

Preparing for your Day Surgery Procedure

T E G H

Above all, we care

Your Day Surgery

Procedure will be on: _____

If, for any reason you are unable to have your surgery on the day it is scheduled, please notify your Surgeons office.

Stop these medications before surgery:

- STOP Ticlid and herbal medicines/teas, and supplements **14 days before** surgery.
- **STOP Aspirin** (or as instructed by the doctor), Plavix, vitamin E & Multivitamins **7 days before** surgery.
- **STOP Pradaxa and Coumadin** (blood thinner) **5 days before** surgery.
- **STOP** all pills for Arthritis/Anti-inflammatory Medication **3 days before** surgery. **NOTE:** Celebrex, Meloxicam and Tylenol may be taken with sips of water on the morning of your surgery

What time is my surgery?

The day before surgery call the Admitting Dept at 416 469 6381:

The admitting clerk will tell you what time to arrive at the hospital so that staff can prepare you for your procedure.

You must be at the hospital at this time or your surgery may be cancelled.

If your procedure is on a Monday, please call on Friday between 3 p.m. – 10 p.m.

If your surgery is any other day of the week, please call between 3 p.m. – 10 p.m. the day before your surgery.

The night before surgery:

Can I eat before my procedure?

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 to be consumed or the surgery will be cancelled. Stop drinking 2 hours before your scheduled arrival time.**

For Diabetic patients only

You may have water or clear apple juice ONLY. **No other fluid to be consumed or the surgery will be cancelled. Stop drinking 2 hours before your scheduled arrival time.**

Please remove your nail polish, and shower/bathe either the night before or the morning of your surgery.

The day of your surgery:

Based on your surgical procedure, your surgeon has sent you to Day Surgery. The length will vary for each patient but most patients can **expect to be at the hospital between 3 to 8 hours in total.** This time includes from your registration to discharge.

Please bring these items to the hospital with you:

- Ontario Health Card
- Secondary Insurance Information
- All medications that you are taking
- If you are unable to speak English, please bring someone to interpret- TEGH has an interpreter service

Please **DO NOT BRING:**

- Any **valuables** -the hospital does not assume responsibility for lost or stolen items
- **Jewelry/Body Piercings** – remove and leave at home as they **must** be removed for surgery

Medications instructions:

Do not take your Diabetic pills, Insulin or diuretics (Water pills) on the day of your surgery **unless otherwise instructed.**

On the morning of surgery, take these medications with sips of water:

Directions:

Enter the hospital by the Coxwell entrance, proceed to the **Admitting Department**, located on the main floor, G wing.

After you have registered, **take the G/H wing elevators to the 6th floor to the Surgical Pre-Operative Waiting Room** located directly in front of the elevators. A nurse will soon come, call your name and to take you to a room.

To prepare you for your operation your nurse will ask you some questions, check your temperature, pulse and blood pressure, and start an intravenous (IV).

You will be asked to remove all your clothing and dentures. You will be provided with a hospital gown, a housecoat and disposable footwear to wear. You will then be asked to wait in the Surgical Pre-Operative Waiting Room until it is time for your operation.

Visitor Waiting Room:

During your operation your visitors can wait in the **Surgical Waiting Room located on J6.** The volunteers there will keep your family updated and the surgeon may come as well to speak to your family.

A telephone is available in the waiting area.

Discharge after your surgery:

Following a short stay in the Recovery Room, you will be sent to the **Day Surgery Unit** on G6 to prepare for discharge.

Escorts:

As a Day Surgery patient, you **MUST** have someone available to escort you home. The Day Surgery team will determine your discharge time but **you should expect to be discharged shortly after coming back to the Day Surgery Unit (usually about an hour).**

- Please have your **escort make arrangements to remain at the hospital on the day of your surgery** so that they are available to take you home once you are discharged.

Prior to your discharge the Day Surgery nurses will assess you, review your post-operative instructions with you and give you a prescription (if ordered by your surgeon).

It is also recommended that you:

- Do not drive a car for 24 hours.
- Arrange to have someone stay with you the first night after surgery.

Important Phone Numbers:

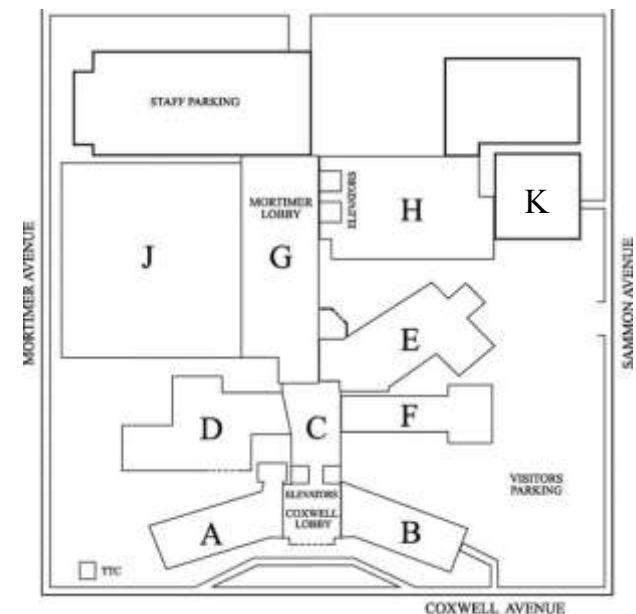
For your **surgery time** call the **Admitting Department**
416-469-6381

Pre-Operative Assessment Clinic
Fax number: 416-469-6676

Pre/Post Operative Day Surgery Unit:
416-469-6580 ext. 6564

Surgical Waiting Room:
416-469-6580 ext. 2343

Important Information:



Toronto East General Hospital
825 Coxwell Avenue
Toronto, Ontario – M4C 3E7
Day Surgery Unit
(416) 469-6580 Ext. 6564
www.tegh.on.ca