

**MEDICATIONS:**  
(To be determined by your doctor)

STOP TAKING THE FOLLOWING  
MEDICATIONS:

Medications	<u>Stop Date</u>
_____	_____
_____	_____

**MORNING OF SURGERY:**

Take the following medications with a sip of water on the morning of surgery:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DO NOT** take the following medications on the morning of surgery:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**THINGS TO BRING TO THE  
HOSPITAL:**

- This pamphlet.
- Your valid OHIP card.
- If you use inhalers or nitro-spray, bring them with you in their original containers.
- If you wear glasses, contact lenses, a hearing aid or dentures, please bring the appropriate containers with your name on them.
- If you use CPAP, bring it with you
- If you use a cane, crutches or walker at home, please bring them with you, and label with your name.
- Non-slip footwear
- If you do not speak English, please bring someone to translate for you.

**\*\*Please leave all jewelry, credit cards and objects of value at home.**



**Day Surgery  
Pre-operative  
Instructions**

**Patient Education**  
Surgical Services Patient Education



## THE EVENING BEFORE YOUR SURGERY:

- Eat and drink normally until midnight **UNLESS YOUR PHYSICIAN HAS ORDERED OTHERWISE**
- After Midnight **DO NOT** have any solid food, dairy products, diet drinks, or juice with pulp.
- You may continue to drink clear fluids, which can include water, apple juice, clear tea, black coffee.

## THE MORNING OF SURGERY:

- **STOP** drinking **3 HOURS** before your procedure.

### EXAMPLE

- My procedure is at 11 a.m.
- **Stop** drinking at 8 a.m.

### EXAMPLE 2

- My procedure is at 8 a.m.
- **Stop** drinking at 5 a.m.

## OTHER IMPORTANT INFORMATION:

- Please arrive to the hospital 2 hours before your procedure.
- If applicable, Bowel Prep as per Physician's orders.
- Arrange for a family member or friend to accompany you home from Day Surgery.
- It is Recommended that you have a responsible person stay with you for 24 hours following your procedure

## PREPARING FOR SURGERY:

- We **strongly suggest you stop smoking** completely before your surgery.
- **Do not drink alcohol 24 hours before surgery.**
- **Remove all piercings and jewellery**
- On the day of surgery **do not wear** any lotion, makeup, lipstick, nail polish, perfume, cologne, hairspray, contact lenses or aftershave.
- On the evening before surgery thoroughly shower or bathe using soap.