

# Getting Ready for Surgery Checklist

Eagle Ridge Hospital

## Prevent your surgery from being cancelled

- **Do Not eat any food or drink any milk products** after 12:00 midnight the night before surgery.
- **Up until 3 hours before surgery, you can have clear fluids** (apple juice, cranberry juice, water).
- If going home the same day, have a responsible adult to **stay with you for 24 hours** after surgery.
- **Arrive 2 hours before** your surgery time. **Registration opens at 6:15AM**


Use this checklist to help you prepare for your surgery



### Two (2) weeks before your surgery

- |  |  |
|--|--|
| <input type="checkbox"/> Let your surgeon know if you have had any recent health changes since your last visit.          | <input type="checkbox"/> If you take blood thinners, ask your family doctor or surgeon when to stop taking them. |
| <input type="checkbox"/> Speak to your surgeon (or anaesthetist) about any changes you need to make to your medications. | <input type="checkbox"/> Arrange to have your false nails/gel nails removed before surgery.                      |
| <input type="checkbox"/> If you take diabetes medicine, ask your family doctor or surgeon how to take it before surgery. | <input type="checkbox"/> If you have a CPAP machine make sure it is working and bring it day of surgery.         |
|  | <input type="checkbox"/> _____   |

### One week before your surgery

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Arrange for: <ul style="list-style-type: none"> <li>○ A ride to the hospital.</li> <li>○ Someone to take you home after surgery.</li> <li>○ A 'responsible adult' (18 or older), to stay with you for 24 hours after surgery.</li> </ul> |  | <input type="checkbox"/> Buy 4% Chlorhexidine Gluconate sponges (buy 2) or liquid soap (enough for 2 showers) from a drugstore (Ask the pharmacist).   |
| <input type="checkbox"/> Stop taking: <ul style="list-style-type: none"> <li>○ Vitamins</li> <li>○ Health supplements or herbal supplements such as garlic, ginkgo, kava, St. John's Wort, ginseng, don quai, glucosamine.</li> </ul>                             |   | <input type="checkbox"/> Stop any shaving, waxing, threading, or using any other method of removing hair from the area where you are having surgery. <ul style="list-style-type: none"> <li>○ If having surgery on your chest or breast, this includes your armpits.</li> <li>○ If having surgery on your ear, nose, or throat, you can shave up to the day before surgery.</li> </ul> |

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

Surgery date \_\_\_\_\_

Surgery time \_\_\_\_\_

Surgeon \_\_\_\_\_

Check-in time \_\_\_\_\_

(2 hours before surgery time. Registration opens at 6:15am)

**The night before your surgery**

- Remove all:
  - Makeup
  - Nail polish from your fingers and toes
  - Jewellery including face, ears, tongue, or other body piercings
- Take a shower.
  - Wash your hair with regular shampoo and your face with mild soap
  - Clean your body from the neck to your toes (front and back) using the Chlorhexidine Gluconate sponges or liquid soap.
  - Rinse well.
  - Dry off with a clean towel.



- Do not** put on any lotion, perfume or cologne, deodorant, or make-up.
- Put on clean pyjamas.
- Do not** eat any food or drink any milk or milk products after 12:00 midnight.
- Sleep in clean sheets.
- \_\_\_\_\_
- \_\_\_\_\_

**The morning of your surgery**

- Shower again
  - Use the Chlorhexidine Gluconate sponges or liquid soap.
  - Rinse well.
  - Dry off with a clean towel.
- Do not** put on any lotion, perfume or cologne, deodorant, or make-up.
- Brush your teeth, tongue, and roof of mouth.
- Dress in clean comfortable clothes.
- Wear your glasses, hearing aids, and/or dentures if you have them. No contact lenses.



- You can drink apple or cranberry juice or water **up until 3 hours before** your surgery (up to 350 ml or 1 ½ cup).
  - No milk, orange juice, protein drinks, or diet drinks.
  - If you have diabetes, follow any special instructions that have been given to you for eating, drinking, and taking your diabetes medications.
- If instructed by your surgeon and/or anesthesiologist, take all your regular morning medicines with a **small sip of water**.
- \_\_\_\_\_



**What to bring with you**

- All of your medicines in their original bottles
- Your BC Services Care (Care Card)
- Photo identification
- Laboratory identification wrist band if you were given one.
- \_\_\_\_\_

**Leave at home:** Your wallet or purse      Any valuables

Day of surgery report to: Main Registration, Eagle Ridge Hospital  
475 Guildford Way, Port Moody  
604-461-2022

[www.fraserhealth.ca](http://www.fraserhealth.ca)

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