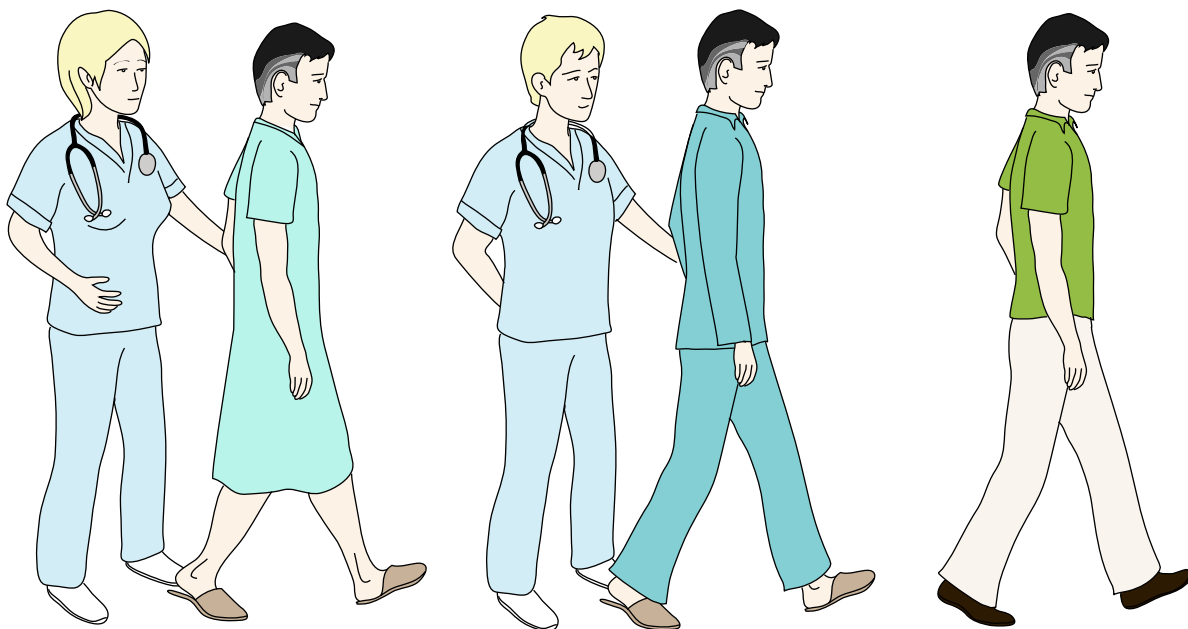


Welcome to the Lachine Hospital of the McGill University Health Centre

A Guide to Preparing for Your Surgery

A patient friendly book for: _____



This booklet is to help you understand
and prepare for your surgery

Please review it with the nurse and your family. Please bring it with you on
the day of your surgery

Centre universitaire
de santé McGill



McGill University
Health Centre

This document was developed by the preoperative clinic, including: physicians, nurses, and anesthesiologists.

We would like to recognize the MUHC Patient Education Office and the McGill Molson Medical Informatics for their support throughout the development of this booklet, the design and the layout, as well as for the creation of all the images.

Finally, we would like to thank the MUHC Surgery Recovery Program for permission to adapt their model and content for this booklet.

This document is copyrighted. Reproduction in whole or in part without express written permission of patienteducation@muhc.mcgill.ca is strictly prohibited. © copyright 14 November 2013, McGill University Health Centre.



IMPORTANT: PLEASE READ

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

Centre universitaire
de santé McGill



McGill University
Health Centre



Office d'éducation des patients du CUSM
MUHC Patient Education Office



Projet d'informatique médicale Molson de McGill
McGill Molson Medical Informatics

This material is also available on
the MUHC Health Education Collection <http://infotheque.muhc.ca/>
and MUHC Patient Education Portal www.muhcpatienteducation.ca



Table of Contents

Introduction	4
What is Day Surgery	4
What is Same Day Admission	4
Speak up	4
Pre-operative visit	6
Preparing for your surgery	7
Before your surgery	8
Admitting's call the day before surgery	8
Cancelling your surgery	9
Preparing for Surgery (Day Before Surgery)	9
Day of Surgery	10
At home - Preparing for Surgery	10
Things to bring to the hospital	12
At the hospital - Preparing for Surgery	13
Waiting room	14
After the Surgery	15
At the Post Anesthesia Care Unit (PACU)	15
Pain Control	15
Exercises	16
Going home - Planning your discharge	17
Call your Doctor if...	18
Notes	19
Help Us Help Others	23
Lachine Hospital Map	24

Introduction

What is Day Surgery?

