

Preparing for Your Day Surgery

Abbotsford Regional Hospital

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.
- ★ The hospital 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 4:00 PM, call 604-851-4878.
- ★ Call your surgeon's office as soon as possible if you have any of the following before your surgery: a cold, fever, cough, or any new illness or infection.
Also call if you become pregnant.

Pre-Admission Clinic	Date:	Time:
Anesthesiologist	Date:	Time:
Other:	Date:	Time:

My Surgery – Hospital Check-in	Date: _____	Time: _____
		Stop drinking at: _____
		Stop eating at: _____
<ul style="list-style-type: none"> ★ You must stop eating and drinking when told, or your surgery will be cancelled and need to be rescheduled for another date 		
Special instructions:		

-
- ★ 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. We let you know as soon as possible. If cancelled, 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.

<i>What to stop</i>	<i>When to stop</i>
• _____	_____
• _____	_____
• _____	_____

I am to **take these medicines the morning of** my surgery with a sip of water:

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

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



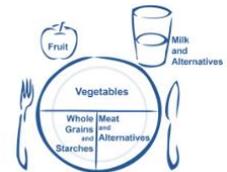
Preparing for Surgery

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 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 aide 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. 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. You are also given instructions on how to get ready for your surgery and what to expect while in the hospital.

Depending on your health and type of surgery, you might or might not need a Pre-Admission Clinic visit or telephone call.

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 either ask us to arrange a medical interpreter for your visit **or** bring someone with you as your interpreter.

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, the anesthesiologist or surgeon will give you instructions for when to eat and drink, and how to take your diabetes medicine.

If you do not have instructions, call 604-851-4878 at least one (1) business day before surgery and ask to speak to a nurse.

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, as well as what you prefer.

On the day of your surgery or procedure, you and the anesthesiologist for your surgery 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 the hospital
 - A ride home 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 with your recovery, 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



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

- Continue to take your regular medicines unless you have been told something different by the anesthesiologist or your surgeon.

Use the space on the inside cover to list which medicines to stop and when.

- 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.

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

- Read all the instructions given to you for preparing for surgery and buy items needed.

Skin Cleaning

Make sure you have what you need to clean your skin before surgery according to the instructions from the Pre-Admission Clinic or your surgeon.

You were instructed to:

- Wash with a **Chlorhexidine Gluconate** product that you buy from a pharmacy. Follow the skin cleaning instructions given to you.
- Wash with **regular soap** and water to clean your skin.

Three days before

- Stop using all recreational drugs.

The day before

Follow your regular daily routine.

- For 24 hours before surgery, **do not drink any alcohol.**



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)
- The medicines you are currently taking, in their original containers
- 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
- _____
- _____
- 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.
- If you have diabetes, your diabetes pills or insulin
- If you have sleep apnea, your CPAP machine or dental device

Remember: The hospital is a public building. Valuables can go missing. Do not bring any valuables with you.

The night before

- Between dinner and midnight, eat a light snack **and/or** drink fluids.
We suggest around 8:00PM.

Snack options:

- Bowl of yogurt and glass of juice
- Piece of toast or bowl of cereal and glass of juice
- Bowl of rice and glass of juice

**and/
or**

Juice
2 to 3 cups
(500 to 750 mL)

If you have diabetes, follow the instructions given to you.

- Remove all jewellery and piercings (must do 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, cologne/perfume).



- Put on clean pyjamas (bed clothes) and sleep in clean bed sheets.

- Stop** eating food as you have been instructed and written on the front cover.
No chewing gum or candies from this time as well.



Continue to drink clear fluids up until 2 hours before your hospital check-in time.

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

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



The morning of

- Take your morning medications as directed by the anesthesiologist (or your surgeon).
Use the space on the inside cover of this booklet to write the medicines to take.
- Follow any special instructions given to you by your surgeon or anesthesiologist.



- If your hospital check-in time is at 11:00 AM or later:**
Up to 6 hours before hospital check-in time, you can eat a light snack (unless you get different instructions from your surgeon).

