

SAULT AREA HOSPITAL

PATIENT INFORMATION

Sault Area Hospital

750 Great Northern Road

Day Surgery and Same Day Admissions

Surgery date: _____

DAY SURGERY WILL CALL YOU BEFORE 1:00PM FOR THE TIME OF YOUR SURGERY.

Write your arrival time here: _____

Write your surgery time here: _____

Arriving late may mean cancellation of your surgery. BRING your health card and insurance information if you are being admitted to the hospital.

Go straight to 3D - Day Surgery Unit (Surgical Services)

If coming in for a scheduled caesarean section - follow instructions received from maternity nurse during pre-operative phone call

PREPARING FOR YOUR OPERATION

1. Shower or bath. Remove all: nail polish, makeup, contact lenses, jewelry (including piercings), fragrances and lotions. Do not shave operative area.
2. Brush your teeth being careful not to swallow any of the water.
3. *If you are staying overnight*, bring a housecoat, slippers, toothpaste, toothbrush, soap, shampoo, Kleenex, feminine hygiene products, deodorant and any other necessary toiletries. The surgical unit is on 3A (ext. 3618). The maternity unit is on 1A (ext. 3624).
4. **Do Not** smoke or drink alcoholic beverages 24 hours before admission.
5. If you develop any illness or unable to come for surgery contact your surgeon immediately. For last minute illness contact day surgery at 705-759-3623 or maternity (ext. 3624) at 6 am **on the day of surgery**.
6. Do not work night shift the night before surgery.

FASTING FOR YOUR OPERATION

Adults:

7. You must fast (nothing to eat) after midnight the night before surgery
8. If your surgery is before 11am, no fluids after midnight.
9. If your surgery is scheduled after 11am, you may have one 8 ounce glass (1cup) of clear fluid 4 hours before surgery time. No orange juice, milk or milk products.
10. ACCEPTABLE CLEAR FLUIDS are: apple juice, ginger ale, water, black tea or coffee (no milk/cream/whitener). No other beverages are allowed.
11. No candy or gum chewing is allowed.

Surgery May Be Cancelled if You Do Not Follow the Fasting Instructions!

SAH - PATIENT INFORMATION CONTINUED

MEDICATIONS

You have been given instructions on how to take your medications before surgery. It is important that you take your medications exactly as instructed.

If you are to take medications on the morning of your surgery, take at 6 am with a sip of water.

Your surgery may be cancelled if you do not follow the instructions given!

Do not take the following medications for 7 days before surgery (unless otherwise instructed):

Take last dose on: _____

- Advil, Motrin, Ibuprofen, Aleve
- Aspirin or Aspirin products
- Herbal Supplements, Multivitamins, Vitamin E or any vitamins containing Vitamin E
- Non-steroidal Anti-inflammatories (NSAIDS)
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You may take Tylenol (Acetaminophen) if needed

REMEMBER TO BRING:

- All prescribed medications in original containers
- TEDS Stockings
- CPAP machine
- Other Medical Equipment

AFTER SURGERY

1. Arrange for a responsible adult to drive you home and someone must stay with you overnight.
2. Wear loose comfortable clothes home.
3. **Do not** operate a motorized vehicle for 24 hours after surgery. You could be considered legally impaired.
4. At the time of your discharge you will be given information regarding follow-up care.
5. Discharge time is 11:00 a.m. Please ensure you have transportation available upon discharge.

Please bring this information sheet on your day of surgery.

If you have any questions about your surgery, **please** contact your surgeon.

For nursing instructions, please call the **Pre-Admit Clinic at:**

705-256-3488

Maternity: 705-759-3434 ext.3624

705-256-3478

705-256-3476

DAY SURGERY IS OPEN MONDAY TO FRIDAY 8-4PM CLOSED STATUTORY HOLIDAYS

ADDITIONAL INSTRUCTIONS: _____