A Day Surgery Procedure means that you will be coming in the hospital on the day of your surgery and will return home a few hours afterwards. You will need to be accompanied by a friend or a family member to return home and to stay with you for the first 24 hours.

Please Note: Your surgery will be cancelled if you do not have someone to take you home and stay with you for the first 24 hours.

What is Same Day Admission?

A Same Day Admission means that you are coming in the hospital on the day of your surgery and that after your surgery you will be admitted to a room in the hospital. The number of days that you will stay in the hospital varies based on the type of surgery and your general state of health.

Speak Up

Patients must sign a consent form before going for a planned surgery. Signing a consent means that you are giving permission to your surgeon to proceed with the surgery. We encourage all patients to ask questions before signing their consent for surgery.

Before signing your consent your surgeon must give you enough information so that you can make an informed decision. It is not necessary or expected that you would receive every detail of the surgery. You need only the information that would be expected to make the best decision. This information should include the risks and likelihood of the risks, the benefits and likelihood of the benefits.

If you have any questions please ask us. It is important that you understand your surgery.

As part of your preparation for surgery, we will have discussed with you alternatives to surgery, and what might happen if you refuse to have the surgery. If you have any questions, again it is important that you ask us and that you understand.

And finally the consent form should be signed and dated both by the doctor and by you, the patient.



Pre-operative visit

During your pre-operative visit, you might:

- Have blood tests.
- Have an electrocardiogram (ECG)
- Have a chest x-ray.

You will meet with a nurse who will tell you how to get ready for your surgery and what to expect while you are in the hospital.

You could meet with a doctor associated with the pre-operative clinic. He/she will ask you questions about your health and health problems and explain your operation, and review the consent form.



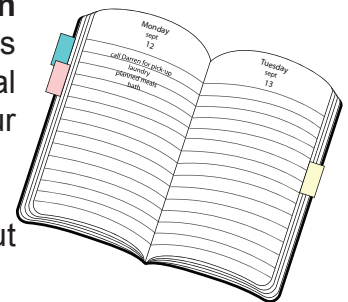
- If you are taking medications, the doctor will tell you which ones must be taken the morning of surgery and which medications should NOT be taken.
- If you need to take any additional medication before your surgery, the doctor will give you a prescription for those new medication(s).
- If you have other medical problems, you may be referred to another doctor (specialist) before surgery.



Some medication or herbal products need to be stopped a week or two before surgery. Have your list of medicines with you and the doctor will decide which ones to stop or to continue. Your pharmacist can give you a list of your medications.

Preparing for surgery

- **Exercise** will help make sure your body is as fit as possible before your surgery. If you are already exercising, keep up the good work. If you are not, start slowly adding exercise into your day.
 - Exercise does not need to be strenuous to be helpful; in fact, a fifteen-minute walk is far better than not exercising at all.
- **We strongly suggest you stop smoking** completely before your surgery, as this will reduce the risk of lung complications after the surgery. Doctors can help you stop smoking by prescribing certain medications.
- **Do not drink alcohol** 24 hours before surgery.
- **Plan ahead**; make sure everything is ready for you when you go home after your operation. You may need more help at first from friends or family, with meals, laundry, bathing, cleaning, etc.
- Discharge from the hospital for a **Day Surgery procedure** is later that same day. A friend or family member must accompany you.
- Discharge from the hospital for a **Same Day Admission** could be after one day to several days. Discharge varies based on the type of surgery you have and your general state of health. Please remember to organize your transportation home. **Check out time is 11 am.**



Tell the nurse as soon as possible if you have any worries about going home.



If you consume recreational drugs, please let us know ,do not be afraid,we do not judge. This information will help your recovery.