◆ After this, **do not eat anything.** ◆

Snack options:

or	or
Slice of white toast with honey or jam No butter No margarine No nut butters	Small bowl of rice cereal or corn flakes with milk (skim, 1%, or 2%) No high fibre cereals such as granola, bran, or rolled oats
	½ cup (125 mL) of cooked plain white rice No fried rice

- 2 hours before your hospital check-in time:**
Drink 1 ½ cups (375 mL) of apple, grape, or cranberry juice.
*If you have diabetes, follow the instructions given to you.

◆ After this, **do not drink anything.** ◆



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

- Make sure all jewellery and piercings are removed.
- 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. Make sure you clean in your belly button, under your fingernails, and between your toes.
- Dress in clean, loose-fitting clothes.
Remember - Do not put any products on your skin (such as deodorant, lotion, make-up, or cologne/perfume).
- Brush your teeth (or dentures), tongue, and roof of your mouth.



Remember – on the day of surgery
No alcohol. No juices with pulp. No coffee. No tea
No chewing gum. No candies.

The Day of Your Surgery

Where to go – Abbotsford Regional Hospital

32900 Marshall Road
Abbotsford, B.C

Report to **Surgical Day Care, 4th floor, Fraser Wing.**

If your hospital **check-in time** is **before 6:30AM**:

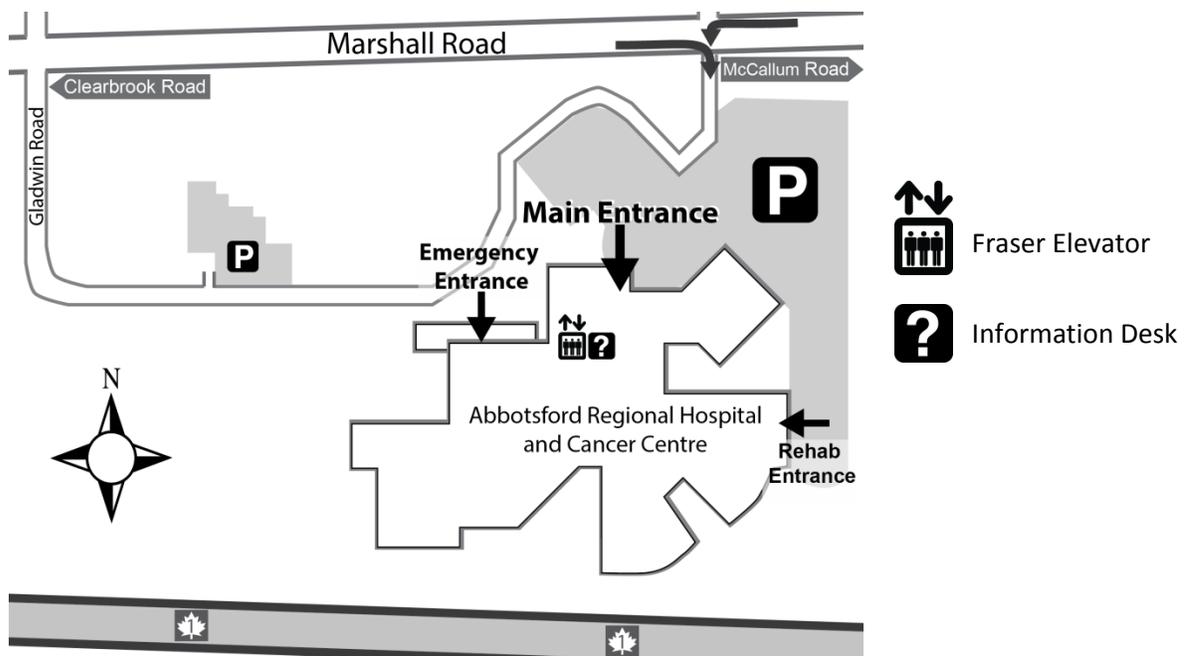
- Enter the hospital through the Emergency Entrance (You are on the 2nd floor).
- Go left as you enter.
- Take the elevator down to the 1st floor.
- Turn left out of the elevator and walk to the main lobby.
- Turn left past the Information desk.
- Take the Fraser elevators on the left to the 4th floor.

If your hospital **check-in time** is **at 6:30AM or later**:

- Enter through the main entrance (1st floor).
- Turn right just after the parking meter station.
- Take the Fraser elevators on the left to the 4th floor.

