

# Preparing for Day Surgery

Ridge Meadows Hospital

**Pre-Admission Clinic**

Date:

Time:

**My Surgery**

Date:

Check-in Time:

Surgery Time:

**No food** after midnight (12:00AM) the night before surgery

**Stop drinking clear fluids 3 hours** before your Surgery Time

**If you do not follow these instructions,  
your surgery could be cancelled and rescheduled for another date**

**Bring this booklet to the Pre-Admission Clinic appointment and day of surgery.**



You must have a responsible adult take you home and stay with you for 24 hours after surgery.



Your surgeon's office calls you **1 business day before** your surgery to tell you what time to check-in at the hospital.

If you have not been called by 2:00 p.m., call your surgeon's office.



Call your surgeon's office as soon as possible if you have a cold, fever, cough, or new illness/infection before surgery.



It is very important that you follow all the instructions from the Pre-Admission Clinic and in this booklet so there are no delays on your surgery day.



Sometimes we have to postpone a person's surgery due to unexpected events and emergencies. We review all options before deciding to postpone any person's surgery. If postponed, we let you know as soon as possible, and your surgery will be rescheduled for another day by the surgeon's office.

---

As instructed by the anesthesiologist or my surgeon:



☐ I am to **stop taking** these medicines before my surgery and when.

*What to stop*

*When to stop*

•

•

•

☐ I am to **take these medicines the morning of** surgery with a sip of water.

•

•

•

•

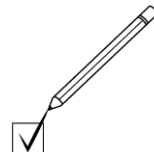
•

•

•

•

**Hint:** Use the check boxes in this booklet to keep track of what you need to do and what you have done.



# Preparing for Day Surgery

## In the months and weeks ahead

You are the most important person on your care team. You play a key role in staying as healthy as you can be before surgery and in your recovery after surgery.

If you have any health concerns or want to improve certain aspects of your health before your surgery, speak to your family practitioner.

**Family practitioner**  
Refers to family doctor or nurse practitioner

- ✓ **Healthy Diet:** Eat a balanced diet with healthy foods that include vegetables, fruit, lean protein, as well as foods rich in iron and calcium.



- ✓ **Activity and Exercise:** Stay active and exercise regularly. Even walking 10 minutes a day and increasing the amount of time you walk will aid in your recovery.



- ✓ **Alcohol:** Limit how much alcohol you drink. If you have concerns about limiting alcohol, talk to your family practitioner.

**Note:** You cannot drink any alcohol for 24 hours before your surgery.



- ✓ **Smoking:** Stop smoking. You can get free nicotine patches or gum to help you quit. To register for the BC Smoking Cessation Program, call 8-1-1 or visit [www.quitnow.ca](http://www.quitnow.ca). If you cannot quit, try to cut down.



### HealthLinkBC.ca

For information on diet, exercise, alcohol, and smoking, **call 8-1-1.**

**Plan ahead:** You might need help the first few days at home after surgery.

Make plans with family or friends to help you with meals, laundry, shopping, and getting to and from appointments.

## Pre-Admission

---

This is a time where we review your general health and the medications you take. We also give you instructions on how to get ready for your surgery and what to expect while in the hospital.

To do this, we might ask you to come in for a Pre-Admission Clinic visit, arrange to see you using technology (virtual health visit), and/or speak with you by telephone.

### Pre-Admission Clinic Visit

What to bring:

- ☐ This booklet
- ☐ Your BC Services Card / BC Care Card (personal health number)
- ☐ Photo Identification (such as a driver's license)
- ☐ The medicines you are currently taking in their original containers. This includes prescription medications, medicines you buy off the shelf in the pharmacy (or over the internet), vitamins, and herbal supplements.
- ☐ A support person if you wish (to help you remember what is said).
- ☐ An interpreter  
If you don't speak or understand English well enough for medical conversations, you can ask us to arrange a medical interpreter for your visit. Bring someone with you as well to help with interpreting, especially if the interpreter needs to leave.

#### Medical interpreter

Interprets medical words that others (family/friends) might not understand how to interpret

During your visit, you meet with a nurse. You might also meet with an anesthesiologist who talks with you about any specific health concerns, choices for anesthesia, and options for managing your pain during surgery. You might have blood work or other tests done while at the hospital.

