
Preparing for your Ophthalmology Day Surgery at the Michael Garron Hospital

Dear Patient,

THINGS YOU SHOULD KNOW BEFORE YOU VISIT

We Have Moved!!! We are now located in our Outpatient Procedure Unit on the 2nd floor (M2) of the Ken & Marilyn Thomson Patient Care Centre.

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, your surgery might be postponed.

YOUR EYE SURGERY DATE WILL BE ON: _____

The **day before** surgery, please call the Admitting Department at **(416) 469- 6580 ext. 6381**. The admitting clerk will tell you what time to arrive at the hospital so that the staff can prepare you for your procedure.

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

You will be told to arrive 60 minutes prior to your appointment for surgery.

- Escorts/family members bringing you to your appointment will not be able to accompany you throughout your surgical visit. They may bring you up to the **Outpatient Procedure Unit (OPU) Ophthalmology Suite on M2** but then will have to go back down to wait elsewhere. Exceptions will be made for those who have mobility challenges or require translation. We will contact your escort/family member when you are ready to be discharged. You will be picked up by your escort/family member at the **OPU**.
- Total duration will be 1.5 to 3 hours for your surgery visit.
- Upon your arrival you will be provided a medical grade mask that should remain in place for the duration of your stay / visit to the hospital.
- Once the mask is in place, please avoid touching your mask or face.
- Do not wear disposable gloves as they provide a false sense of security and need to be sanitized with hand sanitizer. The hand sanitizer erodes the plastic, rendering plastic gloves useless.
- Avoid using cash. Credit and debit payments are preferred to minimize contact.
- Perform hand hygiene frequently, washing your hands for a minimum of 15 seconds.

THE NIGHT BEFORE SURGERY

Can I **EAT** before my surgery?

- **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 can be consumed or your surgery will be cancelled. **STOP** drinking 2 hours before your scheduled arrival time.
- If you have diabetes AND your blood sugar is below 5.0 mmol/L, you may have a half 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.**

THE DAY OF SURGERY

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

If you have Diabetes **and require INSULIN**, please follow the dosing instructions you received during your Preoperative Assessment Clinic (PAC) appointment **OR** the information sheet that you received from your physician's office.

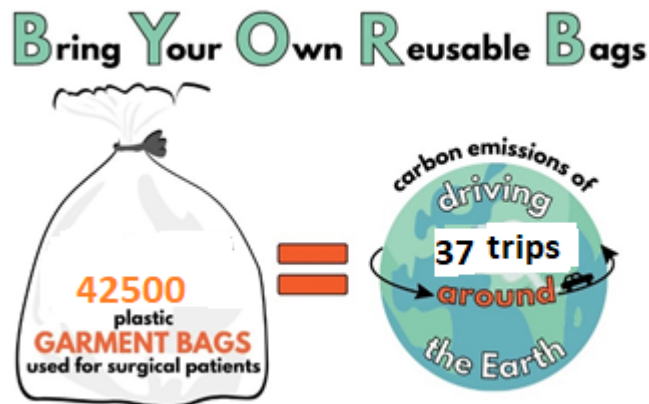
Visitor Policy (Adults):

- **Pre-Operatively** – Your escort/family member bringing you to your appointment will NOT be able to accompany you throughout your surgical visit. They may bring you up to the Ophthalmology Suite but then will have to go and wait in the car/elsewhere. Exceptions will be made for those who have mobility challenges or require translation.
- **Post-Operatively** - After your procedure, we will contact your escort/family member when you are ready to be discharged. Your escort/family member will be able to pick you up at the Outpatient Procedure Unit on M2.

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**.



Preparing for the Day of your Surgery:

