

GRAND RIVER HOSPITAL

519-749-4300

KITCHENER, ONTARIO

Preoperative Patient Information Booklet

Welcome to Grand River Hospital. This patient information booklet is designed to guide you through your preparation for surgery. Please read this booklet and bring it with you to your pre-surgical clinic appointment and/or on the day of your surgery. If you have any questions or concerns, please let your nurse know when you arrive at the hospital.

*For more information regarding your surgical procedure,
you may access the Grand River Hospital website at*

www.grandriverhospital.on.ca

(See Patient education resources)

Preparing for Your Surgery

Patient Name: _____

Surgeon: _____

Day surgery

Surgery requires an overnight stay

Date of surgery: _____

Time of surgery: _____

Time to arrive at Hospital: _____

Blood work Yes

No

EKG required Yes

No

Other testing: _____

Pre-surgical clinic appointment required

Date: _____

Time: _____

Preoperative Preparation

TESTS

- Your surgeon's office will advise you of what blood work and tests are required before your operation.
- If you are not required to attend the pre-surgical admission clinic you must arrange to have your blood work and EKG completed at a community lab.
- Testing must be completed within 7-28 days prior to the operation.
- Please make sure you tell the lab the hospital, date, and time of your surgery.
- If you live outside of the Kitchener-Waterloo area, please bring the results of blood work with you the morning of surgery or have your lab FAX the results to **519-749-4257**.

SMOKING / ALCOHOL

- Plan ahead to stop smoking. Smoking makes it more difficult for you to heal. Your doctor may choose not to do surgery if you smoke. At the very minimum you should not smoke for eight hours prior to your surgery. Your doctor can inform you of available supports that make quitting easier.
- It is important that you provide the staff with an accurate description of your alcohol intake prior to the surgery so your medications can be adjusted appropriately. It is best to try to cut down or limit your alcohol intake during the days prior to your surgery as significant alcohol consumption can affect your post-operative recovery. Weaning your body from alcohol can help with pain control post-operatively and assist in developing normal sleep patterns after the surgery.

EATING AND DRINKING BEFORE SURGERY

Adults (15 years of age or older)

You may eat and drink until midnight the day before your operation. You must not eat anything after midnight. No gum. No candy. You may have a drink of apple juice or water from midnight to within six hours of your operation.

Children (1 to 14 years of age)

Your child may eat or drink until midnight the day before their operation. Your child must not eat anything after midnight. No gum. No candy. Your child may have a drink of apple juice or water from midnight to within four hours of the operation.

Infants (Newborn to 1 year old)

Feed your child as usual the day before the operation. No solid food may be given after midnight. Your baby may be breastfed or given formula up to six hours before the operation. Your baby should be given a drink of apple juice or water four hours before the operation.

MEDICATIONS

- **Review all your home medications with the surgeon and/or anesthesiologist prior to your operation.** The Doctor will clarify which medications you should and should not take on the evening before and morning of your surgery. If you are instructed to take home medications, please do so with a sip of water. If you are uncertain which medications to take please contact the hospital’s preadmission clinic at (519) 749 4300 ext. 2123 for clarification. The clinic is open between the hours of 7:00 am to 4:00 pm.
- If you are diabetic, do not take your diabetic medications unless your surgeon instructs you to. Bring your insulin or diabetic pills to the hospital with you.
- If you take a diuretic (“water” or “fluid” pill) do not take it on the morning of surgery.
- Do not take herbal medications for one week prior to surgery.

You can take the following medications with a sip of water the morning of surgery:

Medications you need to **stop** before your surgery:

JEWELLERY / MAKEUP / PIERCINGS

- Please remove **all** jewellery and piercings prior to your surgery. If you do NOT remove your jewellery prior to surgery, your procedure will be cancelled. Jewellery includes any body ornament such as religious or cultural items, barbells, captive bead rings, tongue rings, etc. If you are unable to remove your jewellery you must go to a jeweller and have it removed prior to your surgery.

Wearing body jewellery could result in:

- Burns from surgical equipment
 - Risk of constriction around fingers and toes impairing circulation
 - Risk of swallowing and suffocation
 - Loss of jewellery and precious stones
 - Wound infections and contamination
- Please remove nail polish, make-up, and false nails prior to surgery

VALUABLES

Please leave jewellery, money, valuables, and credit cards at home. Place your name on all your belongings including denture cups and hearing aid containers.

SPECIAL INSTRUCTIONS

If you have prepared a document naming someone to speak on your behalf should you be unable to do so, or have a living will or an advance directive, please inform a member of your health care team on your admission to the hospital.

