



Royal Victoria  
Regional Health Centre

## PREPARING FOR YOUR DAY OF SURGERY

Surgery date: \_\_\_\_\_

Arrival time: \_\_\_\_\_

On the day of your surgery report directly to: **the Main Entrance** to be screened then proceed directly to **Central Registration**

Your surgery will be **cancelled** if you do not follow these instructions:

**Four weeks before your surgery**, if you do not have an appointment for the Pre-Surgery Clinic, please phone the Pre-Surgery Booking Clerk at (705)728-9090 x 47466, Monday to Friday between 8:00 a.m. and 4:00 p.m.

### **Pre-Surgery Clinic Appointment:**

The Pre-Surgery Treatment Clinic is located on Level 1 near the Food Court. If you are booked for an appointment in the Pre-Surgery Clinic please complete and bring the following forms.

1. **Anaesthetic questionnaire:** Please complete this form prior to your appointment.
2. **Medication review:** Please complete this form by writing each medication name, dose and frequency. Please bring all your medications in their original containers including all supplements, vitamins and herbal products to your appointment. Also bring a current Meds Check list from your Pharmacy.

### **Day before Surgery:**

You will receive a call between the hours of 12:30 pm and 4:00 pm providing you with an arrival time and instruction for your surgery. Please ensure there is someone to receive this call or that your voice mail clearly states your name so we can leave a message. If your surgery is booked on a Monday, you will be called on the Friday prior to your surgery. In the case of a Statutory Holiday you will be called the business day prior to the Statutory Holiday.

**All surgeries are subject to change.** Emergency procedures are given priority which means plans may change with little notice. We will keep you informed. There is always a chance your surgery may not be done on the scheduled day and may require rebooking.



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**Day of your Surgery:** (Your surgery may be **cancelled** if you do not follow these instructions)



**Do not** eat anything after midnight including chewing gum or hard candy. You may drink clear fluids (i.e. water, clear tea or black coffee with sugar, apple juice or sports drinks) up until **1 hour before your arrival time.**

**The exception:** Take all your usual morning medication(s) by 6:00 a.m. with a sip of water, unless otherwise instructed by your Surgeon or the Anesthesiologist in Pre-Surgery Treatment Clinic. If you have any questions contact your surgeon's office or your family doctor.

**Children and infants** may have clear fluids up to 2 hours before their designated arrival time at the hospital. Breastfed babies may be nursed up until 3 hours before the arrival time at RVH. Formula fed babies may be fed up until 4 hours before the arrival time at the hospital.

### **General Instructions:**

- **Do not drink alcoholic beverages (including wine and beer) for at least 12 hours before your surgery.**
- **CANNABIS (Marijuana):**
  - **Smoked/Vaporized/Ingested: STOP 12 hours before Surgery**
- **CANNABIDIOL (CBD OIL):**
  - **Oral Dosing/Ingested: STOP 4 hours before Surgery**
- **Do not use other recreational drugs such as cocaine, ecstasy etc. for 48 hours before your surgery.**
- After your surgical procedure you will not be permitted to drive yourself home, or leave the hospital unaccompanied in a taxi. Arrangements must be made in advance to have someone accompany you home.
- You must make arrangements to have a responsible adult with you at home and remain with you **overnight** following surgery.
- Bring your **up to date health card** and any other health insurance information (i.e. Blue Cross) with you.
- Complete any required paperwork if you have not already done so, and bring it with you on the day of your surgery, including: **Anesthetic Questionnaire and Pre-Surgery Medication Review.**
- Please have a bath or shower at home either the evening before or the morning of your surgery unless advised otherwise.
- Do not wear makeup, perfume, scented products or aftershave. RVH has a Scent Reduction Policy.
- Remove all jewelry including body piercings and leave valuables at home.
- Wear comfortable clothing the day of surgery and bring a bag to make it easier for your family to carry your belongings.
- Cataract patients are required to wear a **button down** shirt. You will not be required to change into hospital attire.





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- Remove your contact lenses and bring your glasses and glass case.
- You may want to bring a book or a magazine to help pass the time.
- If you use CPAP or BIPAP please bring your machine and please make sure that it is clean and in working order.
- Bring any other equipment that you have been instructed to bring the day of surgery.

### **Surgical Safety Checklist:**

RVH is dedicated to patient safety. On the day of your procedure you will be asked to participate in the Surgical Safety Checklist with the members of the surgical team. This process will be carried out prior to your procedure and will occur again during and at the end of your procedure. This checklist is one of the many things we do at RVH to ensure your safety and comfort.

### **Visitors Guidelines:**

- Please see the RVH website for up-to-date visitor guidelines or call 705-728-9802 to enquire.

### **Stand-by Add-on Surgery Patients:**

- You will receive a phone call the morning of your surgery. Do not eat or drink after midnight until instructed in the morning.
- If scheduled for a weekend or holiday, you will be contacted by the Post Anesthetic Care Unit staff the evening prior to your surgery with specific instructions.

### **Post-Operative Information Centre:**

For updates on patients having surgery your family may use the Surgery Patient Tracker located on the RVH web site. <http://www.rvh.on.ca/surgery/SitePages/surgerypatienttraker.aspx>

Please visit the RVH website <http://www.rvh.on.ca/surgery/SitePages/surgery.aspx> to download and view resources on post-operative instructions as well as pre-surgery and day-care instructions.

### **Special Instructions:**

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**Due to COVID-19 Restrictions the RVH Food Court and the Café Royale are currently closed.**

