

## Princess Margaret Hospital

### Department of Surgery

## SURGERY PREPARATION GUIDE

If you are planning on having surgery, your physician will provide and clarify pre and post operative instructions. If the tests are to be done at the hospital, it's very important that the tests are done no longer than three days before. Your physician may have requested reports to be evaluated from another physician's office.

### **Before Surgery - Tests**

Your physician may schedule a series of tests, including blood and urine analysis, chest X-ray and an electrocardiogram (EKG).

### **Surgery Consent**

You will need to review and sign a surgery consent form. A parent or legal guardian must sign for a minor (under age 18). The next of kin or legal guardian must sign for a patient who is unable to sign for himself. Guardians must bring proof of guardianship.

### **Food and Drink**

During surgery, it is important to have an empty stomach to avoid vomiting and associated complications. Therefore, you may be asked not to eat or drink anything several hours before surgery (including water, gum and candy). The nurse will give you instructions.

### **Day of Surgery - Getting Ready**

Bathe or shower as usual the day of your surgery, removing all makeup and nail polish. At the hospital, you will change into a hospital gown. At this time, you should remove contact lenses. Please be sure to notify your nurse if you have dentures or partial plates.

### **What to Bring**

- A list of your medications
- Metered dose inhaler, if you use one
- Most current insurance cards, information for billing, and any pre authorizations required for services
- A list of any allergies you may have
- Advance Directives if you wish them to be a part of your medical record (Living Will/Medical Durable Power of Attorney)
- What Not to Bring
- Valuables. The hospital cannot be responsible for your jewelry and other

valuables. Please leave them at home or give them to a family member to hold for you until after your procedure.

### **Medications**

You may receive pre-operation medication to help you relax. You should not take your regular medications unless ordered by a physician. You will be instructed which medications you should take the day of surgery. Some medications and herbal products should be discontinued well in advance of your surgery. Please verify that information with your physician.

### **Surgery**

We will make final surgical preparations in the Day Surgery area before taking you to the operating room. Your operating room nurse will introduce him or herself, check your identification band and ask a few questions. An Anesthesiologist will speak with you and answer questions before administering your anesthetic.

### **Surgery Recovery - Post Anesthesia Care/Recovery**

After surgery, you will be taken to the Recovery Room where your vital signs (blood pressure, pulse and respiration) will be monitored.