

Getting Ready for Your Surgery

Jim Pattison Outpatient Care and Surgery Centre ♦ Surrey Memorial Hospital

My Surgery Date: _____

One week before your surgery

- Stop taking all vitamins, herbal, and health supplements (garlic, ginkgo, kava, St. John's Wort, ginseng, don quai, glucosamine).
- Continue to take your regular medications unless you have been told to stop by the surgeon, anesthesiologist, or Pre-Admission Clinic nurse.
- Stop any shaving, waxing, threading, or removing hair from the area where you are having surgery.
Exception: If your surgery is on your face, throat or neck area, shave the area the day or night before the surgery.
- If your surgery is on an arm or leg, remove nail polish, and acrylic, gel, false nails.
- If you have piercings that need a tool to remove them, arrange to have your piercings taken out.
- Arrange for an adult to drive you home and stay with you for 24 hours after the surgery. If this plan is not in place, we might have to cancel your surgery.
- Buy 2% or 4% Chlorhexidine Gluconate sponges (buy 2) or liquid soap (buy 1) from any drugstore. You can find it in the First Aid section or just ask the pharmacist.

Eating and drinking before surgery

- In the evening the night before your surgery and before midnight, drink 3 cups of clear juice (apple, cranberry, or grape). We suggest you do this around 8:00 p.m.
- Do not eat any food after midnight (12:00 a.m.) including milk and milk products.
- You are allowed to drink clear fluids up until 4 hours before your surgery time. Clear fluids mean only water, apple juice, cranberry juice, and grape juice.
- Take your regular medications with a small sip of water unless you have been told to stop by the surgeon, anesthesiologist, or Pre-Admission Clinic nurse.
- Four (4) hours before your surgery time, drink 1 ½ cup (375 mL) of clear juice (apple, cranberry, or grape). After this time, do not drink anything.

Note: If you do not follow these diet instructions, we could cancel your surgery.

Skin cleaning

- **The evening before your surgery:**
 - Remove all jewellery and piercings.
 - Take a shower or bath, washing with regular soap and shampoo.
 - Rinse off then wash your body from your neck to your toes with Chlorhexidine Gluconate. Do not use this on your face.
 - Rinse off completely and dry with a clean towel.
 - Do not put any products on your skin or face (lotion, powder, make-up, perfume, cologne, deodorant, Vaseline).
 - Put on clean pajamas and sleep in clean sheets.
- **The morning of your surgery:**
 - Wash your body again with Chlorhexidine Gluconate. You do not need to shampoo your hair again.
 - Rinse off completely.
 - Dress in clean, loose-fitting clothes.
 - Brush your teeth (dentures), tongue, and roof of mouth.

Remember

- Bring your BC Services Card and photo identification (driver's license, passport).
- Bring all your medicines in their original containers.
- If you have sleep apnea, bring your CPAP machine or dental device.
- If staying overnight, bring a very small bag with your toiletries and belongings. Bring your extended medical plan card. Leave all valuables at home.

Where to go

Your doctor's office calls a few days before and tells you the time of your surgery and when to arrive at the hospital.

- ☐ **Surrey Memorial Hospital**
13750 – 96 Avenue, Surrey
Enter through the South Parkade off 94A Avenue.
Take the elevator to Level 1.
Turn right out of the elevator and walk down the hall to Surgical Admissions (Purple Zone). Opens at 6:00 a.m.
Note: The street level entrance to the South Building is locked to the public.

- ☐ **Jim Pattison Outpatient Care and Surgery Centre**
9750 140 Street, Surrey
Take the elevator to the 4th floor. Look for the Surgical Daycare sign. Opens at 6:30 a.m.

