



Checklist for surgery

- Your surgery is at **Hamilton General Hospital**.

Go to Patient Registration on the main level

on _____ (date) at _____ (time).

Your surgery time is _____ .

- Your surgery is at **Juravinski Hospital**.

Come to Entrance A. Go to Patient Registration on the first floor

on _____ (date) at _____ (time).

Your surgery time is _____ .

Special instructions:

Important reminders

- ✓ On the day of your surgery please have no more than 1 or 2 adults with you.
- ✓ You will be in the hospital for about 3 days after colon surgery and 4 days after rectal surgery. You must have an adult drive you home from the hospital when you are ready to go home.
- ✓ Do not bring electronic devices such as laptops, iPads or cell phones. We cannot be responsible to keep them safe for you.

What can I eat or drink before surgery?

You can eat solid foods until 12 midnight the night before your surgery (unless you had a bowel prep).

Drink up to 3 glasses (800 ml) of a high carbohydrate drink at bedtime the night before surgery. Must be clear fluids only.

Drink 1½ glasses (400 ml) of a high carbohydrate drink up to 3 hours before your surgery. Finish by _____ (time).

Examples of a high carbohydrate drink include: apple juice, cranberry cocktail, iced tea and sports drinks.

Take your morning medications, as instructed by the nurse or anesthesiologist, with small sips of water.

How do I prepare for surgery?

- Take a bath or shower with soap and shampoo your hair. Do not shave the area of surgery unless instructed. Have clean clothes to wear to the hospital.
- Remove all jewelry (including wedding bands) and body piercings. **Jewelry and piercings that cannot be removed will need to be cut off by a jeweller before surgery.**
- Wear your medical alert bracelet or necklace to the hospital.
- Remove contact lenses.
- Remove all make-up.
- Remove all nail polish and artificial nails on the foot, leg, arm or hand that you are having surgery on. For all other types of surgery, just remove nail polish or artificial nails from the fingers closest to your thumbs on both hands.
- Leave your money, credit cards, jewelry and valuables at home.
- Use a pad, not a tampon, if you are on your period.
- Do not wear perfumes or colognes, or use scented lotions or deodorants.

What do I bring and wear to the hospital?

- Bring your health card.
 - Bring your inhalers, insulin, nitro spray, eye drops.
 - Bring your housecoat and non-slip footwear.
 - Wear loose, comfortable clothing.
 - Wear your glasses or hearing aid. Bring a case for your glasses, hearing aid and denture cup. Your family can take them home or we will store them when you are in the operating room.
 - If you have sleep apnea, **you must bring your CPAP machine (clean and in working order)**. Otherwise your surgery may be cancelled.
 - Bring 2 packs of gum. You will chew gum starting the day after your surgery. (You should chew one stick of gum, for at least 5 minutes, at least 3 times per day).
 - Bring the patient education booklet “A guide to enhancing your recovery after bowel surgery”.
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When do I see my surgeon after I go home?

You may not see your surgeon until your follow-up appointment. Instructions will be given to you about this appointment before you leave the hospital.

What if my health changes?

If your health changes between your clinic visit and the day of your surgery, please call your surgeon.

Can my surgery be cancelled?

Your surgery may be cancelled due to emergencies or other reasons. Staff will keep you informed of any reason which may delay or cancel your surgery.

What happens in the Operating Room (OR)?

If you are able, you can walk to the OR patient receiving area.

A nurse and doctor from the OR will review your surgery and answer your questions.

Once in the OR you will participate in a safety checklist that reviews all information related to your surgery.

If you are having an epidural or a spinal anesthetic, this will be done before starting surgery. You may be given medication through your IV to help you relax during the procedure.

You will be asked to breathe oxygen from a mask that is held over your nose and mouth. The anesthesiologist will give you medications through your IV to make you sleep.

What happens in the Post Anesthetic Care Unit (PACU) after surgery?

When you arrive in the PACU, you will have:

- an oxygen mask put on your face
- an oxygen monitor on your finger to check the oxygen level in your blood
- your blood pressure, pulse and respirations checked every 5 to 15 minutes
- your incision checked frequently

Will I have pain when I wake up?

You may have pain when you wake up. Most pain can be controlled or reduced by medication. Tell your nurse when you are having pain. You will be asked to rate the pain on a scale of 0 to 10.



How else might I feel?

It is normal to feel drowsy, thirsty, and/or nauseated. This is caused by the medications you had during your surgery. The nurse will let you know when you can drink.

Will I be able to go to the washroom?

You may have the feeling that you need to empty your bladder. You may have to use a bedpan or urinal in the PACU, but when on the ward you will be instructed and encouraged to walk to the washroom.

After your surgery, you may have a catheter to drain the urine from your bladder. This can give you the feeling that you need to urinate, which is normal.

Can I have visitors?

There are no visitors allowed in the PACU. There is a waiting area near the operating room. To get information there is a phone available to talk with a nurse. The average stay in PACU is 1 to 2 hours.

When you are ready to leave the PACU you will go to a bed on the ward. Your family will be able to visit you on the ward.

Feedback

At Hamilton Health Sciences we welcome your feedback. Hearing from patients and families is the best way to improve our care and services. If you have compliments or concerns about your care, please speak with a member of your health care team or the unit/area manager.

If you wish to share your feedback or compliments further, or feel your concerns have not been addressed, please contact the **Office of Patient Experience at 905-521-2100, ext. 75240.**

Parking

For parking information, go to www.hamiltonhealthsciences.ca and click on "Parking and Directions".