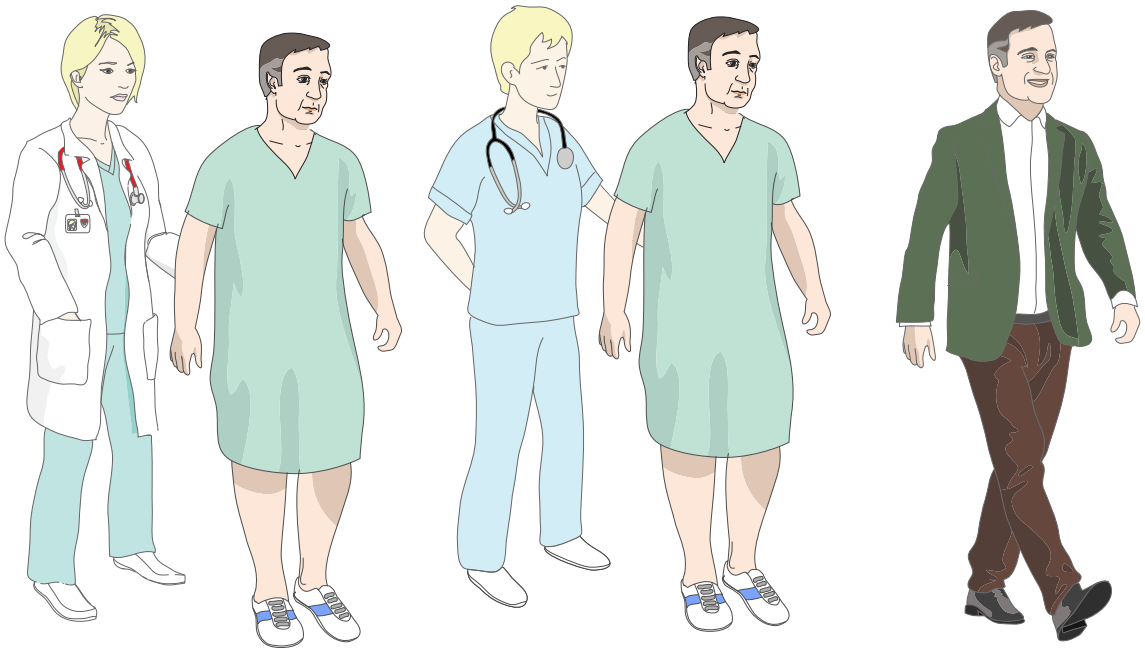


# A Guide to Preparing for Surgery



Centre universitaire  
de santé McGill



McGill University  
Health Centre

Office d'éducation des patients  
Patient Education Office

[muhcpatienteducation.ca](http://muhcpatienteducation.ca)

This booklet was developed by The MUHC Clinical Care Pathway Working Group, and reviewed by the surgeons.

We would like to thank the MUHC Patient Education Office for their support throughout the development of this document, including the design, layout and creation of all the images.

© Copyright 15 December 2015, September 2012. McGill University Health Centre. 2nd edition. This document is copyrighted. Reproduction in whole or in part without express written permission from [patienteducation@muhc.mcgill.ca](mailto:patienteducation@muhc.mcgill.ca) is strictly prohibited.



## Important

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.



This material is also available through the  
**MUHC Patient Education Office** website  
[www.muhcpatienteducation.ca](http://www.muhcpatienteducation.ca)

Centre universitaire  
de santé McGill



McGill University  
Health Centre

**Office d'éducation des patients**  
**Patient Education Office**

**PRET SURE**  
Parcours de rétablissement chirurgical du CUSM  
MUHC Surgery Recovery Program

# Table of Contents

## **Introduction**

What is day surgery?	4
What is same day admission?	4
Consent form	4
Message from your surgical team	5

## **Before your surgery**

Preparing for your surgery	6
Pre-operative Clinic visit	8
Phone call from admitting	9
Cancelling you surgery	10
Hygiene	11
Diet	12
What to bring to the hospital	14

## **Day of your surgery**

At the hospital	15
-----------------	----

## **After your surgery**

In the Post-Anesthesia Care Unit (PACU)-Recovery Room	17
Exercises	18
Going home	20
When to call your doctor	21

**Suggestions to help you stop smoking** 22

**Visit our Website** 23

**Map of the Royal Victoria Hospital at the Glen site** back

# Introduction

## What is day surgery?

If you are scheduled for day surgery, you will come into the hospital on the day of your surgery and will return home several hours later, on the same day. You will need a friend or a family member to take you home **AND** stay with you for the first 24 hours.

