

Getting Ready for Surgery

Delta Hospital

Your surgery date is not a fixed date until your surgeon's office calls you to confirm. Your surgery could be cancelled, even on the day of surgery, due to emergencies.

Special instructions for medications, food, and fluids

- **Do not eat, drink, or chew anything after 12:00 midnight the night before surgery.** This includes water, candy, or gum.
- **Do not** take vitamin or herbal supplements for 3 days before your surgery.
- The morning of surgery: If you take blood pressure, heart, anti-anxiety, and/or anti-seizure medication prescribed by your doctor, take with a small sip of water as usual. Also, take your puffer(s).
- Only take blood thinners **if directed** by your doctor. (examples: Aspirin, Entrophen, Coumadin, Ticlid, Plavix, Ibuprofen, Advil)
- **Do not** take diabetic medications or insulin injections the morning of your surgery (unless directed by the Pre-Admission Clinic).
- **Bring the day of surgery:**
 - all your medications (in prescription bottles), including puffers
 - a list of vitamin or herbal supplements you are taking
 - **CPAP machine** (if you use one) – Make sure it is clean and working.

***Your surgery could be cancelled if you do not bring it.**

Other general instructions

- A responsible adult **must be with you** going home, whether they drive you, or take you home by taxi. You cannot go home alone in a taxi or on public transit.
Your surgery will be cancelled if you do not have someone to take you home.
- Someone **must stay with you** for 24 hours after surgery. You cannot be alone.
- The day before surgery, we call you after 2:00p.m. (Friday if your surgery is on Monday) to confirm your surgery and tell you what time to arrive at the hospital (usually 1 to 2 hours before your surgery time).
***Your surgery time is not the final correct time until we call you.**
- If you were told to have blood work done, report to a Fraser Health Hospital Laboratory to complete the blood work (not all surgeries require blood work). Check our website for a list of locations and hours.
- Tell your family doctor and surgeon of any new medical condition or you are hospitalized before to your surgery.
- **Bring the day of surgery:**
 - BC Services Card or BC CareCard
 - photo identification
- **Do not bring** money, jewellery, your wallet/purse or any valuables.

www.fraserhealth.ca

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

Getting Ready for Surgery Checklist

The night before surgery

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| <input type="checkbox"/> Remove all jewellery including face, ears, tongue, or other body piercings | <input type="checkbox"/> Take a shower. Wash your hair and body. Dry off with a clean towel. |
| <input type="checkbox"/> If you are having surgery on an arm, leg, hand, or foot, remove nail polish and artificial nails (including gels) from that limb. | <input type="checkbox"/> Put on clean pyjamas. |
| <input type="checkbox"/> Do not eat, drink, or chew anything after 12:00 midnight. | <input type="checkbox"/> Sleep in clean bedding sheets. |

The morning of surgery

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|--|--|
| <input type="checkbox"/> Shower again. Make sure you clean your belly button, under your fingernails, and between your toes. Dry off with a clean towel. | <input type="checkbox"/> Take blood pressure, heart, anti-anxiety and/or anti-seizure medication with a small sip of water. Take your puffer(s). |
| <input type="checkbox"/> Do not shave, wax, thread, or use any other way to remove hair from the area where you are having surgery. This includes your armpits if you are having surgery on your chest or breast. | <input type="checkbox"/> Brush your teeth, tongue, and roof of mouth. |
| <input type="checkbox"/> Do not put on any lotion, perfume or cologne, deodorant, or make-up. | <input type="checkbox"/> Dress in clean comfortable clothes. |
| | <input type="checkbox"/> Wear your glasses. No contact lenses. |
| | <input type="checkbox"/> Bring your CPAP machine , if you use one. |

For your safety – if you have anesthesia or sedation during surgery

For 24 hours after surgery:

- **Do not** drink any alcohol.
- **Do not** operate any motor vehicle, boat, power tools, or machinery.
- **Do not** sign any legal documents or enter into any legal contracts.

For 4 days after surgery:

- **Do not** operate an aircraft.
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If you have any questions about your surgery, call your surgeon's office.