

Preparing for Heart Surgery

Admit the Day of Surgery

Royal Columbian Hospital
Cardiac Services

Stop taking these medicines before my surgery.

What to stop

When to stop

I am having _____ surgery

Date: _____

Check-in Time: _____



Call your surgeons office as soon as possible if you notice any new or worsening signs of illness such as:

- fever
- cough
- trouble breathing
- headache
- chills
- nausea
- vomiting
- diarrhea
- sore throat
- body aches,
- loss of smell or taste
- loss of appetite
- feeling very tired

604-522-6800 or 604-520-4392

Important Notes

- So there are no delays on your surgery day, follow all the instructions from the Pre-Admission Clinic and in this booklet.
- Arrive at the hospital at your check-in time. If you arrive late, your surgery could be delayed or cancelled.
- Sometimes we have to delay a person's surgery due to unexpected events and emergencies. We review all options before deciding to delay any person's surgery. We let you know as soon as possible. If cancelled, your surgery will be rescheduled for another day by the surgeon's office.
- If you think you might be or are pregnant, talk to your family doctor or surgeon as soon as you believe you are pregnant to see about how best to proceed with your surgery or procedure.
- If you don't speak or understand English well enough for medical conversations, you can either ask us to arrange a medical interpreter for your visit or bring someone with you as your interpreter.

The day before your surgery

Make sure you have a bowel movement (go poo) today – this is important. If you have not had a bowel movement by 5:30 p.m., use one (1) Bisacodyl Rectal Suppository at 6:00 p.m. (You can buy these suppositories at any drug store.)

Eat an evening snack.

Examples of snacks:

- 8 to 12 crackers or tea biscuits with cheese or peanut butter
- A muffin with cheese or peanut butter
- 2 servings yogurt (125mL)
- 1 serving pudding (125mL)
- 1/2 or full sandwich

Note:
Drink juice or milk
with your snack

Remove (do this before cleaning your skin):

- all make-up
- all nail polish
- all jewellery and piercings. If a ring cannot be removed, arrange to have it cut off by a jeweler.

Clean your skin as instructed at the Pre-Admission Clinic.

Wash your hair tonight or in the morning.

Do not eat any food after midnight (12:00 a.m.).

Unless instructed differently, you can continue to drink clear fluids up until 4 hours before check-in time.

Your surgery could be cancelled if you have not followed these instructions.

The morning of your surgery

- If you smoke, we advise you not to smoke at all today.
- At 5:00 a.m.
 - Drink 1 to 2 glasses (up to 500 ml) of apple or cranberry juice.
** Do not drink anything after this time (unless told differently).
 - If your surgery is scheduled for the afternoon, drink another 1 to 2 glasses of apple or cranberry juice at 8:00 a.m.
** Do not drink anything after this time (unless told differently).
 - If you have diabetes, follow the instructions given to you in the Pre-Admission Clinic (unless your doctor tells you something different).

Your surgery could be cancelled if you have not followed these instructions.

- Do not** take any ASA (aspirin).
- Clean your skin as instructed at the Pre-Admission Clinic.
- Brush your teeth (or dentures), tongue, and the roof of your mouth.

What to bring to the Hospital

- Your BC Services Card / BC Care Card (personal health number) and Photo Identification
- The white Hospital Identification bracelet given to you
- The Patient Belongings Bag with the incentive spirometer, heart pillow, and booklet for after surgery
- Housecoat
- Slip on shoes or non-slip slippers (must have rubber or crepe sole and closed in the back)
- At least 3 pairs of clean underwear.
- Bra (comfortable and well-fitting) with front closure and without underwire
- Toothbrush and toothpaste
- Comb/brush
- Eye glasses with case
- Dentures with container
- Hearing aid(s) with case and spare battery(s)
- Electric shaver with 3-prong plug
- Cell phone with charger

Leave all valuables at home

Do not bring cash, credit cards, jewellery, or other valuables with you. The hospital is not responsible for any lost or stolen items.

At the Hospital

Report to Patient Registration, in the main lobby, at your check-in time (given to you by your surgeon).

If you don't speak or understand English well enough for medical conversations, either ask us to arrange a medical interpreter for your admission **or** bring someone with you as your interpreter.

After surgery

To help streamline communication, we ask you to pick one person to be the main contact for your family and friends. Tell us who that person is.

We welcome visitors 24 hours a day. However, there are times when we suggest visits are limited. For example, 2 South Cardiac Step-Down Unit has a required rest period from 1:00 to 3:00 p.m.

To learn more about your surgery

If you wish to learn more about your surgery, check our website www.fraserhealth.ca/heart



Scan QR code
to resource

You might want to buy

Some people find it helpful to have extra support for their sternum when they go home. You can buy a sternal support device such as a Heart Hugger™. For more information, visit www.hearthugger.com

About the Hospital

Your room

If you have BC Medical Services Plan, there is no fee for a bed in a 4-bed shared room. People of all genders might share the same room.

If you would like a private room or to share with only 1 person (called semi-private), ask when you pre-register. There is a fee if you ask for a semi-private or private room. We accept cash, cheques, Visa, and MasterCard.

We will try to give you the type of room you ask for whenever possible. We might not give you a private room or we might need to cancel or change your request because the room is needed for other patients with medical reasons that require a private room.

When it is time to leave

The day you are scheduled to go home, please be ready to leave the hospital sometime before 4:00 p.m.

Your nurse will talk to you to set up a time with the person who will be taking you home.

You will need comfortable clothes to wear to go home.

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. If you need security help or want to report anything suspicious, speak to one of us or security directly.

Pre-Admission Clinic
604-520 4458

www.fraserhealth.ca

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

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To order: patienteduc.fraserhealth.ca