

Eating and drinking instructions before surgery

Your stomach needs to be as empty as possible. This helps prevent vomiting that could cause choking or stomach contents going into your lungs during surgery. Your surgery will be postponed if you do not follow food and fluid (fasting) instructions.

If you are not given specific fasting instructions from your surgeon or anesthesiologist, follow these guidelines:

- NO SOLID FOOD after midnight on the night before surgery. This includes chewing gum and sucking on hard candies.
- Clear fluids are allowed until three hours before your surgery time.
- NO FLUIDS AT ALL in the three-hour period before your scheduled surgery time.
- You may brush your teeth the morning of your surgery.

Clear fluids include:

- Water
- Popsicles
- Clear tea
- Jell-O (with no added toppings or fruit)
- Black coffee (a latte is not a clear fluid!)
- Fruit juice without pulp e.g. Apple juice
- Carbonated drinks

Clear fluids DO NOT include:

- Milk, non-dairy creamer, protein beverages, dairy beverages, tomato or orange juice with pulp
- Alcoholic beverages
- If you are having oral, bladder or bowel surgery, it is best to avoid fluids that are red or purple in color

What to bring to hospital

- BC Care Card or proof of substitute Medical Insurance Plan. If you do not have these, bring another form of personal identification
- An interpreter, if you do not understand English
- Glasses or contact lenses, hearing aids, and dentures with storage cases labeled with your name
- CPAP, Bi-level machines or dental device if you use one for sleep
- Reading material
- Any crutches, cane, braces, or walker that you have been told by your surgeon that you will need, labeled with your name, and brought in by family AFTER your surgery
- An empty bag to store your belongings. Before you go to the operating room, your family/friend can take the bag home and bring it back when you are ready for discharge.
- It is helpful to wear loose fitting clothing that is easy to get off and on and low heeled, sturdy shoes.

What NOT to bring or wear

- All jewelry or body piercing items (These items cannot be worn in the operating room because they increase the risk of infection, injury to the body, and loss or damage to your belongings)
- Personal items such as credit cards, cell phones, MP3 players, computers
- Cash in excess of \$20.00
- Wear no make-up, false eyelashes, hairpins, deodorant or talcum powder. It is okay to wear face cream and acrylic nails.
- Nail polish is okay, although it is best to avoid dark colored or metallic polish. If you are having surgery to an arm or leg, nail polish must be removed from that limb before coming to hospital.
- Do not wear perfume, aftershave or other scented products.

Please be aware that you will be responsible for the care and safety of your personal property while you are in the hospital.

Stopping Medications

- Most medications can be taken as usual up to and including the day of surgery. However, there are some medications that should be stopped before surgery to decrease the chance of complications. You can take all allowed medications with 30 ml (1 oz) of water per pill up to one hour before surgery.
- You may take Acetaminophen E.g. Tylenol for pain when necessary up to and including the day of surgery.
- If you take any of the following medications, you must get specific instructions from your surgeon or anesthesiologist at least 10 days before surgery:

Type of Medication	Instructions
Insulin	
Antiplatelet medications E.g. clopidogrel (Plavix), Ticlid, Acetylsalicylic acid (ASA)	
Anticoagulants E.g. Coumadin (warfarin), Heparin	
Oral contraceptives and Hormone Replacement Therapy (HRT)	

- If you take any of the following medications, please stop them as described below unless your anesthesiologist or surgeon tells you not to. If you are unsure of the medications you are taking, talk to your family doctor or pharmacist before surgery.

Stop 10 days before surgery

- Non-steroidal anti-inflammatory drugs (NSAIDS) with a long half-life E.g. Piroxicam

Stop 7 days before surgery

- Vitamin E and all natural health products and herbal remedies E.g. Garlic, Gingko, Kava, St. John Wort, Ginseng, Dong Quai, Glucosamine, Papaya, etc.

