

Your surgery is at the Hamilton General Hospital

Please go to Patient Registration (main level, front lobby)

_____ at _____
date time

After Patient Registration, go to the Cardiac Arrhythmia Unit, 4th floor.

Your surgery time is: _____

Special instructions: _____

Important reminders

- ✓ Most patients are ready to go home about 2 hours after their surgery.
- ✓ You must arrange for an adult to come to the CAU on the 4th floor to pick you up and be with you when you go home.
- ✓ You must arrange to have an adult stay with you for 24 hours after surgery.
- ✓ You must not drive, operate machinery, make major decisions or drink alcohol for 24 hours after surgery.

If you have had an ICD inserted, ask your doctor when you can drive before you leave the hospital.

What can I eat or drink before surgery?

- The night before surgery you can eat and drink normally until midnight.
- Do not eat or drink anything including candies or chewing gum after midnight.
- Your surgery may be cancelled if you eat or drink after midnight.



Medications

- Take your morning medications as instructed, with small sips of water.
- Bring your inhalers, insulin, nitro spray and eye drops to the hospital.

How do I prepare for surgery?

- Take a bath or shower with soap. Do not shave the area of surgery unless instructed.
- Remove all jewelry (including wedding bands) and body piercings. Jewelry and piercings not removed may need to be cut off.
- Wear your medical alert bracelet or necklace to the hospital.
- Remove contact lenses.
- Remove all make-up.
- Remove all nail polish and artificial nails if you are having surgery on your arms, hands, feet or legs. Otherwise, just remove nail polish and an artificial nail from the finger closest to your thumb.
- 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 if my health changes?

If your health changes between your clinic visit and the day of your surgery, please call the Scheduling Office, 905-521-2100, ext. 44469.

What do I bring to the hospital?

- Bring your health card.
- Bring your inhalers, insulin, nitro spray, eye drops.
- Bring your housecoat and non-slip footwear (no flip flops).
- Wear loose, comfortable clothing.
- Wear your glasses or hearing aid. Bring a case for your glasses, hearing aid and denture cup.
- If you have sleep apnea, **you must bring your CPAP machine (clean and in working order)**. Otherwise your surgery may be cancelled.

When do I see my surgeon after surgery?

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.

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.

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. The nurse will let you know if you are able to go to the washroom.

Can I have visitors?

You may have one or two visitors in the Cardiac Arrhythmia Unit (CAU). There is a visitors' lounge across the hall from the CAU.

There is a phone in the lounge that visitors can use to call the unit to get information.

The average stay in the CAU is 2 hours after the surgery.

After your surgery and when you are ready to leave CAU, you either:

- go home with family, or
- are admitted to a bed in the hospital

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Parking is available in the parking ramp located on Victoria Avenue or the Wellington Lot on Wellington Street.