**Please note: Your surgery will be cancelled if you do not have someone to take you home and stay with you for the first 24 hours.**

## What is same day admission?

If you are scheduled for same day admission, you will come into the hospital on the day of your surgery and will be admitted to a room in the hospital after your surgery. The number of days that you stay in the hospital will be based on the type of surgery you have and your general state of health.



## Consent form

Patients must sign a consent form before going for surgery. This means you are giving permission to your surgeon to proceed with your surgery. We encourage you to ask questions before signing your consent.

Your surgeon must give you enough information to make an informed decision. This should include the benefits and the possible risks of your procedure.

If you have questions about your care, don't hesitate to ask us.

# Message from your surgical team

Research shows that you will recover faster if you do the things explained in this booklet. There are instructions about your diet, physical activity, and controlling your pain. These things will help you to feel better faster and go home sooner.

**Please bring this booklet with you on the day of surgery.** Use it as a guide during your hospital stay. Hospital staff may refer to it as you recover and review it with you when you go home.

Having surgery can be stressful for patients and their families. The good news is that you are not alone. We will support you each step of the way. Please ask us if you have questions about your care.

## *Your MUHC surgery team*



If you do not speak French or English, please bring someone to translate for you.

# Preparing for your surgery

## Be active

Exercise will help your body to be as fit as possible and keep your weight under control. If you are already active, keep up the good work. If you are not, start adding activity into your day. Exercise does not need to be strenuous to make a difference. A 15-minute walk is better than no exercise at all.



## Stop smoking

If you smoke, try to stop before your surgery to reduce your risk for lung problems. Your doctor can help you stop smoking by prescribing medication. See page 22 to learn more.



## Restrict alcohol

Do not drink alcohol for 24 hours before your surgery. Alcohol can interact with the medicine you will receive in the hospital. Please tell us if you need help decreasing your alcohol use before your surgery.

# Preparing for your surgery

## Plan ahead

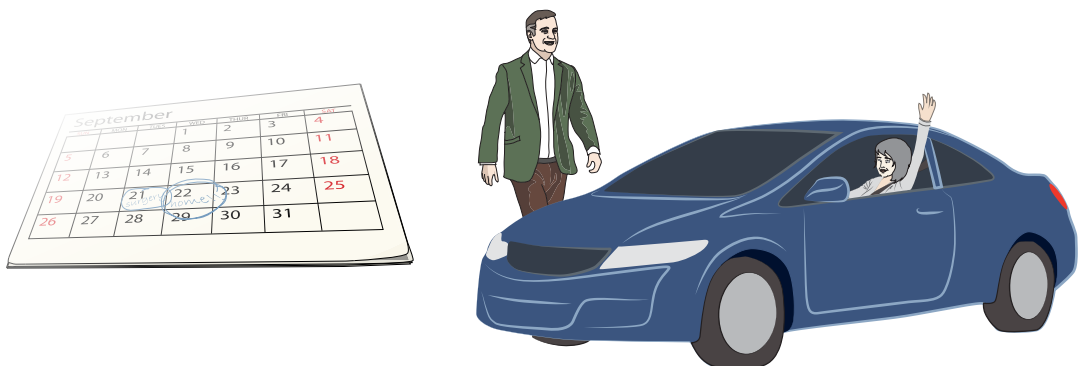
You may need help with meals, laundry, bathing or cleaning, when you go home from the hospital. Stock your fridge and freezer with food that is easy to reheat. Make plans with your family and friends so you will have the help you need.



## Arrange transportation

After a Day Surgery procedure, you will go home on the same day. A friend or family member must accompany you.

After a Same Day Admission procedure, you will stay in the hospital overnight. The number of days that you stay in the hospital will be based on the type of surgery you have and your general state of health. Please remember to organize a ride home.