Once the 4th floor:

- Exit the elevator.
- Turn right off the elevator, then right again down the hall.
- Surgical Day Care is on the right (doors open at 6:00AM).



What to expect before surgery

- You are met by a nurse in Surgical Day 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 and confirms with you the anesthesia(s) that will be used as well as the plan for managing pain during surgery (see 'Anesthesia options' on page 3)
 - the surgeon, who uses a special pen to mark the area or side being operated on
- Once in the Operating Room, we ask you to remove your glasses, dentures, and finally, your hearing aid(s). We return them to you after your surgery.

If you don't speak or understand English well enough for medical conversations, we will do our best to arrange for a medical interpreter. We ask that your family member/friend who came with you to stay until you are ready to go into the Operating Room. Sometimes the medical interpreter has to leave before this time.

Waiting Areas for your family member or friend

- If family or friends choose to wait at the hospital while you are having your surgery, there is:
 - the indoor garden sitting area on the 3rd floor
 - the main lobby
 - the cafeteria located on the main floor
- It will 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

You return to the Post-Anesthetic Care Unit (P.A.C.U. or Recovery Room).

In the Post-Anesthetic Care Unit

- Expect to stay here for 30 minutes or longer, depending on your surgery.
- You are not able to have visitors at this time.
- 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 1 or more hours until we feel you are ready to leave.
- Your nurses regularly check your blood pressure, pulse, breathing, temperature, surgery site, and pain level.
- Your family or friend come in and be with you.



Clean your hands often – in hospital and at home.

It is the best way to stop the spread of germs and help prevent infection.

Use soap and water or hand sanitizer.

Clean your hands before eating and drinking, after shaking hands with others, after using the toilet, and after touching surfaces others use.

Managing pain

It is important that you are comfortable so you can move, deep breathe, cough, travel home, and rest. Ask for pain medicine to keep you comfortable. Don't wait until you are having a lot of the pain before you take something for pain.

To help us know how much pain you are having, we use a pain scale like this one here. 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 point to the face that shows how much you hurt, or tell how much you hurt using words or a number from 0 to 10.¹



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.



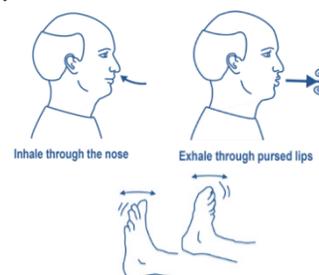
Drinking and eating

- 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.



¹ Face Pain Scale – Revised (FPS-R). www.liaspain.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.
- ✓ The bandage covering your incision(s) is clean and dry.
- ✓ 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, you need to know:

- what pain medicine(s) to take, including when and how to take them
- how to care for your incision and, if present, any surgery drains
- how to care for yourself at home – specific to your surgery
- what to watch for and when to get help
- what you 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
- how to prevent constipation (can be caused by decreased activity, pain medication, changes in diet)
- when to make an appointment for follow-up with your surgeon, family practitioner, and other health providers (such as physiotherapy)

At Home

When to get help

Refer as well to the information we give you that is specific to your surgery.

Call your surgeon or family practitioner if:

- You have 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.

Cannot contact your surgeon or family practitioner?

Have any questions about your recovery?

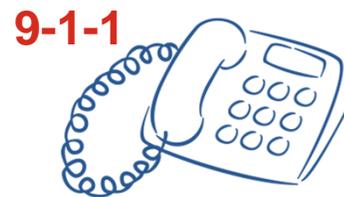
Call **8-1-1** (HealthLinkBC) to speak to a registered nurse any time - day or night.

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 Abbotsford Regional 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). Also 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 on the 1st floor (main level). They offer a variety of meals, snacks, and drinks. Vending machines with snacks and drinks are located in the same area.



Patient Resource Centre



Located on the 1st floor near the main entrance. The Centre is open to the public. Our library staff are happy to help you access a computer and find health-related information.

Gift Shop: Located on the 1st floor at the end of the lobby near the cafeteria.



Parking and Transit:



See the map on page 8. Imperial parking monitors the parking. The surrounding neighborhood has parking restrictions. Buses stop outside the hospital.

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