Before Your Surgery

Admitting's Call the day before

Expect a call from the Admitting Department of the hospital a week or two before your surgery to tell you what time you will need to arrive at the hospital.



After that first call, if you do not receive a call 24 hours before the scheduled date, you can contact the Admitting Department at (514) 934-1934 ext 77155

Date of surgery:



Time of arrival at the hospital:.....

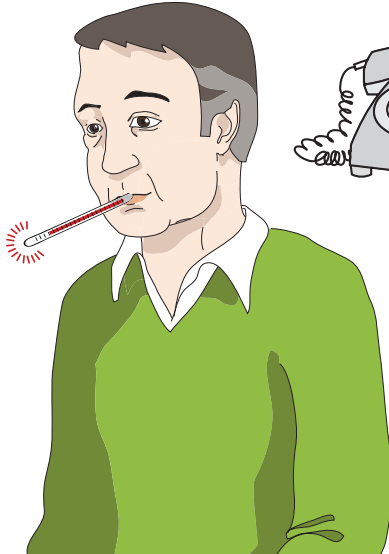
Room: Admitting Department, booth #7, on the 1st floor of the hospital.

If you have any further questions, you can contact the nurses of the Preoperative Clinic at (514) 934-1934, extension 77129, Monday to Friday, from 7:30 a.m. - 3:30 p.m.

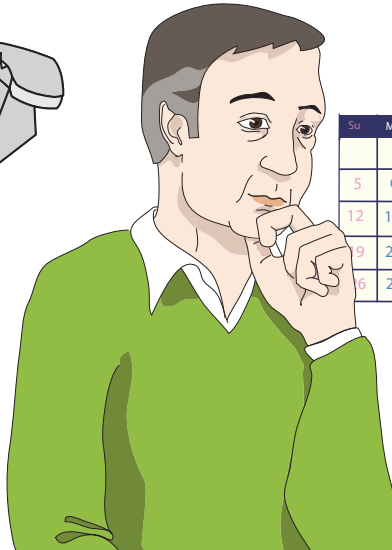
Cancelling your surgery

If you get a cold, are not feeling well or become pregnant, please call your surgeon's office as soon as possible. If it is not possible to reach your surgeon, call the **Admitting department** (514) 934-1934 ext. 77155.

Call to reschedule if:



You are not well.



You need to cancel.

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Please keep in mind that your surgery may need to be delayed or cancelled because of an emergency. Your surgeon will reschedule your surgery as soon as possible.

Day of Surgery

At Home - Preparing for Surgery

Eat a normal meal the night before your surgery. You may drink any of the liquids shown in this table, unless a health care professional tells you differently. Keep in mind that you should:

- 1. Choose only 1 of these drinks
- 2. Drink at least the amount shown below for that drink (if not more)

On the day of your surgery, you may choose a different drink to what you drank the night before your surgery.

IMPORTANT : No solid food after midnight

These drinks are sugary (rich in carbohydrates). You should drink at least the amount shown, if not more. **Avoid any diet drinks before your surgery.**



Apple juice

The night before: 850ml
Morning of surgery: 425ml



Orange juice (without pulp)

The night before: 1000ml
Morning of surgery: 500ml



Iced tea

The night before: 1100ml
Morning of surgery: 550ml



Cranberry cocktail

The night before: 650ml
Morning of surgery: 325ml



Lemonade

The night before: 1000ml
Morning of surgery: 500ml

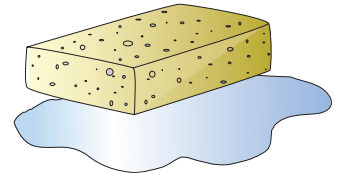


Stop drinking 2 hours before you arrive at the hospital. (for example, if you are arriving at the hospital at 11 a.m. **do not drink anything after 9 am.)**



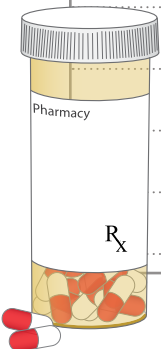
You must stop drinking at 6am if you are to arrive at the hospital between 6:30am and 7:30am.