#### Anesthesiologist

During your surgery or procedure, this doctor:

- monitors your overall well-being
- gives the medicine that keeps you comfortable

**If you have diabetes**, you will get instructions during your Pre-Admission Clinic phone call or visit about when and what to eat and drink, and how to take your diabetes medicine before your surgery.

## Anesthesia options

---

Depending on the surgery (or procedure), there are a number of possible options for how to keep you comfortable before, during, and after your surgery. These are called 'anesthetics'.

An anesthesiologist explains the options and recommends which would be best for you based on the type of surgery you are having, any health conditions you have.

On the day of your surgery or procedure, you and your anesthesiologist decide which option is best for you. No matter which option is chosen, your anesthesiologist constantly monitors you before, during, and after the surgery, making sure you are comfortable.

### Common anesthesia options to consider

- **General Anesthetic** – Medication given through an intravenous and causes a very deep sleep (unconsciousness). The deep sleep is controlled and easily reversed, allowing you to 'wake up' once the medications have been stopped at the end of the surgery.
- **Spinal Anesthetic** – Medication is injected near the spine to 'freeze' or numb your lower abdomen and legs, blocking feeling and movement from the waist down. This is a very common anesthetic, especially for hip and knee surgeries, C-sections, and many other procedures.
- **Nerve Block** – Medication is injected around a specific nerve or group of nerves to numb a specific part of the body, such as an arm or leg. A nerve block can be used as the main anesthetic, or along with a general or spinal anesthetic.
- **Local Anesthetic** - Medication is injected to numb a small, specific part of the body. This type is used for most surgeries, usually along with other types explained here. For some minor procedures, local anesthetic might be all you need.
- **Intravenous Sedation** – For a spinal anesthetic, nerve block, or local anesthetic, you might also be given a sedative. The effects range from mild relaxation to deep sedation, depending on your surgery and what is needed to keep you comfortable.

**Intravenous**  
Also called an 'I.V.'  
(sounds like eye-vee)

## One week before

- ☐ Arrange for:
  - A ride to and from the hospital
  - An adult to stay with you for the first 24 hours after surgery
  - Someone to help you at home for a few days after, if you need help
- ☐ Stop taking:
  - All vitamins and herbal/health supplements (such as garlic, ginkgo, kava, St. John's Wort, ginseng, don quai, glucosamine)
  - Fish oils
- ☐ Continue to take your regular medicines unless you have been told something different by the anesthesiologist or your doctor.
  - Use the space on the inside cover to list which medicines to stop and when.
  - If you are taking a blood thinner, ask for instructions on how to take it before surgery.
- ☐ Stop any shaving, waxing, threading, or using any other method of removing hair from around where you are having surgery.
- ☐ If you are having surgery on a limb (an arm or leg), remove nail polish, gel or acrylic nails, nail add-ons, and false nails from that limb before the surgery.
- ☐ If you have piercings that need a special tool to take them out, arrange to have them removed.
- ☐ Make sure you have plain acetaminophen (such as Tylenol) and ibuprofen (such as Advil, Motrin) at home for managing pain after surgery.
- ☐ Read all the instructions given to you and get the items needed.



A number of these products are natural 'blood thinners'. If you continue to take them, it could increase your chances of bleeding after surgery.



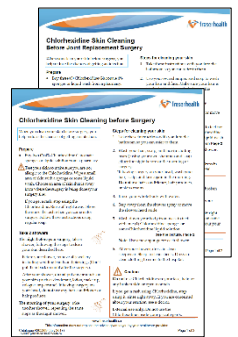
Your safety is important. Any metal on your skin can cause burns or injury during surgery.

Nail polish, nail add-ons, and false nails are places where germs grow.

## Skin Cleaning

Did the Pre-Admission Clinic or your surgeon ask you to clean your skin in a special way before surgery?

- ☐ **Yes.** Buy from a pharmacy the **Chlorhexidine Gluconate Antimicrobial Product** described in the skin cleaning instructions given to you. Wash with the product the day before and the morning of surgery (2 washes). If having joint replacement surgery, wash with the product 2 days before, the day before, and the morning of surgery (3 washes).
- ☐ **Yes but allergic to chlorhexidine.** Wash with soap and water as instructed.
- ☐ **No.** No special skin cleaning needed. Wash with soap and water.



## The day before

---

- ☐ For 24 hours before surgery, **do not drink any alcohol** or **use any recreational drugs**.