# Pre-operative Clinic visit

When you visit the Pre-op Clinic, you will:

- Have blood tests
- Have an ECG (electrocardiogram), if you are over the age of 50
- Meet with a nurse who will explain how to get ready for surgery and what to expect while you are in the hospital
- Meet with a doctor who will review your medication and ask you questions about your health. If you have medical problems, you may be referred to another doctor (a specialist) before surgery.

You may need to stop taking some medicines and herbal products before surgery. The Pre-op Clinic doctor will explain which medicines you should stop and which ones you should keep taking.



If you have any questions, you may contact the Pre-op Clinic nurses at (514) 934-1934, extension 34916, Monday to Friday.

**RVH Pre-op Clinic:** Located near the cafeteria at  
D S1.2428 (Bloc D, S1 level)



# Phone call from Admitting

The day before your surgery, the Admitting Department will phone you, to tell you when to come to the hospital. They will ask you to arrive 2 hours before your planned surgery time. **Exception:** If your surgery is planned for 7:30 am, they will ask you to arrive at 6:30 am.

The time of surgery is not exact. It may happen earlier or later than planned.



Date of surgery: .....

Time of arrival at the hospital: .....

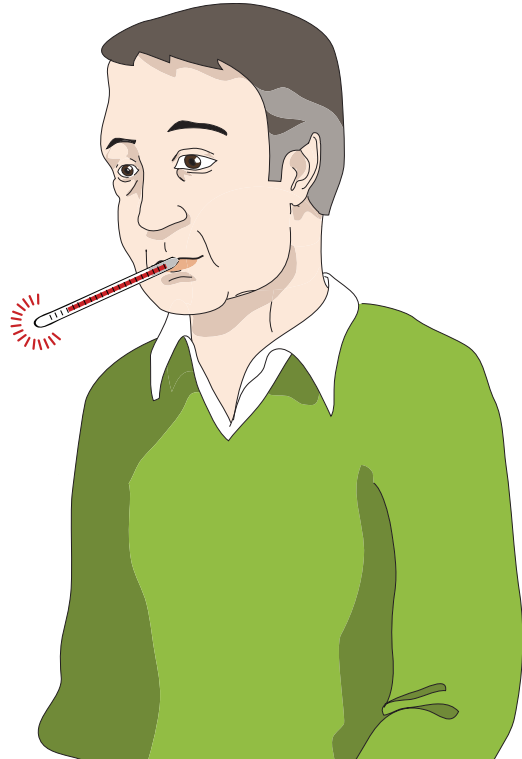
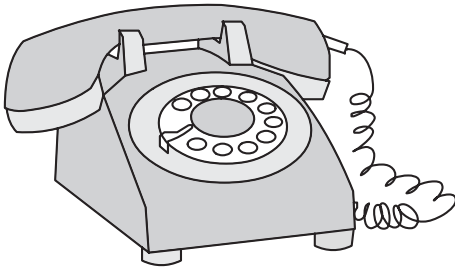
Room: **Registration, Surgery and Intervention Centre, Bloc C, level 3 (C03.7055)**. Enter the building through the Royal Victoria Hospital main entrance. Take the first bank of elevators on your right or left (North) and go to the 3rd floor.



If you do not receive a call from Admitting by 2:00 pm, you may call them at (514) 934-1934, ext. 31557.

# Cancelling your surgery

If you get sick or pregnant, please call your surgeon's office as soon as possible. If you cannot reach your surgeon, call the Admitting Department (514) 934-1934 ext. 31557.

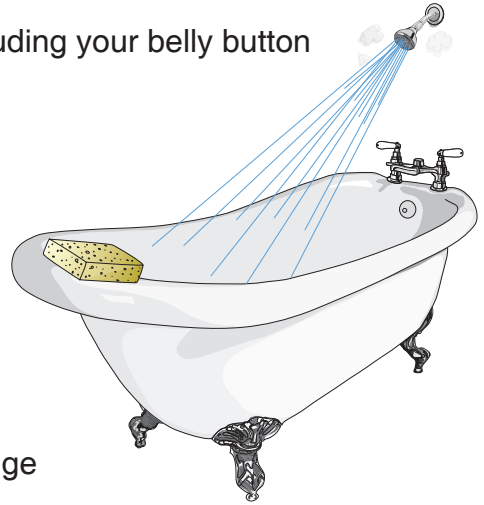


**The Royal Victoria Hospital is a Transplant and Cardiac Centre. This means your surgery may be delayed or cancelled because of an emergency. If this happens, your surgeon will rebook your surgery as soon as possible.**

