

Preparing for Your Surgery

Contact your surgeon's office as soon as possible if you are sick (fever, cold, other infection e.g. bladder infection), or you have become pregnant or for any reason which might delay or impact your surgery.

Admission to Hospital

Vancouver General Hospital (VGH)

- If your surgery is on a Monday or after a holiday, call VGH between 11:00 a.m. and 2:00 p.m. the day prior at 604-875-4937 to find out what time you should be at the hospital.

For all other days, your surgeon's office will call you to give you your check-in time. If you have not heard from the office by 2:00 p.m., please call the surgeon's office.

- If you cannot get in touch with your surgeon's office by 3:00 p.m. the day before your surgery, call the **VGH Admitting Department** 604-875-4300 between 3:00 p.m. and 4:00 p.m.
- **Day of surgery, report to the VGH Admitting Department in Jim Pattison Pavilion, VGH, 899 West 12th Avenue, Vancouver.**

UBC Hospital

- If your surgery is on a Monday or after a public holiday, your surgeon's office will call you on Friday to give you your check-in time. If you have not heard from the office by 2:00 p.m., please call the surgeon's office.

For all other days, your surgeon's office will call you to give you your check-in time. If you have not heard from the office by 2:00 p.m., please call the surgeon's office.

- If you cannot get in touch with your surgeon's office call the **UBCH Admitting Department** at 604-822-7033 between 2:00 p.m. and 10:00 p.m.
- **Day of surgery, report to the UBCH Koerner Pavilion Admitting Department, 2211 Wesbrook Mall, Vancouver.**

VGH and UBCH are Smoke Free and Scent Free

Before your Surgery

- The Anesthesiologist or Nurse in the Pre-Admission Clinic will tell you what prescription medication to take the day of surgery. These medications may be taken with a sip of water.
- **DO NOT** take any non-prescription vitamins, supplements, herbal medications or herbal tea for **7 days** before your surgery.

Diet Instructions

For patients with NO bowel preparation:

Day before your surgery:

- **STOP** eating solid food at midnight.
- From midnight up to 1 hour before hospital check-in time you can continue to drink **ONLY** these clear fluids: **water, clear apple juice or clear cranberry juice (red or white)**.
- **DO NOT** drink citrus juices, carbonated drinks or milk after midnight.

Day of your surgery:

Carbohydrate Loading (for people without Diabetes and Diabetics Not on Insulin):

- 1 hour before your check-in time at the hospital, choose **ONLY** one of the drinks from below:

Choose one to drink:	Amount
Clear apple juice or cranberry juice (red or white)	1 cup (250 mLs)
PREcovery®	1 package (mix package in 400 mL of water and drink within 20 minutes)

- **STOP drinking all fluids once you have finished this drink.**

Carbohydrate Loading (for Diabetics On Insulin):

- 1 hour before your check-in time at the hospital, drink 250 mL (1 cup) of water. You may drink clear apple juice or clear cranberry juice instead (up to 250 mL) if you feel hypoglycemic.

PREcovery® is evidence supported to show improved patient outcomes during and after surgery. However, PREcovery®, apple juice, or cranberry juice are all recommended options. If you are interested in purchasing PREcovery®, it is available at the Vancouver General Hospital Gift Shop located on the first floor of Jim Pattison Pavilion.



For patients who received bowel preparation:

Follow the bowel preparation instructions provided by Preadmission Clinic.

- **DO NOT** smoke, chew gum or suck lozenges (cough drops) after midnight the night before surgery.

Skin Preparation:

- Take a shower or bathe with soap (antimicrobial or non-antimicrobial) or an antiseptic agent (Chlorhexidine 2%) the night before and the morning of surgery.
- Do not shave surgical site for 2 days before surgery. You can continue to use an electric razor.
- Do not put any products on your skin (deodorant, lotion, make-up, cologne, perfume) after your last shower. Put on clean clothes.
- SAGE: Follow the instructions as per the pamphlet “Lowering Your Risk for a Surgical Infection”.
- Other: _____
- **REMOVE ALL MAKE-UP, NAIL POLISH, FALSE EYE LASHES, JEWELRY, BODY PIERCINGS AND HAIR PINS.** All rings must be removed prior to admission. Acrylic nails (without polish) may be left on. Do not wear a **WIG** if you are having surgery above neck area.