- Take two showers or baths – one the night before surgery and the second one in the morning before coming to the hospital. If you have received antibacterial sponges, use them to wash from the neck down.
- You can wash your face and hair with your regular soap and shampoo.
- Wear clean clothes after your showers.
- On the day of surgery **do not wear** any lotion, makeup, lipstick, nail polish, perfume, cologne, hairspray, contact lenses or aftershave.
- Remove all jewelry and piercings
- Take **only the medications** you were told to take **by the doctor**, with sips of water only.



Take the following medications
(with sips of water)

Do not take the following medications



Day of Surgery

Things to bring to the hospital

- This booklet.
- Your valid Medicare card.
- Your medications including inhalers or nitro-spray in their original containers.
- A bathrobe and slippers.
- If you wear glasses, contact lenses, a hearing aid or dentures, please bring the appropriate containers with your name on them.
- If you use a cane, crutches or walker at home, please bring them with you.
- If you do not speak French or English, please bring someone to translate for you.

If you will be staying in the hospital after your surgery, you might want to bring:

- Any private insurance information you might have (for a private or semiprivate room).
- Bathrobe, slippers, pajamas, loose comfortable clothing.
- Toothbrush, toothpaste, hairbrush, deodorant, mouthwash, soap, Kleenex, shaving equipment, and perhaps earplugs.



 **Please leave all jewelry, credit cards and objects of value at home. The hospital is not responsible for any lost or stolen articles.**

At the hospital

Report directly to the Admitting Department, booth #7, at the time given.

You might have another blood test.

If you will be staying in hospital, the admitting clerk will ask you about the kind of room you would prefer. They will also have you sign a general consent and admission form(s). **Please keep in mind that it is not always possible to have a private or semi-private room.**

The nurse will help you to get ready for the surgery. He/She will:

- Go through a checklist with you.
- Have you change into a hospital gown.
- Make sure your personal belongings are in a safe place.



When the operating room is ready, an orderly will bring you there.

Please note: The time scheduled for your surgery is not exact. Your operation may be earlier or later than planned.

In the Operating Room Area you will meet your anesthetist and the other members of the surgical team.

Day of Surgery

Waiting room

Family and friends can wait for you in the family waiting area located in the B Wing (6 B8) on the 6th floor.



Our space is small so we ask that you limit the number of people coming with you.

There are coffee shops and bank machines located on the 1st floor of the hospital.

After the Surgery

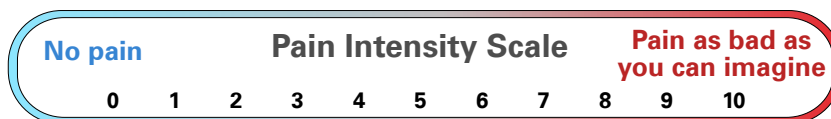
Post Anesthesia Care Unit (PACU)

- When your operation is over, you will be taken to the Post Anesthesia Care Unit (PACU or recovery room).
- There are no visitors allowed inside the PACU.
- Your vital signs (pulse, blood pressure) will be checked very often.
- Your nurse will check your cut (incision) or the bandage (dressing), if you have one.

Pain Control

- You may feel some discomfort after your surgery; the staff will try to keep you as comfortable as possible. The nurses will ask you to describe your pain using a “pain scale.”

0 = no pain & 10 = pain as bad as you can imagine
Ideally we want to keep your pain level below 4 on a scale of 10



Pain relief is important because it helps you:

- Breathe more easily
- Move more easily
- Sleep well
- Recover faster
- Do things that are important to you

Please be specific about where your pain is.



You will not become addicted to pain medication given to you for surgical pain

After your Surgery

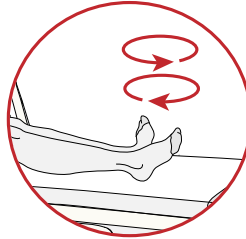
Exercises

Get up and move

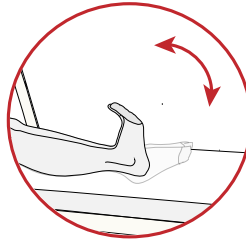
Lying in bed without moving may cause many problems like pneumonia, blood clots and muscle weakness. You can start the following exercises as soon as you wake up, and continue them during your stay in hospital.

