

Getting Ready for Surgery Checklist

Peace Arch Hospital

To prevent your surgery from being cancelled


- **Do not eat any food or drink any milk products** after 12:00 midnight the night before surgery.
This includes not having candy or chewing gum.
- **Stop drinking clear fluids 2 hours before your hospital check in time** unless directed by your surgeon or anesthesiologist to do something different.
- If going home the same day as your surgery, you must have a responsible adult take you home and stay with you for 24 hours after surgery.

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 have a CPAP machine, make sure it is working and bring it the day of surgery. |
| <input type="checkbox"/> If you take diabetes medicine or blood thinners, ask your doctor or surgeon how to take it before surgery. | <input type="checkbox"/> Arrange to have false nails or gel nails removed before surgery. |
| <input type="checkbox"/> Go for any blood tests, x-rays, or other tests ordered before the surgery. | <input type="checkbox"/> If you have piercings that need a special tool to take them out, arrange to have the piercings removed before surgery. |

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 from a pharmacy, either sponges (buy 2 or 3) or liquid soap (enough for 2 or 3 showers). How many you need depends on your surgery. |
| <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 at the hospital

Surgery date _____ Surgeon _____ Hospital check-in time _____
Patient Registration opens at 6:00 a.m., Monday to Friday

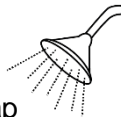
www.fraserhealth.ca

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

The night before your surgery

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

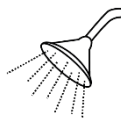
- ☐ Take a shower.
 - Wash your hair with regular shampoo and your face with mild soap
 - Clean your body from the neck to your toes (front and back) using the Chlorhexidine Gluconate sponges or liquid soap.
 - Rinse well.
 - Dry off with a clean towel.



- ☐ **Do not** put on any lotion, perfume or cologne, deodorant, or make-up.
- ☐ Drink 3 cups (800mLs) of clear juice (apple or cranberry) the evening before surgery.
- ☐ **Do not** eat any food or drink any milk products after 12:00 midnight. You can drink clear fluids such as water, apple juice, or cranberry juice until 2 hours before your hospital check-in time.
- ☐ Put on clean pyjamas.
- ☐ Sleep in clean sheets.
- ☐ _____

The morning of your surgery

- ☐ Shower again
 - Use the Chlorhexidine Gluconate sponges or liquid soap again like the night before.
 - 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 dentures if you have them. Leave contact lenses at home.
- ☐ **2 hours before** your hospital check-in time, drink 1 ½ cups (350 ml) of apple juice, cranberry juice, or water. After this, **do not drink anything**.



- ☐ Take all your regular morning medicines with a **small sip of water** as directed by your surgeon or anesthesiologist.
 - **Do not** take diabetes medicines or insulin injections unless directed to by your surgeon 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)

**** Bring one bag** to carry your clothes, shoes, and other personal items.
Leave these at home: Your wallet, purse, and any valuables

Day of surgery, report to: Patient Registration, enter through the Main Entrance
Peace Arch Hospital
15521 Russell Avenue, White Rock 604-535-4500