NOTE: If your language is not English and you require an interpreter, please arrange to have one accompany you to the hospital and remain with you throughout the admission process. We can assist you in finding an interpreter if required.

Pre-Surgical Clinic Appointment

If you require an appointment in the pre-surgical clinic prior to your surgery, you will be contacted by the hospital's registration clerk to arrange a date and time for the appointment. Walk-in appointments are **NOT** accommodated.

The clinic visit will occur from 3-28 days prior to your surgery. Please wear loose fitting clothing and socks rather than pantyhose. Please do **NOT** wear body lotion or perfume. Expect to spend from 1-3 hours at the clinic. *See page 8 for parking information.*

When you arrive at the hospital for your pre-surgical clinic appointment, you must register with ambulatory registration located on the Floor 2 of the hospital. After registering, you will be directed to the pre-surgical clinic.

DURING THE VISIT:

You will be asked to provide information about your general health and a history of your medical problem. The nurse will record your blood pressure, pulse, respirations, height, weight, and check the oxygen level of your blood. You may have an appointment to meet an anesthesiologist during your pre-surgical visit to discuss how you will be put to sleep for the surgery, and available options for pain control during the immediate post-operative period. Patients who are booked for hip or knee replacements and have not been contacted by the Community Care Access Centre (CCAC) prior to surgery for an appointment will meet with a physiotherapist and CCAC discharge planner in the pre-surgical clinic to discuss discharge plans.

If you are currently taking medication for diabetes, blood thinners (anticoagulants) or anti-inflammatory medications, the doctor will develop a plan for you to follow prior to your operation.

During your pre-surgical visit, your doctor may refer you to various allied health professionals. These include discharge planners from the Community Care Access Centre (CCAC), registered respiratory therapists, occupational therapists, physiotherapists and others that he/she feels may assist you recover from your surgery and return to home.

Please bring the following with you to the pre-surgical clinic:

- Health Card
- All medications in their original containers including prescriptions, over-the-counter medications, and herbal medications
- Completed Pre-Anesthetic Patient Questionnaire
- Supplementary Insurance Group and Policy Numbers
- Copy of your living will or advanced directives if previously completed

Notes:

NO Pre-Surgical Clinic Appointment Required

If you **do not** need to visit the pre-surgical clinic:

- You may receive a phone call from the hospital to confirm your surgery and provide you with information related to your surgery.
- If you require blood work or testing, these must be completed at an outside lab (your doctor will tell you this).
- On arrival to the hospital on the day of your surgery, you must report to ambulatory registration located on Floor 2 of the hospital. After registering, you will be directed to the surgical admissions area.

ALL PATIENTS: Day of Surgery

Please bring the following with you on the day of surgery:

- Health card
- Supplementary Insurance Group and Policy Numbers
- Pre-Anesthetic Patient Questionnaire
- All medications in the original containers including all prescriptions, over-the-counter and herbal medications that you take on a regular basis.
- One small bag with your toiletries, slippers, and bathrobe
- Copy of your living will or advanced directives if previously completed

Please arrive at the hospital 2 hours before your scheduled surgery unless otherwise instructed by your physician. The only exceptions are patients booked for 8 or 8:30 a.m. operations; please arrive at 6:30 a.m. When you enter the hospital through the main entrance, directions to ambulatory registration can be obtained at the volunteer desk across from Tim Hortons.

If you are under 16 years of age and single, a parent or guardian must accompany you. If you are 17 or older, we request that one family member be designated to accompany you on the morning of surgery.

If you are being discharged to home the same day of surgery, you **MUST** have someone with you to take you home and someone to stay with you the evening/night after the operation. If you do not have someone to accompany you home, your surgery will be cancelled.

Female patients: Do not wear tampons during the surgery for risk of toxic shock syndrome. If you have your menstrual period, please let the nurse know prior to the operation and she will provide an alternative product.

Contact Person: It is very important that you select one responsible family member or close friend to be your information contact person. If you are staying overnight, you will be given a privacy pamphlet with a four-digit number. Our staff will not release information over the phone, unless the caller can provide this number.

FORMS

Prior to your surgery you will be asked to fill out a number of forms required by the hospital. These include:

- 1) Verification of Treatment Form (Consent for surgery)
- 2) Patient Anesthetic questionnaire (required by the anesthetist)
- 3) Release of responsibility for your personal possessions
- 4) Refusal of Blood Transfusion (Optional)

PRIVACY

During your preoperative registration you will receive information regarding privacy legislation that outlines how we collect, use, disclose, retain and protect your personal health information. More detailed booklets are available in each area of the hospital if you would like more information. You may also contact Grand River Hospital's Privacy Office at 519-749-4300, ext. 4275.