# Hygiene

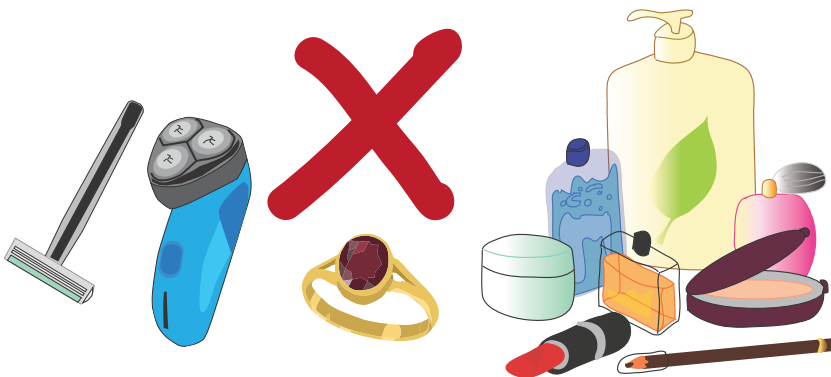
## The night before surgery:

1. Use regular soap and shampoo for your face and hair
2. Take a shower or bath by using one of the 2 bacterial sponges you were given
3. Wash your body from the neck down, including your belly button
4. Wear clean clothes to bed



## The morning of surgery:

1. Take a shower or bath using the 2nd sponge
2. Do not wear lotion, perfume, makeup, nail polish, jewelry or piercings
3. Do not shave the area where the operation will be done
4. Put on clean clothes



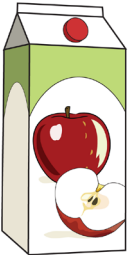
# Diet

The nurse in the Pre-op Clinic will explain what to eat and drink before your surgery to give you the energy and nutrients you need to recover quickly.

## The day before your surgery:

- Do not drink alcohol
- Eat and drink normally until midnight
- Drink a carbohydrate drink (clear juice) during the evening (see image below)
- **After midnight, do not have any food, dairy products, or juice with pulp**

## Carbohydrate drinks: Choose only 1



Apple juice  
850 ml



Orange juice  
without pulp  
1000 ml



Commercial  
iced tea  
1100 ml



Cranberry  
cocktail  
650 ml



Lemonade  
without pulp  
1000 ml

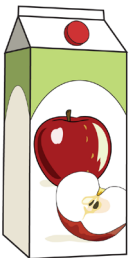
# Diet

## The morning of your surgery:

- Do not eat any food
- Drink a carbohydrate drink (clear juice) 2 hours before your surgery (see image below)
- Do not have any dairy products or juice with pulp
- Stop drinking 2 hours before your surgery. This is usually the same time as you are asked to arrive at the hospital. **Exception:** If you are the first case of the day at 7:30 am, you will be asked to arrive at 6:30 am. Stop drinking at 5:30 am.

A small number of people should not drink at all on the day of surgery. Your nurse will tell you if you need to stop drinking at midnight. Most people should drink clear liquids until two hours before surgery.

### Carbohydrate drinks: Choose only 1



Apple juice  
425 ml



Orange juice  
without pulp  
500 ml



Commercial  
iced tea  
550 ml



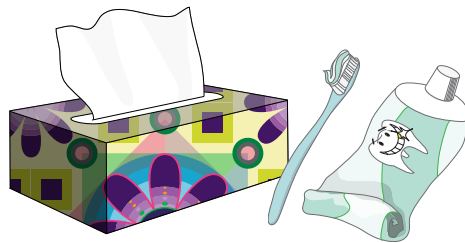
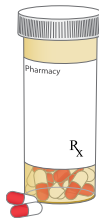
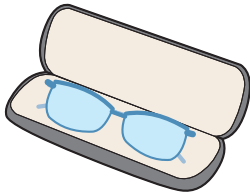
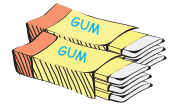
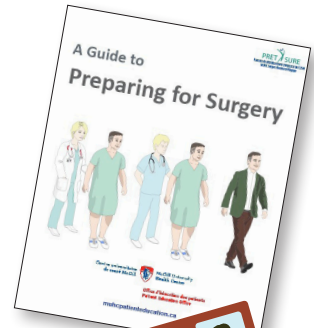
Cranberry  
cocktail  
325 ml



