



DAY SURGERY PRE-OPERATIVE PATIENT INSTRUCTIONS

- The hospital Surgical Booking Clerk will contact you with a date for your procedure. Call a day or two prior to reconfirm the arrival time at 274-4846.
- If your surgery is scheduled for the **morning**: Do not eat or drink anything after midnight on the day of your surgery (not even while brushing your teeth). If your surgery is scheduled for the **afternoon**: You may have 1 cup (8 ounces) of clear fluid before 8:00 a.m. the day of surgery. No food is allowed.
- Ask the doctor at your pre anaesthetic assessment (PAA) whether you are to take your regular medications the day of surgery. **Aspirin (ASA), blood thinners (Coumadin, Warfarin), Ticlid, Plavix, should be discussed with a doctor at least 1 week prior to your surgery date. Diabetics** please clarify insulin/medication orders at this time.
- Bring your medications with you to the hospital.
- Shower or tub bathe either the evening before or the morning of surgery. Wash the surgical area well with soap and water.
- Do not wear make-up, nail polish, or contact lenses the day of surgery.
- Wear comfortable, loose clothing the day of surgery. Leave all jewellery and valuables at home.
- Bring all health care information with you (health card, any insurance numbers, WSIB numbers).
- If you are between the ages of 10-60 years having Gynecological surgery please bring an early morning urine specimen. (ie-D & C, sterilization, hysterectomy).
- You are advised to reduce, and preferably, to stop smoking at least 2 weeks before surgery. Riverside Health Care Facilities is a smoke free environment.
- Have a responsible adult accompany you and drive you home.
- Post operative instructions will be given to you before you go home.

If your health status changes prior to your surgery date notify your family physician or the surgeon's office immediately.

If you are unable to keep your scheduled surgery date, or if you have any questions or concerns please notify the hospital surgical booking clerk ASAP Mon-Fri from 8:30 a.m. to 4:30 p.m. at 807-274-4846. If after hours or weekends, notify the Nursing Supervisor at 807-274-3261 ext 4514.