

Getting Ready for Surgery Checklist

Langley Memorial Hospital

Your surgeon's office calls you with what time to arrive for your surgery.

Surgery date: _____

Surgery time: _____

Surgeon: _____

Arrival time: _____

Surgical Daycare opens at 6:30 a.m.

Prevent your surgery from being cancelled

- **Do not eat any food** for 8 hours before surgery. Stop time: _____
(Note: This time could change if your surgery time changes.)
- **Up until 3 hours before surgery, you can drink only 1 cup of clear fluids** (water, apple juice, white cranberry juice). Do not drink anything with milk, milk products, or juice pulp.
- If going home the same day, have a responsible adult to **stay with you for 24 hours** after surgery.

Use this checklist to help you prepare for your surgery

Two (2) weeks before your surgery

- Let your surgeon know if you have had any recent health changes since your last visit.
- Complete blood tests, x-rays, or other tests as directed.
- A nurse might call about changes to make with your medications.
- If you take diabetes medicine or blood thinners, ask your family doctor or surgeon how to take it before surgery.
- If you have a CPAP machine, make sure it is working and bring it the day of surgery.

One week (7 days) before your surgery

- Arrange for all of these:
 - a ride to the hospital 
 - someone to take you home after surgery
 - a 'responsible adult' (18 or older) to stay with you for 24 hours after surgery
 - Stop taking:
 - vitamins
 - health supplements or herbal supplements such as garlic, ginkgo, kava, St. John's Wort, ginseng, don quai, glucosamine
 - Buy 4% Chlorhexidine Gluconate from a pharmacy, either 2 sponges or enough liquid soap for 2 showers.
 - Do not shave, wax, thread, or use any other method of removing hair from the area of surgery. For chest or breast surgery, this includes armpits.
- Two days before surgery** stop shaving other body areas, except if having ear, nose, throat, or face surgery. **One day before surgery**, stop shaving the face and neck.

The night before your surgery

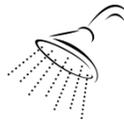
- Do not eat any fried or high fat foods.
- Stop eating** all foods 8 hours before surgery. You can drink only 1 cup of clear fluids such as water, apple juice, or white cranberry juice up until 3 hours before your surgery.
- Remove all:
 - makeup
 - nail polish from your fingers and toes
 - jewellery 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), including inside your belly button, using the Chlorhexidine Gluconate sponges or liquid soap.
 - Rinse well and dry off with a clean towel.
 - Do not put on any lotion or deodorant.
- Wear clean pyjamas and sleep in clean sheets.



The morning of your surgery

- Shower again with Chlorhexidine Gluconate sponges or liquid soap.
 - Rinse well and 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 dentures (if you have them). No contact lenses.
- Starting 3 hours before** your surgery:
 - Do not drink anything.**
 - Do not** have any candy or chew gum.If you have diabetes, follow the instructions given to you for eating, drinking, and taking your diabetes medications.
- Take all your regular morning medicines with a **small sip of water** as directed by your surgeon and anesthesiologist.



What to bring with you

- A current list of the medicines you take and when you last took them
- Your BC Services Card or Care Card
- Photo identification
- Your CPAP machine (if you use one)
- Laboratory identification wristband (if given one)
- If staying overnight, a small bag with belongings labelled with your name

Leave valuables at home.

Day of surgery: Enter through the Main Entrance.
Go past Patient Registration to the lobby elevators.
Take the elevator to the 2nd floor.
Go to Surgical Daycare waiting area and take a seat.
Wait for us to call your name.

www.fraserhealth.ca

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