1. Leg exercises

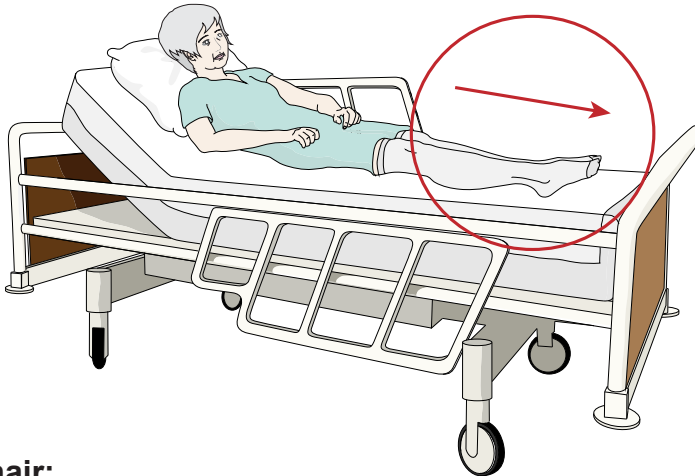
These will help blood circulation in your legs. Repeat these 4 to 5 times every half hour while you are awake.



Rotate your feet to the right and left.



Wiggle your toes and bend your feet up and down.



Stretch your legs out straight.

2. Sit in chair:

Get out of bed with assistance and supervision as soon as instructed.

3. Walk:

Start to walk with supervision as soon as instructed. Continue, and slowly increase the length of your walks.

Deep breathing and coughing exercises: If you are admitted to the hospital we recommend that you do deep breathing and coughing exercises and use the breathing machine (in spirometer).

This will help you to expand your lungs and should be repeated every hour.

- Take a deep breath in, hold for 2-4 seconds
- Then breathe out completely
- Repeat 10 times
- Cough gently by supporting the area of your incision with your hands or a pillow



Going Home:

Home is the best place for you to recover. The doctor will keep you in hospital only as long as necessary. Most people are able to return home without any problems, but a few patients might need extra help with some of their activities. Family and friends usually can help out.

Please follow all the instructions given to you by your doctor and PACU staff regarding:

- Activities (driving, lifting, sexual activity)
- showering
- incision care
- return to work, etc.



Do not drink alcohol for 24 hours after anesthesia or while you are taking narcotic pills for pain.

After your Surgery

If you have any questions please contact us.

- If you were a Day Surgery patient, you can call the Day Surgery staff at (514) 934-1934 ext. 77693. Hours: Monday to Friday; 7am to 3pm.
- If you were admitted to the hospital, please call your doctor, or the surgical floor where you were admitted.



Complications do not happen very often but it is important that you know what is normal and what is not.

Seek medical attention if you have any of the following symptoms:

- Your incision(s) becomes warm, red, you see pus or any drainage coming from it.
- You have a fever (greater than 38°C/100,4°F)
- You cannot drink fluids or keep them down.
- Your pain gets worse and it is not relieved by the medications

Important Telephone Numbers :

Your Doctor : _____



Admitting Department : 514-934-1934, ext. 77155

Pre-admission Clinic : 514-934-1934, ext. 77129

Day Surgery Unit : 514-934-1934, ext. 77693



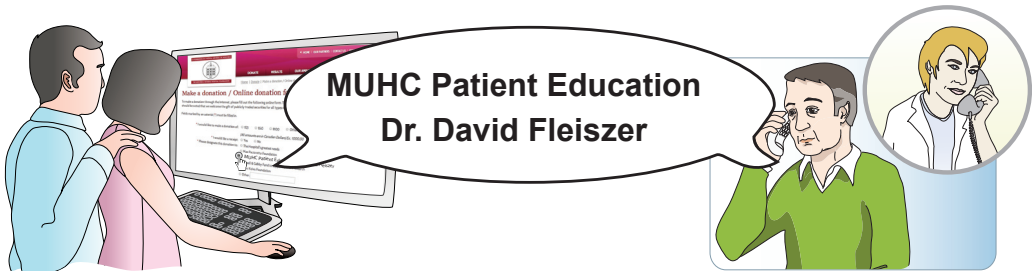
Notes

Help Us Help Others

Help support the MUHC Patient Education Office! Donations make a huge difference. They help us create health information materials and programs to deliver the best care for life.

