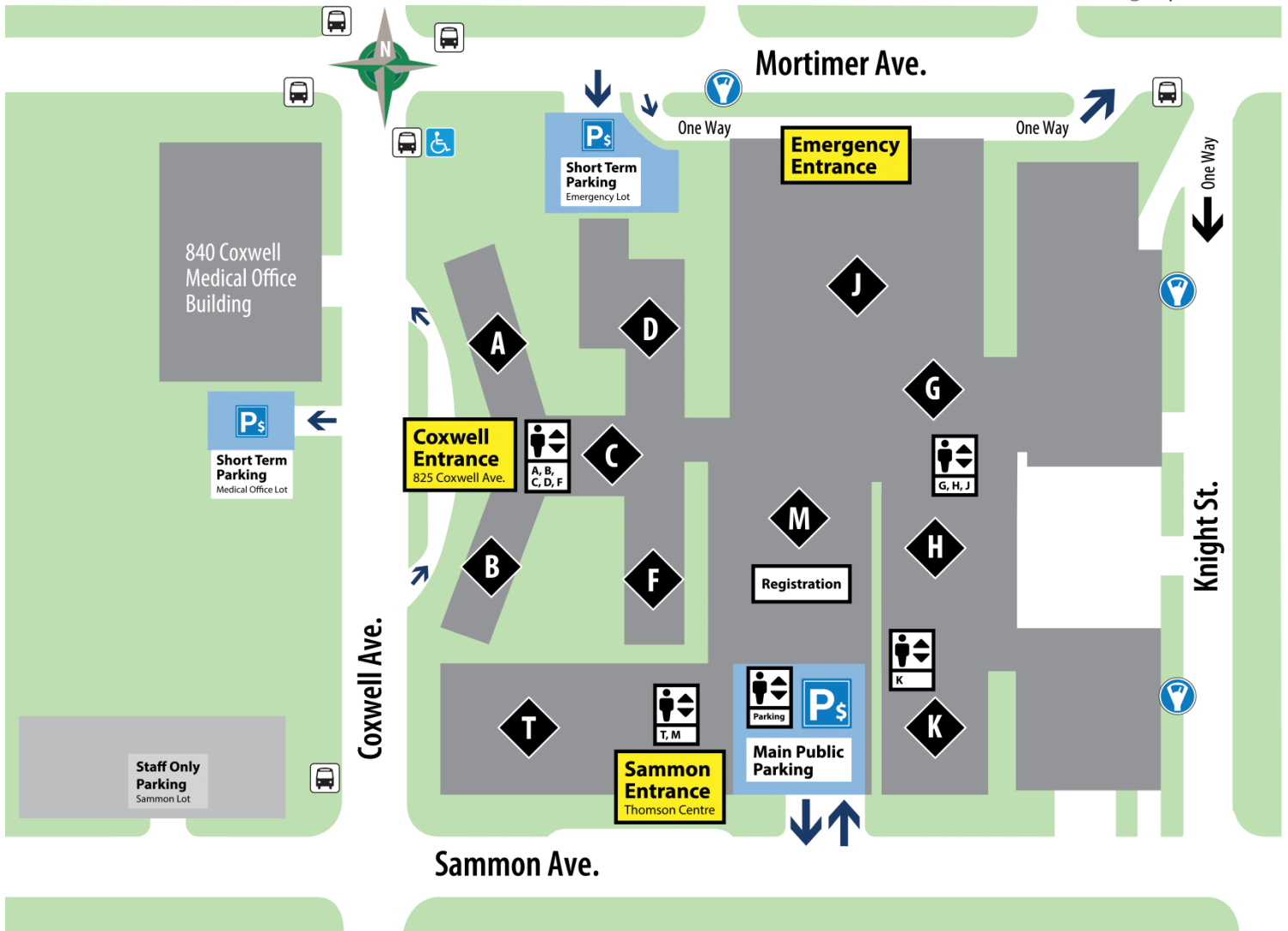


<i>Please BRING items to the hospital</i>	<i>Please DO NOT BRING</i>
<ul style="list-style-type: none"> ○ Ontario Health Card. ○ Secondary Insurance Information. ○ ALL medications that you are currently taking including inhalers (puffers) and eye drops. ○ A clean pair of socks. ○ Storage cases for glasses/contacts/hearing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

SAFETY MEASURES

- Patients and Families will be asked to wear masks when they receive care in a clinical area.
- Do **NOT** wear disposable gloves as they provide false sense of security and need to be sanitized with hand sanitizer. The hand sanitizer erodes the plastic, rendering plastic gloves useless.
- Perform hand hygiene frequently, washing your hands for a minimum of 15 seconds.

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 **map on the following page**.



- After you have registered, take the G/H wing elevators to the 6th floor and proceed to the **Perianesthesia Care Unit (PCU) Pre-op Surgery Desk**, where you will be checked in. When you exit the elevator, turn right and then left.

RECOVERY IN PERIANESTHESIA CARE UNIT (PCU G6) – 6TH FLOOR

- **Pre-op** – 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.
- **After Surgery** – Following a short stay in the PCU Recovery Room, your escort/family member will be contacted to give them an estimated time for your discharge in which they will arrive to G6 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: It is recommended that you **DO NOT** drive a car 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 (temporarily closed due to Pandemic)	(416) 469 – 6580 ext. 2343
T6 Surgical Inpatient Unit	(416) 469 – 6580 ext. 6610