

DAY SURGERY

We are very pleased that you will be having your surgery at Pembroke Regional Hospital. Your surgery has been booked for

_____ @ _____

You will be called between 12:00 and 3:00 p.m. the day before your surgery to confirm surgery time. If you do not receive a call by 2:00 p.m., please call 613-732-2811 ext. 7138.

If your surgery falls on a day after a holiday, please call the last business day before surgery.

CANCELLATION POLICY

OPERATING ROOM TIME IS A VALUABLE RESOURCE. CANCELLATIONS WITH LESS THAN FIVE DAYS' NOTICE CAUSE PROBLEMS WITH BOOKING AND PREVENT OTHERS FROM USING THAT TIME. ANOTHER PATIENT WHO IS WAITING ON SURGERY COULD BE PLACED INTO YOUR SPOT SO THAT THIS TIME IS USED EFFECTIVELY.

PLEASE CALL YOUR SURGEON IF YOU ARE SICK WITH A COLD, FLU, FEVER, CONCUSSION, OR ANY OTHER ILLNESS. IF YOU NEED TO CANCEL, IT IS IMPERATIVE THAT YOU TELL YOUR SURGEON IMMEDIATELY. THIS IS FOR YOUR SAFETY.

Pre-Operative Assessment Clinic (POAC) Appointment

Your surgeon may request that you see a nurse and/or anesthesiologist prior to surgery.

Pembroke Regional Hospital will call or mail you a notification to provide a Pre-Operative Assessment Clinic (POAC) appointment or a telephone screening call.

Your appointment may take 60-75 minutes. It is beneficial to have a family member attend, because you will be given a lot of information that may be hard to remember.

The nurse will explain how to prepare for surgery, what to expect during your hospital stay, and answer your questions. If a hospital POAC appointment is required, bring with you all prescribed medications, inhalers, and insulin.

If you are unable to come, please notify your surgeon.

Medication List

In an effort to ensure safe, effective care for you when you have your surgery, please go to your pharmacy and get them to print an updated list of your medications. **Please have your up-to-date medication list readily available to provide to the pre-op Nurse during your telephone pre-op appointment. It is also important to include any over the counter medications.**

Lab Tests and/or X-rays

Lab tests can be done at any lab with exception of Type and Screen tests, which must be done in Pembroke within 8 weeks of surgery date.

X-rays can be completed at the Pembroke Regional Hospital between 8:00 a.m. and 6:00 p.m. Monday to Friday.

DAY OF SURGERY

Medications

You should stop taking Vitamin E and Herbal medications one week before surgery.

1. Take the following medication(s) on arising the morning of your procedure with a sip of water: _____

2. **STOP** taking the following medication(s): _____

Physician Signature: _____

Do not wear make-up, nail polish, acrylic nails, perfume, metal hair clips, contact lenses, cologne, or other scented products. You may wear a non-scented deodorant. Have a shower or bath and wash hair before coming for surgery.

Wear loose, comfortable clothing to return home. You will need to arrange to have someone pick you up to go home.

Leave valuables at home

Leave your credit cards and money at home. We do not assume responsibility for lost or stolen articles.

Cell phones

The use of cell phones is permitted in designated areas

Smoking

No smoking after midnight or as instructed: _____

CPAP

If you use CPAP at home, please bring it to the hospital.

Fasting Instructions

PREPARATION:

DO NOT EAT SOLID FOOD AFTER MIDNIGHT. THIS INCLUDES GUM OR CANDY.

CLEAR FLUIDS SUCH AS WATER, APPLE JUICE, GATORADE OR GINGER ALE MAY BE TAKEN IN SMALL AMOUNTS UNTIL 3 HOURS BEFORE YOUR SURGERY TIME.

MEDICATIONS MAY BE TAKEN WITH SIPS OF WATER AFTER THAT TIME. YOU MAY BRUSH YOUR TEETH.

Eating or drinking can cause you to vomit during anaesthesia and this can be dangerous.

Your surgery may be cancelled if these specific instructions are not followed.

Arrival/Contact Person

On the day of your procedure, arrive to the Tower A entrance and proceed to the 3rd floor registration desk.

You must have a ride home after your procedure, as you are not permitted to drive. Please ensure you leave a contact number with the surgical nurse. Your contact person can pick you up at the Tower A, 3rd Floor Registration desk.

Other

- The anesthetist will speak to you prior to surgery.
- It is not unusual to experience a sore throat for a day or two after surgery.
- After your surgery you will remain in day surgery for approximately 1-2 hours, dependent on your procedure.

Spiritual Care

Visits from clergy are available while in hospital at your request.

Operating Your Vehicle after Your Surgery

Do not drive for 24 hours after your surgery. You must make arrangements to have someone drive you home. Your surgery may be cancelled if you have not arranged transportation.

Follow up Phone Call

Our hospital is participating in a Quality Improvement Plan in an effort to enhance our care at Pembroke Regional Hospital. You may be contacted 30 days following your surgery by our representative. They will ask you questions regarding the care you received in the hospital and your health condition after discharge.

Please Note:

On occasion it is necessary to delay or cancel elective surgeries due to unforeseen circumstances or emergencies. We regret this inconvenience.

Notify your surgeon before surgery if you develop a cold or any other illness or if you decide to cancel your surgery.

