# Getting Ready for Surgery Checklist

Jim Pattison Outpatient Care and Surgery Centre

Use this checklist to help you prepare for your surgery.

## Two (2) weeks before your surgery
- Speak to your surgeon (or anaesthetist) about any changes you need to make to your medications.
- If you take diabetes medicine, ask your family doctor or surgeon how to take it before surgery.
- If you take blood thinners, ask your family doctor or surgeon when to stop taking them.
- Arrange to have your false nails removed before surgery.

## One week before your surgery
- Arrange for:
  - A ride to the Centre.
  - A ride home after your surgery.
  - A ‘responsible adult’ to stay with you for 24 hours after surgery.
- Stop any shaving, waxing, threading, or using any other method of removing hair from the area where you are having surgery.
  - If having surgery on your chest or breast, this includes your armpits.
  - However, if having surgery on your ear, nose, or throat, you can shave up to the day before surgery.
- Stop taking:
  - Vitamins
  - Health supplements or herbal supplements such as garlic, gingko, kava, St. John’s Wort, ginseng, don quai, glucosamine
- Buy 2% or 4% Chlorhexidine Gluconate sponges (buy 2) or liquid soap (buy 1) from a drugstore (Ask the pharmacist).
- Buy 2 to 3 containers of clear sugary drinks such as apple juice, cranberry juice, sweetened ice tea, 7-Up, or Ginger Ale. (No diet drinks.)

## Plan ahead
- You must have someone pick you up after your surgery.
- You must also have someone stay with you for 24 hours after surgery. You cannot be alone.
- **Alert:** Your surgery will be cancelled if you do not have someone to stay with you.

## Your surgeon’s office calls you the day before surgery with what time to check-in.

<table>
<thead>
<tr>
<th>Surgery date</th>
<th>Surgery time</th>
<th>Check-in time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>(2 hours before surgery time)</td>
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Surgical Day Care opens at 6:30AM

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This information does not replace the advice given to you by your healthcare provider.

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Catalogue # 264647 (November 2015)
To order: https://patienteduc.fraserhealth.ca
The night before your surgery

☐ Remove all:
  o Makeup
  o Nail polish from your fingers and toes
  o Jewellery including face, ear, tongue, or other body piercings

☐ Take a shower.
  o Wash your hair with regular shampoo.
  o Clean your body from the neck to your toes (front and back) using the Chlorhexidine Gluconate sponges or liquid soap.
  o Rinse well.
  o Dry off with a clean towel.

☐ Drink 2 to 3 cups (500 to 750 mL) of your clear sugary drink before you go to bed.

☐ Do not eat any food after 12:00 midnight.
  Do not drink or eat any milk or milk products.

☐ Sleep in clean bedding sheets.

☐ Put on clean pyjamas.

The morning of your surgery

☐ Shower again
  o Use the Chlorhexidine Gluconate sponges or liquid soap.
  o Rinse well.
  o Dry off with a clean towel.

☐ Do not put on any lotion, perfume or cologne, deodorant, or make-up.

☐ Do not shave, wax, thread, or use any other method of removing hair from the area where you are having surgery.

☐ Brush your teeth, tongue, and roof of mouth.

☐ Dress in clean comfortable clothes.

☐ You can drink clear sugary drinks and water **up until 4 hours before** your surgery.
  o No milk, orange juice, protein drinks, or diet drinks.
  o If you have diabetes, follow the special instructions for eating, drinking, and taking your diabetes medicines given to you by the anaesthetist.

☐ If instructed by your surgeon and/or anaesthetist, take all your regular morning medicines with a **small sip of water only**.

☐ Wear your glasses. No contact lenses.

What to bring with you

☐ All of your medicines in their original bottles

☐ Your BC Services Care (Care Card)

☐ Photo identification

☐ Leave at home:
  ✗ Your wallet or purse
  ✗ Any valuables

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Surgical Day Care (4th floor), Jim Pattison Outpatient Care and Surgery Centre
9750 - 140 Street, Surrey, B.C.
604-582-4550

www.fraserhealth.ca

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