Lemonade  
without pulp  
500 ml

# Things to bring to the hospital

- ❑ This booklet
- ❑ Medicare and hospital cards
- ❑ Private insurance information, if you have any
- ❑ Your medications in their original containers
- ❑ 2 packages of your favourite gum
- ❑ Bathrobe, slippers, pajamas, loose comfortable clothing
- ❑ Toothbrush, toothpaste, mouthwash, comb, deodorant, soap, shaving supplies, tissues, and perhaps earplugs
- ❑ Glasses, contact lenses, hearing aids, dentures, and their storage containers labeled with your name
- ❑ Cane, crutches, walker, labeled with your name



Please do not bring anything of value, including credit cards and jewelry. The hospital is not responsible for lost or stolen items.

# At the hospital

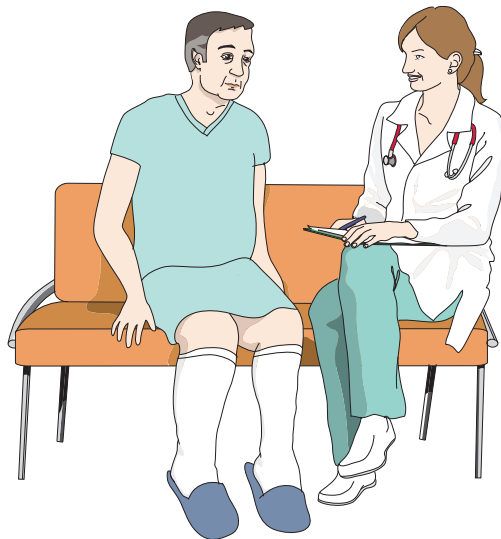
## Admitting area

Report to Registration, Surgery and Intervention Centre, Bloc C, level 3 (C03.7055), at the time you were given.

Enter the building through the Royal Victoria Hospital main entrance. Take the first bank of elevators on your right or left (North) and go to the 3rd floor.

## Pre-operative area

The nurse will ask you to change into a hospital gown and will complete a preoperative checklist with you. You may be asked to put on tight elastic stockings to help your circulation and prevent blood clots from forming. You should wear them until the nurse says you may take them off.



## Operating room

An orderly will take you to the operating room. You will meet your anesthetist (the doctor who will put you to sleep) and other members of your surgical team. You will be asleep and pain-free during your surgery.

# At the hospital

## Waiting room

Family or friends may wait for you in the registration area on C3 (Bloc C, level 3). It will be several hours before they will be able to visit you in your room. There are no visitors in the Post-Anesthesia Care Unit (PACU) unless you are staying there overnight.