## What to bring to the hospital

---

- ☐ This booklet
- ☐ Your BC Services Card / BC Care Card (personal health number) and Photo Identification (such as a driver's license)
- ☐ Hospital Identification bracelet (if you got one from the laboratory)
- ☐ A list of all the medicines you are currently taking
- ☐ Loose comfortable clothes to wear home
- ☐ Shoes that are easy to slip on
- ☐ Eye glasses and case
- ☐ Dentures and container
- ☐ Hearing aid(s), case, and spare battery(s)
- ☐ Walking aid(s) such as cane, walker, or wheelchair
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ Your diabetes pills or insulin (if you have diabetes)
- ☐ Your CPAP machine or dental device (if you have sleep apnea)
- ☐ An interpreter (if we were not able to arrange for a medical interpreter or you prefer to bring someone with you to act as your interpreter)

---

**Note:** On the day of your surgery, you put your clothes and shoes in a plastic bag with your name on it. We give the bag to the person who brought you to the hospital or put it in a secure place until after your surgery.

**Leave all valuables at home.**

The hospital is not responsible for any lost or stolen items.

---

## The night before

- ☐ Between dinner and midnight, drink some juice and eat at a light snack, **or** only drink juice if we direct you to do a 'bowel preparation'.

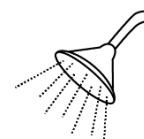
We suggest around 8:00 p.m.

Eating a light snack and/or drinking juice in the evening gives you more energy after surgery.

No Bowel Preparation	or	With Bowel Preparation
3 cups (800 mL) of clear juice (apple or cranberry) <b>plus</b> a light snack Snack examples: - Bowl of yogurt      - Bowl of cereal - Piece of toast      - Bowl of rice		3 cups (800 mLs) of clear juice (apple or cranberry)
<b>If you have diabetes</b> , follow the instructions given to you.		

- ☐ Remove all jewellery and piercings (do this before cleaning your skin).
- ☐ Clean your skin as instructed by the Pre-Admission Clinic nurse.  
If you did not get any specific instructions, take a shower or bath with soap and water tonight. Wash your hair tonight (or in the morning).
- ☐ **Do not** put any products on your skin (such as deodorant, lotion, make-up, nail polish, cologne/perfume).
- ☐ Put on clean pyjamas (bedclothes) and sleep in clean bed sheets.
- ☐ **Do not** eat any food after midnight (12:00 a.m.).

Any metal on your skin can cause burns or injury during surgery.



Unless instructed differently, you can drink clear fluids up until 3 hours before surgery time.



**What are 'clear fluids'?** Liquids you can see through such as water and juices (apple or cranberry).

**No** milk products. **No** alcohol. **No** juices with pulp.  
**No** coffee, **No** tea

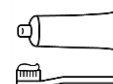
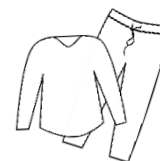
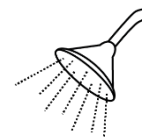




## The morning of

---

- ☐ Clean your skin as instructed by the Pre-Admission Clinic nurse.  
Make sure you remove all jewellery and piercings.  
If you did not get any specific instructions, take a shower or bath with soap and water. Wash your hair if you did not wash it the night before.
- ☐ Dress in clean, loose-fitting clothes.  
**Remember** - Do not put any products on your skin (such as deodorant, lotion, make-up, or cologne/perfume). No jewellery or piercings.
- ☐ Brush your teeth (or dentures), tongue, and roof of your mouth.
- ☐ Take your morning medications with a sip of water as directed by the anesthesiologist (or your surgeon).  
- Use the space on the inside cover to list which medicines to take.



### 3 hours before your surgery time:

- ☐ Drink 1½ cups (375 mL) of clear juice.  
After this, **do not drink anything**.  
If you have diabetes, follow the instructions given to you.



Drinking clear juice before surgery keeps you hydrated, helps control your blood sugar, and helps you from feeling sick to your stomach after surgery.

The last time you drink any clear fluid is  
**3 hours before your surgery time.**




---

**Remember:** Bring only what is listed on Page 5.

To keep your belongings from being lost or stolen, we put your clothes and shoes in a plastic bag with your name on it. We give the bag to the person who brought you to the hospital or lock it in a locker until after your surgery.

# The Day of Your Surgery

## Where to go – Ridge Meadows Hospital

---

11666 Laity Street  
Maple Ridge, B.C.

Report to **Patient Registration** at your hospital 'Check-in Time'.

