

# Fort Saskatchewan Community Hospital Day Surgery Instructions

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Please read both pages carefully and follow ALL instructions

1. You completed your Data Base 1 & 2 at the time of your consult, this information has been sent to the booking office.
2. The Fort Saskatchewan Community Hospital or Booking Office will contact you with the surgery date as soon as it has been set.
3. You will be contacted by the OR Booking Office if a Pre-Admission Clinic appointment is required.
4. Once your appointments have been confirmed, it is your responsibility to ensure you keep them. Failure to do so -shall result in your surgery being cancelled.
5. Call the Admitting Office at 780-342-3113 after 3:00PM TWO business days prior to surgery to get your arrival time. If your surgery is on a Monday, or on the Tuesday following a long weekend, call the THURSDAY before. Failure to do so shall result in your surgery being cancelled.
6. If, due to medical problems, you cannot keep your surgical appointment, contact the Operating Room Office as soon as possible at 780-342-3125

# Day Surgery: patient Information

## THE DAY BEFORE YOUR OPERATION

- **DO NOT** have any alcohol for 24 hours before your surgery

## THE DAY OF SURGERY

- **DO NOT** eat or drink anything after midnight. This includes water, candy, gum, and mints.
- Bathe or shower before you come for surgery
- Do not use any cosmetics, colognes, perfumes, or hair products.
- Remove nail polish (fingers & toes). You may leave artificial nails on.
- Remove all jewelry (if possible) and leave all valuables at home
- Bring less than \$20 cash.
- **DO NOT** wear contact lenses on the day of surgery.
- Wear clothing that will be loose and comfortable after your operation.
- If you are taking medication on a regular basis, bring it to the hospital in the original, clearly labeled container

When you arrive, register at Admitting. Bring your Alberta Health Care card and a piece of picture identification such as your drivers license, passport, or other government issued ID You will then be directed to the Day Surgery Unit. If, for any reason, you are not able to arrive on time, please call the hospital at 780-342-3113

## AFTER YOUR SURGERY

- You must be accompanied home by a responsible adult who can be contacted at any time to pick you up following your operation.
- You **CANNOT** drive yourself or travel alone by bus or taxi.
- **DO NOT** drive a car or operate power tools for at least 24 hours after your operation

- Avoid making any important decisions or signing any important papers for at least 24 hours after your operation
- **DO NOT** drink any alcoholic beverages for at least 24 hours after your operation.
- You must have a responsible adult stay overnight with you.
- If you do not live in Fort Saskatchewan, speak to your Surgeon about travel or staying in town overnight.

## PLANNING FOR DISCHARGE

Before you are sent home, you will be given information about how to care for yourself at the home and when to see your surgeon

Please leave a contact number where you can receive a follow-up phone call the next day

The name of the person taking you home:

Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

I certify that I have read and understood the above information.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

# Lamont Health Care Centre Day Surgery Prep Instructions

Patient Name: \_\_\_\_\_

## YOU ARE SCHEDULED FOR YOUR PROCEDURE AT LAMONT HEALTH CARE CENTRE

Your surgeon will have reviewed your procedure, discussed possible risks, and expected outcomes and obtained consent from you. You will receive a phone call when your procedure date has been assigned. Once you have been notified with the procedure date be sure to follow the instructions below.

1. Do NOT eat or drink anything after midnight on the day before surgery or eat or drink anything on the day of surgery. Do NOT even drink black coffee or water. Food or drink in the stomach may get in your lungs under anesthesia and may cause death.
2. You may be required to have blood work and a urine test prior to your procedure. Your pre-procedure laboratory work is to be done within 30 days prior to the day of your procedure. Once you are contacted, you will be required to provide the name, phone number and fax number of the lab you wish to use. A requisition will then be forwarded by fax to the designated lab. If you are between the age of 10-51, a pregnancy test will be required the day of your procedure/surgery.
3. A soapy shower or bath is recommended prior to the day of surgery.
4. Dentures, dental appliances, hair pieces, hair pins, eyeglasses, contact lenses, etc. cannot be worn during anesthesia. These items can be left at home, or we will keep them for you during surgery.
5. All cosmetics such as nail polish, lipstick, and makeup should be removed before the day of surgery. Also remove all jewelry and body piercings.
6. If necessary, you will receive intravenous fluids before and during the procedure. After the procedure you will be kept in the Day Surgery Unit or on the ward. When you have awakened and recovered from the effects of anesthesia, you can be discharged. After completion of the operation, you will be **detained until your physician has given us permission for you to be discharged**. In certain cases, you may be kept overnight in the hospital.
7. **SOMEONE MUST DRIVE YOU HOME**. Anesthetic drowsiness may last as long as a day and may interfere with your work the day after surgery. Even if you feel normal, do not make important decisions, use hazardous machinery, or even drive a car for 24 hours after surgery.

8. We suggest a responsible adult MUST remain at the Hospital with children under 12 years of age.

Please consult your family doctor if you are taking any blood thinners, they may need to be stopped. Coumadin (Warfarin), Plavix may be stopped 3 days prior and Aspirin may be stopped 5 days prior to your procedure. Please stop Biotin supplements (Biotin, Vitamin H, Vitamin B7, Coenzyme R ) 48 hours prior to procedure.

\*\*\*You will receive a phone call the weekend prior to surgery. Please report to the Lamont Health Care Centre at the time requested and bring these instructions and your Alberta Health Care Card with you.

**I HAVE READ AND UNDERSTOOD THESE INSTRUCTIONS.**

**I AGREE TO THE USE OF ANESTHETIC FOR MY PROCEDURE THAT IS CHOSEN BY MY SURGEON AND ANESTHESIOLOGIST.**

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(Signature of Patient/Parent)

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(Signature of Witness)

## Location Information for Dr. Farooq's Surgical Days

You have a procedure at either Fort Saskatchewan Community Hospital  
or Lamont Health Care Centre.

### Fort Saskatchewan Community Hospital

**9401 86 Ave, Fort Saskatchewan, AB T8L 0C6**

You will be contacted by the Fort Saskatchewan Booking Office with your appointment date. Please call the Admitting Department at 780-342-3113 after 3:00pm TWO business days prior to your appointment date. For appointments on Monday, (or on Tuesday following a long weekend) please call on the Thursday before. FAILURE TO CALL WILL RESULT IN YOUR PROCEDURE BEING CANCELLED. Please know that patients who fail to attend this appointment or cancel less than 72 hours notice, we cannot guarantee the timeliness of rebooking your appointment as there is now a severe shortage of endoscopy spots.

### Lamont Health Care Centre

**5216 53 St, Lamont, AB T0B 2R0**

You will be contacted by the Lamont Health Care Centre Booking Office with your appointment date. Please call the Admitting Department at 780-895-2211