

## Preparing for your Surgery

### Same Day Admit Instructions

**Call your surgeon if you have had any health changes or are ill, as the date of your operation may need to be changed. London Health Sciences Centre is a smoke-free environment, for your health it is best to quit smoking prior to your surgery.**

#### When to stop eating and drinking before your procedure:

- Do not eat any solid food, jello, or broth after midnight
- No chewing any gum or hard candies after midnight
- You may drink clear fluids up to three (3) hours before your scheduled operation time
- Clear fluids include: water, apple juice, popsicles/freezies, black coffee or tea (do not add milk, whitener or creamer to your clear fluids)

#### Preparation for day of the procedure:

- Shower or bathe with non-scented soap
- Do not apply lotion or creams, unless instructed by your surgeon. London Health Sciences Center is a scent-free environment
- Please remove jewelry, hair pins, piercings (ear or body), nail polish, contact lenses, internal menstrual products (wear a pad if required), make-up, perfume, cologne, aftershave, lotion, or hairspray prior to coming to the hospital
- Bring a container to put your dentures, glasses, and hearing aids in
- Bring your CPAP machine if you use one
- Bring your Ontario Health Card
- Bring all written instructions about your procedure
- Leave valuables and money at home, London Health Sciences Centre will not be responsible for lost or stolen items

#### Pack a small overnight bag:

- Leave this bag with a family member or friend until you are in your hospital room
- Consider packing- A set of night clothes and slippers, personal care items (toothbrush, toothpaste, mouthwash, soap, lotions, razor, comb, deodorant, tissues, and feminine hygiene products if required)

Medication instructions:

- Take only medications on the day of the surgery as directed by your surgeon or as written on the Pre-Admit Best Possible Medication History
- Bring any medications that you are taking in the labeled containers from the pharmacy
- Bring inhalers (puffers), eye drops, medicinal patches, sprays, and vitamins
- Bring an updated and current Prescription or Medication list
- Leave your narcotics, medical/recreational marijuana at home

Support person instructions:

- You may have up to one (1) responsible adult with you when you are being prepared for your operation
- Your support person will be notified when you are transferred to your hospital room

What to expect the day of:

- After you register with the clerk, you will be given an identification band that will be checked many times during your visit
- You will be brought to the room where they will prepare you for surgery
- Your nurse will ask you questions about your health, medications, and when you last had something to eat and drink
- The nurse will take your vitals (blood pressure, heart rate, breathing rate, temperature, and oxygen levels)
- The nurse will put in an intravenous line to give you fluids and medications
- You will need to remove glasses, dentures, hearing aids, and any wig or hair pieces before going into the operating room
- After the operation the nurse will monitor your vital signs, dressing, pain, and nausea and give you medication if needed
- When you are awake, your pain is controlled, and your assigned bed is available you will be brought to your hospital room, your support person will be able to visit you at this time

Patient Experience:

Your patient experience is important to us, and we welcome your feedback. You may contact Patient Relations with any compliments or concerns 519-685-8500 x 52036 or email [patientrelations@lhsc.on.ca](mailto:patientrelations@lhsc.on.ca)