POST OPERATIVE CARE / LENGTH OF STAY

The number of days that you will be in hospital varies based on the type of surgery you have. Personal considerations such as your age, medical history, and home environment can impact how soon you are discharged from the hospital. Your nurse will discuss the post-operative care plan for your surgery, outline what to expect during the recovery period and answer any questions you may have concerning the operation or your hospital stay.

PAIN CONTROL

Regular and timely use of pain medications will allow you to participate in our care and improve your recovery. If you feel uncomfortable, please tell a member of your health care team.

You will be asked to rate your pain on a scale between 0-10.



You may be given medications by needle, pill, suppository, or using a patient controlled pump (PCA).

PCA PUMP: PCA pumps allow you to control pain medication using a button attached to an infusion pump. When you push the button a small amount of medication will be delivered through your intravenous line. Your pump will be programmed so that only a limited amount of medication can be delivered each hour.

Pain medications should be taken at regular intervals following your surgery. As your recovery progresses, you can begin lengthening the amount of time between your medications. Contact your surgeon or let your nurse know if you are unable to maintain good pain control.

Alternatives:

1. Cold Packs,
 - Do not use cold packs over areas with poor circulation.
 - Cover the cold pack with a towel, do not place ice directly on your skin.
 - Apply the cold pack to the pain area for 10-20 minutes and then remove for the same period of time.
2. Elevation of affected area.
3. Distraction (TV, reading, music).
4. Relaxation.

Post operative Exercises

DEEP BREATHING

Deep breathing helps to expand the lungs and should be repeated 4-5 times every hour, while awake, until you are more active.

- Place your hands on the abdomen. Allow your hands to swell up under your hands as you breathe in deeply through your nose.
- Hold the breath for 1-2 seconds.
- Breathe out completely through your mouth as if gently blowing out a candle.

COUGHING

Coughing helps remove excess mucous from the lungs.

- If you have an incision in your abdomen, support it with your hands or a pillow.
- If you have excess mucous, you should give one strong cough after each deep breathing session.

LEG EXERCISES

Leg exercises are necessary to promote blood circulation in the legs. Repeat this set of exercises 4-5 times every half hour, while awake, until you are allowed out of bed.

- Extend your legs until they are straight
- Wiggle your toes and bend your feet up and down.
- Circle your ankles to the right and to the left.



Visitors / Parking

Visiting hours at Grand River Hospital begin at 1 p.m. until 8:30 p.m. Out of respect for other patients and nursing staff we ask that the numbers of visitors are restricted to two per bedside at any given time.

Parking is available in the parking garage. When parking in the garage, do not pay at the pay and display ticket area. Additional pay and display parking is available on hospital grounds. We caution visitors from parking in the Clarica/Sunlife parking lot during business hours or in the winter. Your car may be towed during these periods.

Prescription Services

Prescriptions and other health care needs are available at the Health Centre Pharmacy located on the main floor (Floor 3) of the hospital. The pharmacy is open Monday to Friday from 8:30 a.m. to 7:30 p.m.; Saturday and Sunday from 9 a.m. to 5 p.m. for your convenience.

Recovery at Home

Please consider the following when you return home:

- Arrange for any child care needs in advance of your discharge.
- You may have lifting or activity restrictions.
- You will need additional rest at home.
- It is not unusual to be sent home with stitches, staples or drains in place. The nurse will tell you where and when these will be removed.
- You may experience some pain after discharge and be given a prescription for pain medication.

PREVENTION

Healthy habits you adopt as part of your recovery are also great ways to help prevent further problems with your health. Maintain that positive outlook on life through exercise, eating well, and getting plenty of rest. You can stay on that recovery road for a long time!

Important Reminders:

- Notify your surgeon before surgery if you develop a cold or an infection.
- Leave all valuables – including money, credit cards, and jewellery at home.
- Remove all nail polish, fake nails and makeup before coming to hospital.
- Shower or bathe the evening before or morning of your operation.
- If your operation requires an overnight stay in hospital, please bring your medication(s) to the hospital in their original containers.

Contact Numbers:

Grand River Hospital

835 King Street West, Kitchener, Ontario N2G 1G3 **519-749-4300**

Day surgery..... **519-749-4300, ext. 2646**

Presurgical clinic..... **519-749-4300, ext. 2123**

NOTES
