



## Patient Information

# SAME DAY ADMISSION SURGERY PROGRAM

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# Same Day Admission Surgery Program

Your operation is called: \_\_\_\_\_

\_\_\_\_\_

Your operation is on: \_\_\_\_\_  
DATE TIME

Please arrive at: \_\_\_\_\_ am / pm

Please come to: \_\_\_\_\_

**University Hospital**  
339 Windermere Road

**Victoria Hospital**  
800 Commissioners Road East

*(see the map at the back of the booklet)*

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## Deep Breathing and Coughing Exercises

- take a deep breath in through your nose and blow it out through your mouth
- repeat this 3 times
- after the third breath in, cough 2 - 3 times

Do these exercises often.

## Questions

If you have any questions before your operation, please call the number below and ask to speak with your Pre Admission Clinic Nurse.

**519-685-8500 ext:** \_\_\_\_\_

## Notes:

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## After the Operation

When your operation is done, you will be taken to the Post Anesthetic Care Unit (PACU). You may know PACU as the "Recovery Room".

- Your PACU nurse will watch you closely and check on you often.
- Tell your nurse if you are feeling pain or sick to your stomach. Your nurse can give you medicine to help.
- When your PACU nurse feels you are ready, you will be taken to your room.
- Your family and friends may see you at this time. They can bring your belongings to you.
- You will feel sleepy after the operation. As you start to wake up, you should do the following exercises:

### Leg Exercises

- point your toes toward your head



- point your toes towards the foot of the bed



- make circles with your feet



- Do each exercise 5 times with each leg. Do these exercises often.

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## Medications

You may need to stop taking some of your medications before your operation.

- **STOP** taking:

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## Illness

- Call your surgeon if your health changes in any way. The date of your operation may need to be changed.

## What To Bring

- You should pack a small overnight case or bag with:
  - a set of night clothes
  - slippers
  - personal care items (toothbrush, toothpaste, mouthwash, soap, lotions, razor, comb, deodorant, tissues, feminine hygiene products)
- This bag should be left with a family member or friend until you are in your hospital room. The hospital will not be responsible for the safekeeping of your belongings.

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## Preparing For Your Operation

- **DO NOT** eat or drink anything after midnight, the night before your operation.

- no food
- no water, or other liquids
- no candy
- no gum



**If you eat or drink anything after midnight,  
your operation may be canceled.**

- Take the following medications on the morning of your operation with a **small** sip of water:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

- If you smoke, cut back on your smoking.
- Shower or bathe the night before your operation.
- Skin cleansing: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Leave money, credit cards, jewellery, and other valuables at home. The hospital will not be responsible if your valuables are lost.
- Remove **all** jewellery, hair pins, rings, and body piercings. Leave them at home. Rings may need to be cut off. A jeweller can do this for you.
- Remove all nail polish and make-up.

- Do not wear perfume, cologne, aftershave, scented lotions, or hair sprays. Scented products can cause allergic reactions with other patients and hospital staff.
- Do not wear contact lenses to the hospital. Bring your glasses.
- Brush your teeth and rinse your mouth. Do not swallow any water.
- If you wear dentures, glasses, contact lenses, hearing aids, hair pieces or a wig, bring them with you. Please bring a container to put them in.

## The Day of Your Operation:

- Your nurse will ask:
  - when you last had something to eat or drink
  - what medications you took before coming to the hospital
  - questions about your health
- You will change into a hospital gown
- Your nurse will:
  - take your blood pressure, breathing rate, heart rate, and temperature
  - do other testing as needed
  - place a soft clip on your finger to measure the oxygen level in your blood
  - start an intravenous (IV). The IV will give you fluids and may be used to give you medications.
- You may need to remove glasses, dentures, hearing aids, a wig or hairpiece, before you go to the Operating Room.
- You will go to the Operating Room in a wheelchair or on a stretcher.