Patient Registration is located on the main floor near the Gift Shop in the main lobby. It opens at 6:15 am.



## What to expect before surgery

---

- You are met by a nurse in Ambulatory Care who:
  - Gives you a hospital gown to change into.
  - Asks you about your medications, allergies, and any reactions you have had to medications.
  - Checks your blood pressure, pulse, and temperature.
  - Starts an intravenous in one of your arms.
  - Gives you some medicine for you to swallow or in your intravenous.
- You are moved to the pre-surgery holding area.
- In the pre-surgery holding area, you meet:
  - the nurses, who will be working with your surgeon
  - the anesthesiologist, who reviews your medical history, confirms with you the anesthesia(s) that will be used, and the plan for managing pain during surgery (see 'Anesthesia options' on page 3)
  - the surgeon, who confirms your surgery, answers any last minute questions, and might mark your skin with a special pen

- **Once in the Operating Room:**

You will hear us go through a **safety check**.

We will ask you to take part in this safety check by telling us your name and the kind of surgery you are having. We do this to confirm we are doing the correct surgery on the correct person.



We might ask you to remove your glasses, dentures, and your hearing aid(s) – depending on the type of surgery. We return them to you after your surgery.

## Waiting Areas for your family member or friend

- Your family or friends can choose to wait at the hospital while you are having your surgery. There are several waiting areas, including the cafeteria located in the basement.
- It might be several hours before you are ready to leave the hospital after your surgery. If your family or friend prefers to leave the hospital, a nurse will call them when you are ready to leave.

## What to Expect After Surgery

Depending on the kind of surgery or procedure you had, you might go to the Post-Anesthetic Care Unit (P.A.C.U. or Recovery Room) or return directly to the Surgical Day Care area.

### **In the Post-Anesthetic Care Unit**

---

- Expect to stay here for 30 minutes or longer, depending on your surgery.
- During this time, nurses:
  - Check your blood pressure, pulse, breathing, temperature, and surgery site.
  - Ask you about your pain and give pain medicine as needed.
  - Ask you to do some deep breathing and coughing as well as some leg exercises.
- When you are ready, we move you to the Surgical Day Care area.

### **Returning to Surgical Day Care**

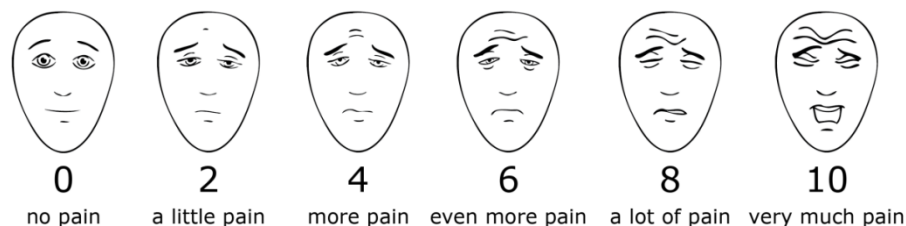
---

- You stay in this area for 30 minutes or longer, depending on your surgery.
- Your nurses regularly check your blood pressure, pulse, breathing, temperature, surgery site, and pain level.
- Visitors can come in and sit with you.

## Managing pain

Ask for pain medicine to keep you comfortable. Don't wait until you are having a lot of the pain before ask for help.

To help us know how much pain you are having, we use a 0 to 10 pain scale. These faces show how much something can hurt (not what your face looks like when in pain). From left to right, the faces show more and more pain. You can tell us or point to how much you hurt using words or a number from 0 to 10.<sup>1</sup>



If it is easier, you can also describe your pain as 'small', 'medium', or 'large'.

## Feeling sick to your stomach

- If you feel sick to your stomach (nauseated) or throw up (vomit) in the hospital, we can give you medicine to settle your stomach. Let us know as soon as you feel sick.



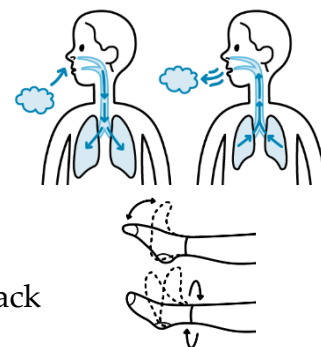
## Drinking and eating

- We offer you ice chips, sips of water, and/or juice. Depending on the type of anesthetic and surgery, we might also give you a small snack.