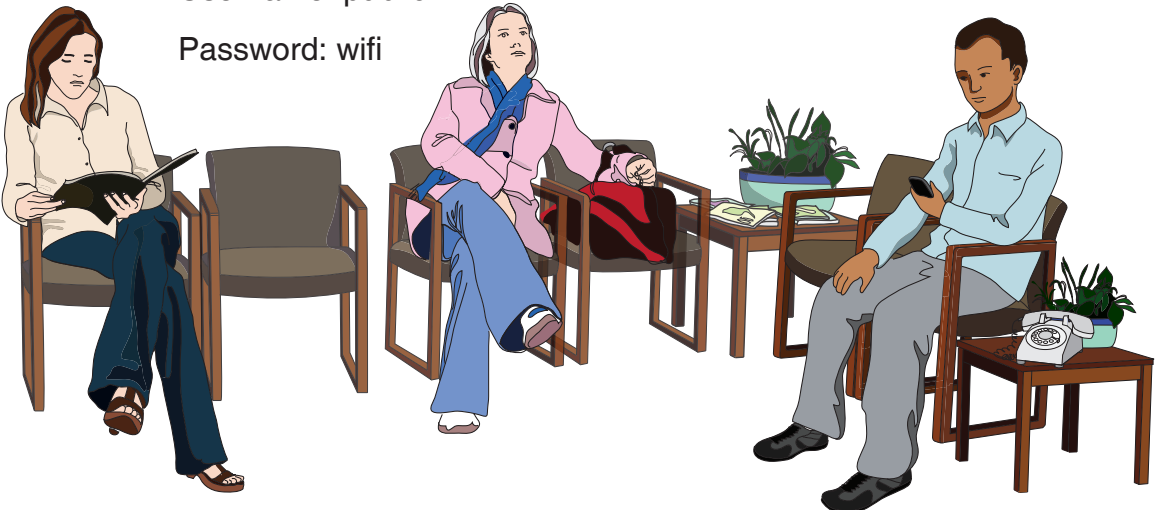
## Other resources

- Cafeteria – Located off the Adult Atrium on the S1 level
- Vending machines – Block C, S1 level
- Stores – Galleria, Rez-de-chausée level; Atrium, S1 level
- Bank machines – Blocks C & D, Rez-de-chausée level
- Adult Resource Centre (library) – Block B, Rez-de-chausée level
- Prayer and meditation room – Between blocks C & D, Level 2, Room 1178
- Internet access

Network: CUSM-MUHC-PUBLIC

Username: public

Password: wifi





# In the Post-Anesthesia Care Unit (PACU)- Recovery room

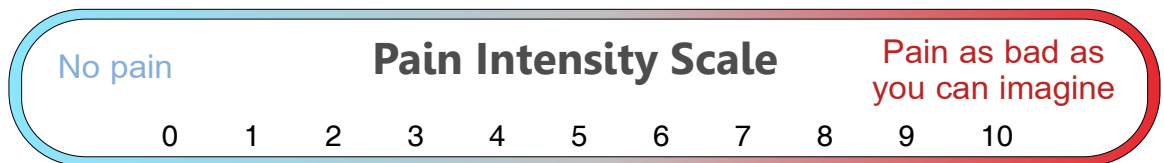
After your surgery, you will wake up in the Post-Anesthesia Care Unit (PACU). This is a quiet area where patients are watched closely.

A nurse will:

- Check your blood pressure, pulse and breathing
- Check your bandage, if you have one
- Make sure you are comfortable

## Pain control

Your nurse may ask you to describe your pain using a number between 0 and 10. 0 means no pain and 10 is the worst pain you can imagine. We want to keep your pain below 4/10. Please tell us if you have pain. We will help you.



It is important to control your pain because it will help you to:

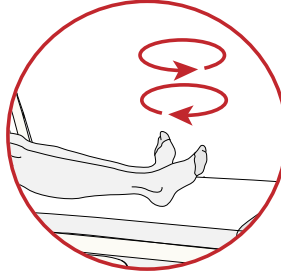
- Take deep breaths
- Move more easily
- Eat better
- Sleep well
- Recover faster

# Exercises

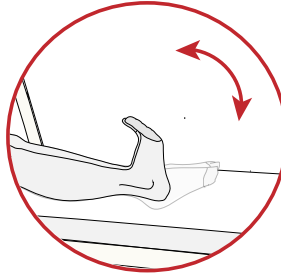
It is important to move around in bed to prevent pneumonia, blood clots and muscle weakness. Start these exercises when you wake up and continue them while you are in the hospital.

## Leg exercises

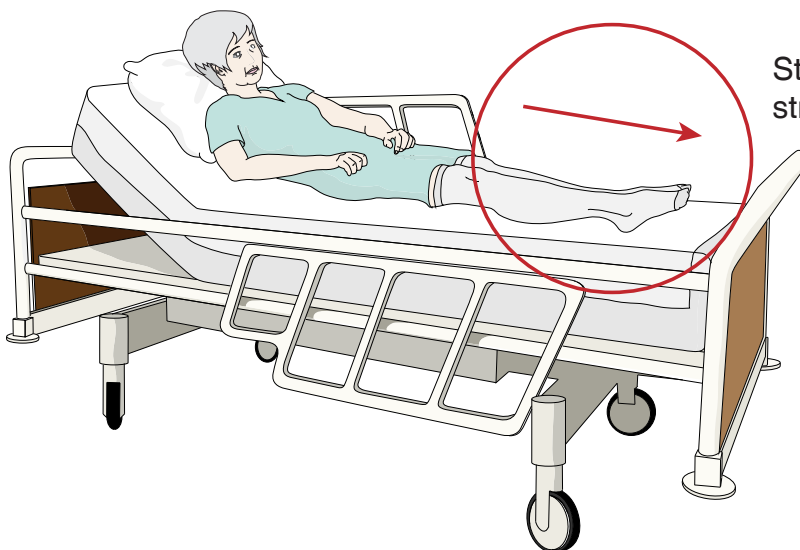
These exercises help your blood to circulate in your legs. Repeat each exercise 4 to 5 times every half hour while you are awake.



