
Preparing for your Ophthalmology Day Surgery at the Michael Garron Hospital

Dear Patient,

THINGS YOU SHOULD KNOW BEFORE YOU VISIT

We are 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 be asked to wait in one of the waiting areas. Exceptions will be made for those who have mobility challenges or require translation. The contact information (cell number) of your escort/family member will be required upon arrival so they can be contacted when you are ready to be discharged. You will be picked up by your escort/family member at the **OPU** reception desk.
- Total duration will be 1.5 to 3 hours for your surgery visit.
- It's important to know that our ophthalmology department closes at 3:30pm.

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.

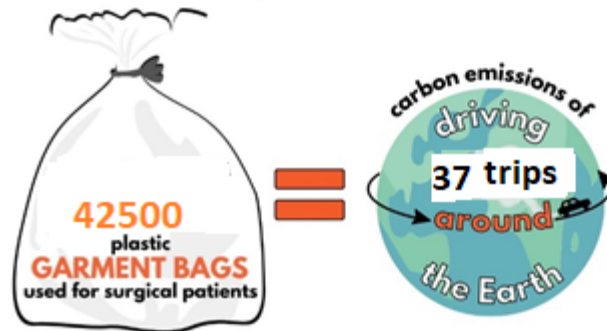
If you have Diabetes **and require INSULIN**, please follow the dosing instructions you received during your Preoperative Assessment Clinic (PAC) appointment **OR** the information sheet that you received from your physician's office.

BEFORE YOUR HOSPITAL VISIT

Michael Garron Hospital has been working closely with Ontario Health to explore earth-friendly initiatives. One of the change ideas we have incorporated is called **BYORB** (Bring Your Own Reusable Bags).

Please bring **2 or 3 reusable bags** for your belongings, big enough for your shoes, clothes, purse and jacket.

Bring Your Own Reusable Bags



Preparing for the Day of your Surgery:

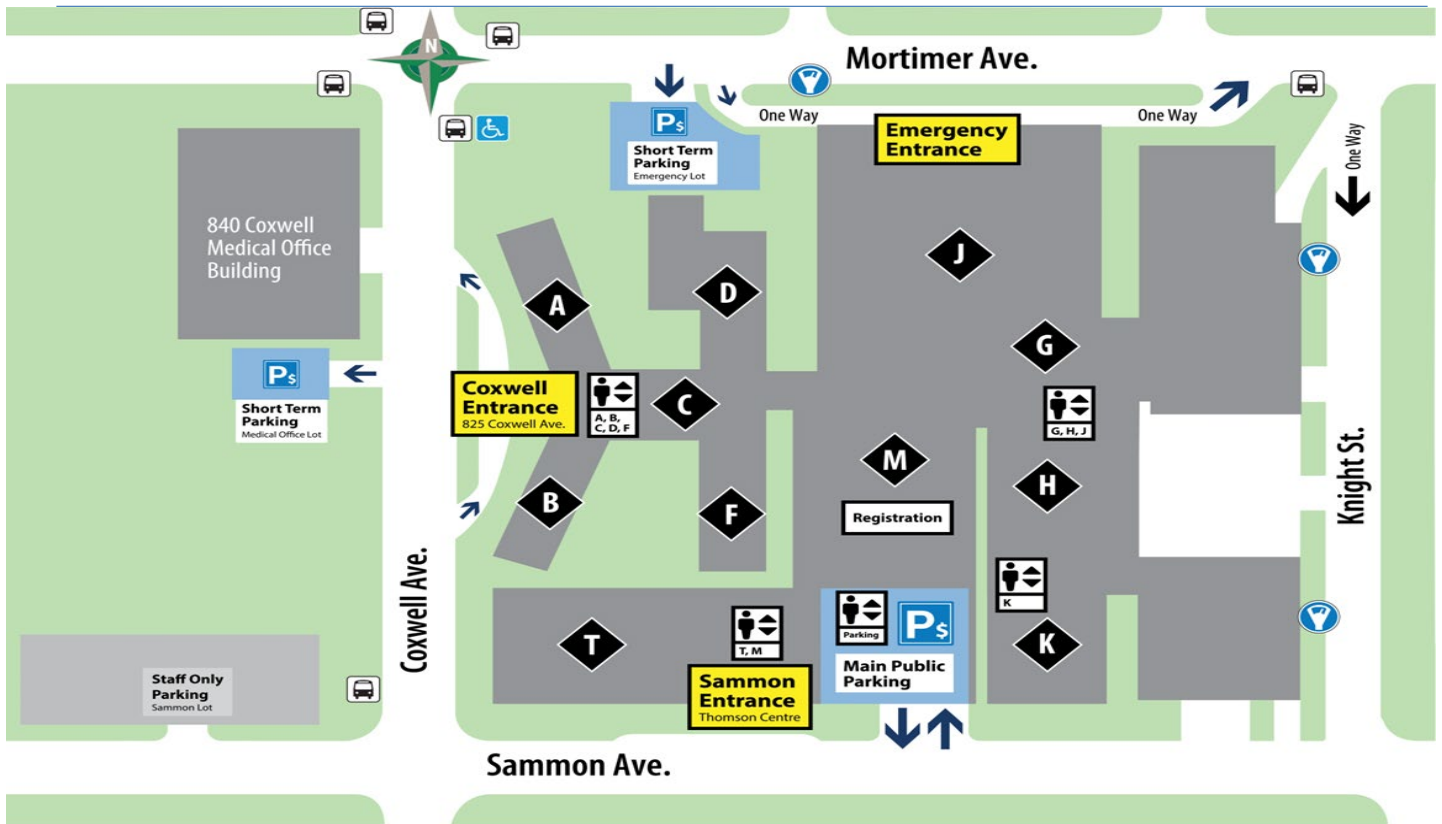
Please **BRING** these items to the hospital with you:

- 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.

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**. Your surgical visit can take anywhere from 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, to minimize any pain in that region during the procedure.
- You will receive medication during your procedure to help you relax.

After your Procedure - Discharge:

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

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 on M2	(416) 469-6580 Ext 6603