## Getting moving

- Expect us to ask you to sit up and get moving soon after your surgery.
- Do deep breathing and coughing exercises at least 10 times every hour. Breathe in and out slowly and deeply 5 times. As you breathe out on the 5th breath, give 1 to 2 strong coughs.
- Do leg exercises. Bend and straighten your legs. Tighten and relax your buttock and thigh muscles. Point your toes up and down.
- Continue to do these exercises at home until you have recovered and back doing your usual activities.



<sup>1</sup> Face Pain Scale – Revised (FPS-R). [www.iiasp-pain.org/fpsr](http://www.iiasp-pain.org/fpsr). Copyright © 2001, International Association for the Study of Pain®. Reproduced with permission.

## Going home

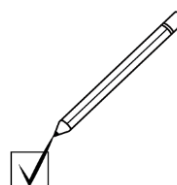
---

You are ready to go when:

- ✓ You can sit up and move around.
- ✓ Your pain and nausea are under control.
- ✓ You have a responsible adult to drive you home or travel with you in a taxi.
- ✓ You have a responsible adult staying with you for the next 24 hours.

### Going home checklist

Before you leave, make sure you can check off all of these things:



- ☐ I know what pain medicine(s) to take, including when and how to take them.
- ☐ I know how to look after my incision and, if present, any surgery drains.
- ☐ I know how to care for myself at home – specific to my surgery.
- ☐ I know what to watch for and when to get help.
- ☐ I know what I cannot do for 24 hours (because of anesthetic) including:
  - ✗ not driving or operating hazardous machinery
  - ✗ not drinking alcohol or using any substance or street drug
  - ✗ not making important decisions or signing legal documents
- ☐ I know how to prevent constipation (because of decreased activity, pain medication, or changes in diet).
- ☐ I know when to make an appointment for follow-up with my:
  - ☐ surgeon
  - ☐ family practitioner
  - ☐ other healthcare providers (such as home care, physiotherapy)

## At Home

### When to get help

**Also refer to the information we give you about your specific surgery.**

#### Call your surgeon or family practitioner if:

- You have chills or a fever over 38°C (100° F).
- Your incision is warm, red, swollen, or has blood or pus (yellow/green fluid) draining from it.
- You are having trouble passing urine or not able to urinate (pee) within 8 hours after surgery.
- You have redness, tenderness, or pain in your calf or lower leg.
- Your pain does not decrease or ease with pain medicine, or stops you from moving and recovering.
- You are throwing up or not able to keep fluids down.
- You feel increasingly tired or dizzy.
- You have other worries or concerns about your recovery.

If you cannot contact your surgeon or family practitioner:

► Call Fraser Health Virtual Care, 10:00 a.m. to 10:00 p.m., daily, **1-800-314-0999**  
[fraserhealth.ca/virtualcare](https://fraserhealth.ca/virtualcare)

► Call **8-1-1** (HealthLinkBC) to speak to a registered nurse any time - day or night.

Available in 130 languages.

For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

**Call 9-1-1** if you have any of the following:

- trouble breathing or shortness of breath
- chest pain
- sudden, severe pain



**Questions I have...**

---



---



---

# About Ridge Meadows Hospital

## Smoke-, Scent- and Latex-Free:



For the health and safety of everyone, we are smoke-, scent-, and latex-free. Smoking is not allowed within the hospital or on our surrounding property.

We ask that you and your visitor not wear or use any scented products (such as perfumes, aftershaves, or colognes).

Please do not bring in any heavily scented flowers like lilies or lilacs. Only Mylar balloons are allowed. No latex balloons or other latex products.

## Security:



Everyone who works or volunteers in the hospital wears identification with their photo, name, and title.

The hospital has 24-hour security. Uniformed guards routinely patrol the building and surrounding property.

## Cafeteria:



Located in the basement of the hospital. They offer a variety of meals, snacks, and drinks. Vending machines with snacks and drinks can be found throughout the hospital.

## Patient Resource Centre



Located in on the main floor across from the Gift Shop. We have information on a variety of health related topics.

## Gift Shop:



Located on the main floor near Patient Registration.

## Parking and Transit:



Parking on the hospital site is limited. Imperial Parking monitors the parking. The surrounding neighborhood has strict parking restrictions.

[www.fraserhealth.ca](http://www.fraserhealth.ca)

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

Catalogue #257160 (September 2021)

To order: [patienteduc@fraserhealth.ca](mailto:patienteduc@fraserhealth.ca)