Stop 3 days before surgery

- Non-steroidal anti-inflammatory drugs (NSAIDS) with an intermediate half-life E.g. Naproxen, Sulindac, Ketorolac (Torodal)

Stop the day before surgery

- Non-steroidal anti-inflammatory drugs (NSAIDS) with a short half-life E.g. Ibuprofen (Advil, Motrin), Diclofenac (Voltaren), Ketoprofen, Indomethacin (Indocid)

Stop the day of surgery

- Regular vitamins and iron supplements
- Oral diabetic medications (pills) E.g. Chlorpropamide, Glyburide, Metformin
- Angiotensin converting enzyme (ACE) inhibitors E.g. Captopril, Cilazapril, Enalapril, Fosinopril, Ramipril, Trandopril
- Angiotensin receptor blockers (ARBs) E.g. Eprosartan, Losarten, Ibesartan
- COX-2 NSAIDS E.g. Celecoxib (Celebrex), Meloxicam (Mobicox)
- Diuretics E.g. Hydrochlorothiazide, Furosemide (Lasix), Spironolactone

If you are having a surgery under general anesthesia or procedural (IV) sedation:

You may be considered impaired for up to 24 hours afterwards and therefore should plan not to:

- Make important decisions or sign documents
- Drive a car or work with machinery
- Do any dangerous activities like bike riding, swimming, or climbing ladders
- Travel alone by public transportation e.g. bus, taxi
- Go to work or do business
- Drink alcohol
- Take tranquilizers, sedatives, or sleeping pills
- Have primary responsibility for care of another individual e.g. babies, small children, frail elderly

Preparing your skin

Skin preparation before surgery helps to remove germs on the skin, prevent infection and to help incisions heal.

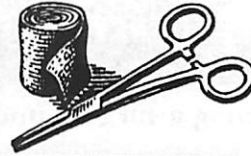
- Do not remove any hair from your surgical area for at least one week before your surgery unless told to by your surgeon. If hair removal is needed, it will be done after you arrive at the hospital.
- Buy two Chlorhexidine (CHG) 4% sponges and use them as described below. If you are allergic to CHG or have extensive psoriasis or eczema, follow the procedure below using regular soap and water.
- You can buy Chlorhexidine (CHG) 4% sponges at most local pharmacies or hospital gift shops.

The evening before surgery:

1. Wash hair with usual shampoo and soap. Rinse.
2. If showering, wet all of the body then move the showerhead to the side to minimize soap loss during lathering with CHG sponge.
3. If bathing, place a minimum amount of water in the tub so that the body can be soaped with the CHG sponge without washing away the suds. Sit down in the bath, being careful not to slip.
4. Open one CHG sponge and wet with a little water. Squeeze repeatedly to produce suds.
5. Wash body from head to feet using the sponge. Avoid contact with the eyes, inner ear and mouth. If the CHG gets into the eyes, rinse well with water.
6. Carefully wash the surgical area, armpits, navel, feet and in between toes (be careful not to slip), back and finish with genital and anal areas. Do not rinse until your entire body has been washed and lather has been on skin for at least 2 minutes.
7. Throw away the sponge in the garbage.
8. Rinse the body thoroughly under the shower or in the bath.
9. Use a clean towel to dry the skin from head to toe finishing with the genital and anal areas.
10. Do not apply deodorant, body lotion or powder afterwards. Face cream is okay. Dress in clean clothes.

The morning of surgery:

1. Repeat steps 2-9 above with the second CHG sponge.



Preparing for Your Daycare Surgery

Preoperative Physical

- As soon as you know your surgery date, make an appointment with your family doctor to have a **Preoperative Physical**. The physical must be done **between 3 weeks and 3 months of your surgery** (or as soon as possible for urgent bookings). If you do not have a family doctor, go to a walk-in clinic to have your Preoperative Physical done.

Hospital Preadmission Clinic (PAC)

- The hospital Preadmission Clinic (PAC) phones all patients within the week before surgery.
- You may need to have tests or see the nurse, anesthesiologist, pharmacist and/or other specialist. PAC will give you directions when they phone you.
- If you are from out of town, arrangements can be made for you to have tests in your own community.

Where to check-in

- Please check-in at the main admitting desk of the hospital.
- Please be on time! This allows for admission procedures and other preparations to be made.
- Occasionally your operation may be a bit later than expected, at other times earlier.

Planning for recovery

To plan for your recovery, you will need to know the following information from your surgeon before your surgery:

- Is there any equipment or supplies that I need to rent/buy before surgery? Where can I get them?
- What limits, if any, will there be on my physical activities after surgery?
- What limits, if any, will I have on lifting after surgery?
- How long will I need to be off work/school?
- How long before I can drive a car?

Arrangements for going home

- Arrange for a responsible person to take you home (by car, taxi or bus). Make sure this person can be contacted by phone at anytime during the day of your surgery. You cannot drive yourself or go home alone in a taxi or bus.
- Arrange for a responsible person to stay with you overnight for at least the first night after surgery.
- If you do not arrange to have a responsible person to take you home and to stay with you overnight, your surgery may be postponed until you are able to make these arrangements.