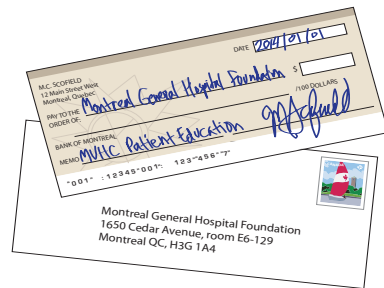
All patient materials are freely available on the internet to MUHC patients, and to patients and families everywhere.

Make a donation through the Montreal General Hospital Foundation to:



Online: mghfoundation.com/

By Phone: 514-934-8230

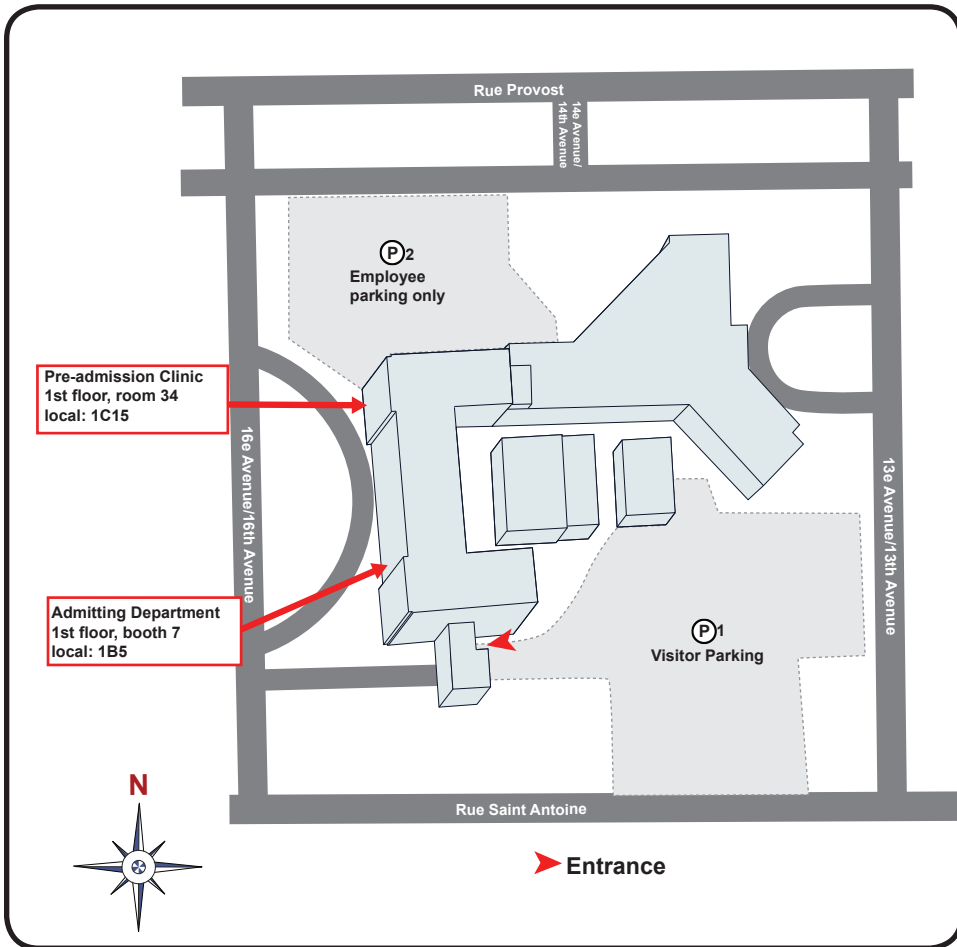


In Person / By Mail: 1650 Cedar Avenue, room E6-129
Montreal QC, H3G 1A4

Thank you for your support!

MUHC Health Education Collection: infotheque.muhc.ca
MUHC Patient Education Office: muhcpatienteducation.ca

Map of the Lachine Hospital



Lachine Hospital
650 16th Lachine Avenue, Quebec, H8S 3N5