Day of Surgery

- Bring your B.C. Care Card or other proof of medical insurance.
- Bring your Driver’s License or other government-issued photo identification.
- Bring all prescription medicine in the original container or bubble pack, with the exception of your pain killers. Bring a list of all the Vitamins/Supplements/Herbal Medications.
- If you do not speak English, bring someone to assist you. If you require an interpreter please advise your health care provider prior to your hospital admission.
- Wear glasses and hearing aids if required.
- Wear walking shoes and loose fitting clothes that will be comfortable after your surgery.
- If Continuous Positive Airway Pressure (CPAP) is required, bring to hospital in clean and working order on day of surgery. We can supply distilled water if needed.

If staying for more than one night, bring only essential personal care items. **PLEASE LIMIT BELONGINGS TO ONE SMALL BAG.**

DO NOT bring:

- more than \$20 cash
- valuables or jewelry
- electrical appliances, e.g. hair dryer
- cellular phone or laptops

Note: The hospital is not responsible for items kept at the bedside.

Having an Anesthetic

- When you come for your operation you will have medication that will keep you comfortable during the surgery.
- The kind of anesthesia that you receive depends on the type of operation and on your health.
- **General Anesthesia** – you are “asleep” or unconscious, with medication given intravenously.
- **Regional Anesthesia** – you have freezing or local anesthetic, (like the dentist uses). The medication is injected near nerves to numb a part of your body, and you may remain awake or be sleepy during the procedure.
- **Local Anesthesia** – you have medication injected close to the surgery area.
- See weblink for information on Pain control after surgery: vch.eduhealth.ca/PDFs/FM/FM.820.P161.pdf

Going Home

Discharged Same Day As Surgery:

- You will go home as soon as the doctor and nurses have found that you are able.
- **A responsible adult MUST accompany you home after surgery.(You cannot go home alone or unaccompanied in a taxi.)**
- We recommend you have someone stay with you for the first 24 hours that you are home.
- For 24 hours after an anesthetic, do not do anything that needs coordination or judgment. This includes driving a car and making important decisions.
- Do not drink alcohol. Alcohol may add to the anesthetic effects.

Discharged After One Or More Nights In Hospital:

VGH: You will be discharged in the morning at 10:00 a.m.

UBCH: You will be discharged in the morning between 8:00 and 11:00 a.m.

When you are Home

- Please follow the instructions given to you.
- Get any prescribed medications and take as directed.
- Pain medications should be stored safely in your house and any unused pills should be returned to your pharmacy
- Keep appointments for follow-up care with your doctor. Contact your doctor or the Emergency Department for any problems after surgery.

Conveniences

- Visiting hours vary from unit to unit. Ask the clerk on the nursing unit about the visiting hours on your ward.
- To speak with a nurse, pharmacist, or dietitian, call 811. For deaf and hearing-impaired assistance (TTY), call 711. Services available in 130 languages. Visit HealthLinkBC.ca
- **Smoking Cessation:** Research tells us that people who stop smoking and/or vaping at least one month before surgery have fewer complications after surgery. Cessation improved wound healing and reduces your risk of infection. To help quit or decrease your usage, you can visit your local pharmacy to receive free Nicotine Replacement Products, visit your General Practitioner (GP), access QuitNow.ca, access HealthLinkBC.ca, or call 811.
- **Chronic pain:** If you have difficulty managing chronic pain, you can access PainBC.ca, HealthLinkBC.ca or visit your GP.

VGH & UBC Hospital Foundation raises money for our hospitals. Donations from patients grateful for their care are essential to ensuring excellence in our hospitals. Donations help fund urgently needed medical equipment, patient care and important research. Please consider making a donation today to help us continue to deliver BC's best most specialized care for adults. To donate now visit vghfoundation.ca/donate or call 604-875-4676.



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