

Getting Ready for Surgery Checklist

Royal Columbian Hospital

Prevent your surgery from being cancelled

- **Do not eat any food** 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 6:00 a.m.**

Use this checklist to help you prepare for your surgery



Two (2) weeks before your surgery

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|--|--|
| <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"/> 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 the day of surgery. |
| | <input type="checkbox"/> _____ |

One week before your surgery

- | | | |
|---|---|--|
| <input type="checkbox"/> Arrange for: <ul style="list-style-type: none"> - 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. |  | <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"> - Vitamins - Health supplements or herbal supplements such as garlic, ginkgo, kava, St. John's Wort, ginseng, don quai, glucosamine | | <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"> ▪ If having surgery on your chest or breast, this includes your armpits. ▪ If having surgery on your ear, nose, or throat, you can shave up to the day before surgery. |

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 6:00 a.m.)

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.
- Do not** eat any food after 12:00 midnight. You can drink clear fluids such as water, apple juice, or cranberry juice until 3 hours before your surgery.
- Put on clean pyjamas.
- 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.



- 3 hours before** your surgery, drink 1 ½ cups (350 ml) of apple or cranberry juice. After this, **do not drink anything.**
 - If you have diabetes, follow any special 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/or anesthesiologist.
- _____



What to bring with you

- A list of the medicines you take
- Your BC Services Card / Care Card
- Photo identification
- Your CPAP machine, if you use one
- Laboratory identification wristband (if given one)
- _____

Leave these at home: Your wallet or purse, any valuables

Day of surgery report to: Patient Registration, Royal Columbian Hospital
330 East Columbia Street, New Westminister

604-520-4253

www.fraserhealth.ca

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