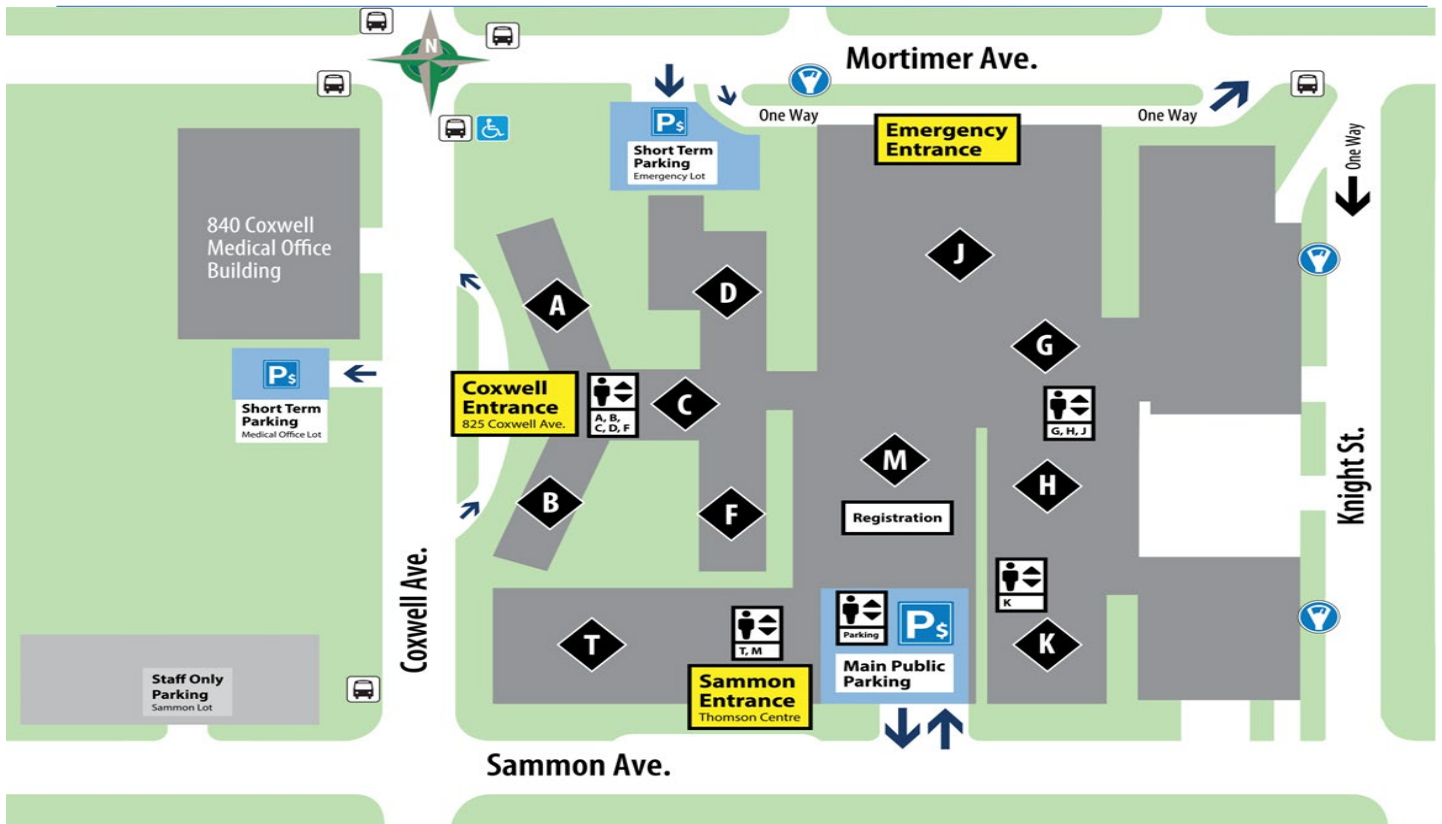
Please **BRING** these items to the hospital with you:

- The **Original copy of your Pre-op Health History Patient Questionnaire** if not already returned to surgeon's office.
- Ontario Health Card
- All medications that you are actively taking, including ALL your eye drops (prescribed by the Ophthalmologist).
- 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 eye surgery will be cancelled if you do not have a responsible person to take you home after your surgery.
- Storage case for your eye glasses.
- Contact lenses should be removed pre-operatively.
- Reusable bags for your belongings.
- Reusable water bottle.

Please **DO NOT BRING:**

- Any **valuables** - the hospital does not assume responsibility for lost or stolen items.

Once you have arrived at the hospital, please proceed into the Ken & Marilyn Thomson Patient Care Centre from the Sammon Avenue entrance to the Central Registration on the first floor. After you are registered, take the elevators or stairs to the 2nd floor (M2) where you will find the Outpatient Procedure Unit (OPU).



Ophthalmology Suite – OPU

Your preparation, eye procedure, recovery and discharge will occur in the **OPU Ophthalmology Suite**. You will probably be at the hospital for 1.5 - 3 hours.

A nurse will prepare you for your procedure.

- **Please wear a short-sleeved shirt.**
- The nurse will check your vital signs and blood sugar (if applicable), ask you questions, start an intravenous in your arm and give you eye drops.
- The Ophthalmologist will “freeze” your eye using drops, so you will not feel the procedure on your eye.
- The Anesthetic Assistant will administer medication to relax you before the procedure begins.

After your Procedure - Discharge:

When you are ready to go home, your nurse will review your discharge instructions.

Please read all these instructions carefully. If you have any questions, please ask the nurse or call your Ophthalmologist's office.

You will be given a follow-up appointment with your Ophthalmologist, usually the same day or the following day. Please bring your eye drops to this appointment.

Do **NOT** drive a car for at least 24 hours following your eye surgery.

IMPORTANT PHONE NUMBERS	
Pre-operative Assessment Clinic (PAC) Located in T1	(416) 469 – 6580 ext. 2813 Fax (416) 469 – 6560
Outpatient Procedure Unit (OPU) Located in M2	(416) 469-6580 Ext. 2991 (416) 469-6580 Ext 6603