Rotate your feet to the right and left.



Wiggle your toes and bend your feet up and down.



Stretch your legs out straight.

# Exercises

## Deep breathing and coughing exercises:

An inspiriometer is a device that helps you breathe deeply to prevent lung problems.



To use your inspiriometer:

- Put your lips around the mouthpiece, breathe in deeply, and try to hold the red ball up for 2 to 4 seconds.
- Remove the mouthpiece, breathe out, and rest for a few seconds
- Repeat this exercise 10 times every hour while you are awake
- Take a deep breath and cough using a small blanket or pillow to support your incision. If you have some secretions, cough them up.

# Going home

Your doctor will let you go home as soon as you are ready. Please follow the instructions your doctor and nurses give you about:

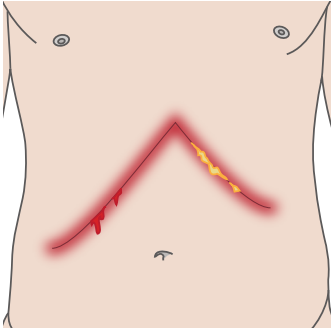
- Controlling your pain
- Taking care of your incision
- Showering
- Activity (driving, lifting, sexual activity)
- Returning to work



**Do not drive, operate machinery or drink alcohol for 24 hours after anesthesia, or while you are taking narcotic pain medicine.**

# When to call your doctor

Call your surgeon if:



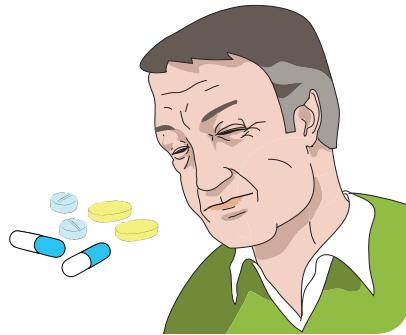
Your incision(s) becomes warm, red, or you see drainage coming from the incision



You have a fever higher than 38°C/100.4°F



You have nausea or vomiting when drinking fluids



You have pain that your pain medicine does not help

If you cannot reach your doctor, go to the nearest Emergency Department.

# Suggestions to help you stop smoking

## Phases of quitting:

1. Preparing to quit
2. Choosing a quit date
3. Coping with withdrawal
4. Fighting relapses



## Strategies to help you quit:

- Stop smoking now and you will already be on your way to quitting.
- Take it one day at a time. Think of yourself as a non-smoker. Be proud of what you have already done.
- Ask your family and friends not to smoke around you.
- Ask a family member, or a friend, to stop smoking at the same time.
- Join a stop-smoking group and kick the habit with other people.
- Speak with your doctor about aids to help you quit, such as the nicotine patch.



## Get more information from:

Montreal Chest Hospital

(514) 934-1934 extension 32503

[www.muhc.ca](http://www.muhc.ca)

Quebec Lung Association

(514) 287-7400 or 1-800-295-8111

[www.pq.lung.ca](http://www.pq.lung.ca)

Looking for information on

# YOUR SURGERY ?



Visit the Patient Education Collection

Search: **Surgery Patient Guides**  
[muhcpatienteducation.ca](http://muhcpatienteducation.ca)



Centre universitaire  
de santé McGill



McGill University  
Health Centre

Office d'éducation des patients  
Patient Education Office



# Hôpital Royal Victoria Hospital at the Glen site

1001 Decarie Blvd. Montreal, QC H4A 3J1

Centre universitaire  
de santé McGill



McGill University  
Health Centre

Office d'éducation des patients  
Patient Education Office

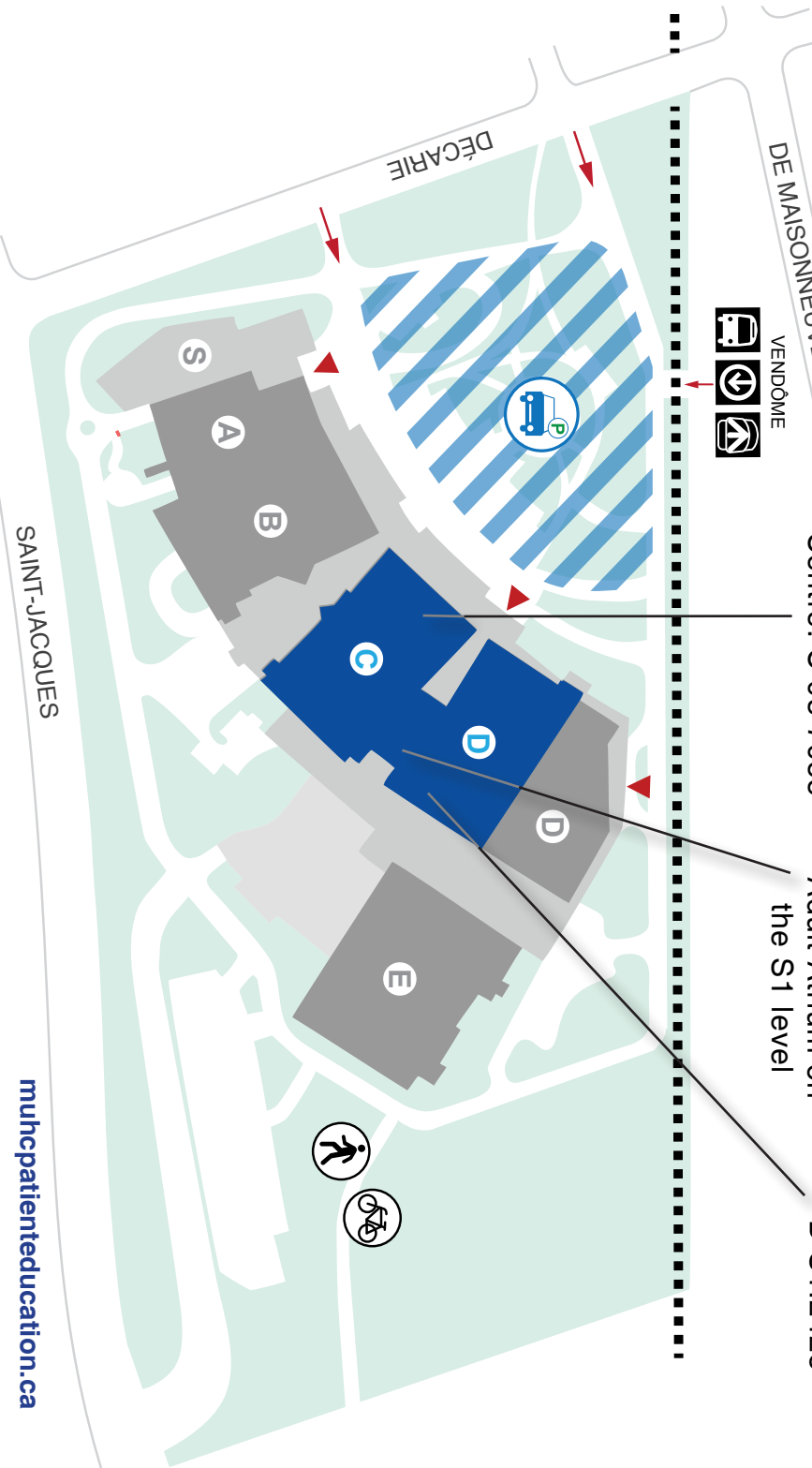
DE MAISONNEUVE W.  
VENDÔME



Registration, Surgery  
and Intervention  
Centre: C 03 7055

Cafeteria:  
Located off the  
Adult Atrium on  
the S1 level

Pre-op Clinic:  
D S1.2428



SAINT-JACQUES

[muhcpatienteducation.ca](http://muhcpatienteducation.ca)