

Enhanced Recovery After Surgery Pre-Operative Instructions

Before Surgery:

- We strongly suggest you stop smoking
- Do not have any alcohol, marijuana or non-prescription drugs 24 hours before surgery

The Evening before Surgery:

- Thoroughly shower or bathe using soap (you do not need to shave body hair);
- Follow your instructions for showering with chlorhexidine (ONLY IF HAVING A JOINT REPLACEMENT)
- UNLESS YOUR PHYSICIAN HAS ORDERED OTHERWISE, you can eat and drink normally until midnight;
- DO NOT have any solid food, dairy products, diet drinks or juice with pulp after midnight;
- You can continue to have clear fluids (including water, apple juice, clear tea, black coffee).
- Include one carbohydrate drink from this list. Drink it over 1 hour.

Carbohydrate drinks (choose 1 only)	Amount in mL	Amount in cups (1 cup=250 mL)
Clear apple juice	850 mL	3 and a half cups
Commercial sweetened Iced Tea	1100 mL	4 and a half cups
Cranberry Cocktail	650 mL	2 and a half cups

The Morning of Surgery:

- Remove all jewelry including piercings and body jewelry;
- Do not wear lotion, makeup, lipstick, nail polish, perfume, cologne, hairspray, contact lenses or aftershave;
- Include one carbohydrate drink from this list. Drink it over 1 hour.

Carbohydrate drinks: (choose 1 only)	Amount in mL	Amount in cups (1 cup=250 mL)
Clear apple juice	425 mL	2 cups
Commercial sweetened Iced Tea	550 mL	2 and a half cups
Cranberry Cocktail	325 mL	1 and a half cups

- STOP drinking 3 hours before your procedure (example: procedure is at 11 a.m., stop drinking at 8 a.m. or procedure is at 8 a.m., stop drinking at 5 a.m.);
- Arrive to hospital registration on the 2nd floor of the South Tower, 2 hours before your procedure;
- If your doctor gave you instructions to complete a specific preparation (example Bowel Prep), make sure you've completed everything according to their direction.

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Items to bring to the Hospital:

- ✓ This handout
- ✓ Your valid Health Card
- ✓ If you use inhalers or nitroglycerin-spray, bring them with you in their original containers
- ✓ If you must wear your glasses, hearing aid or dentures, please bring the appropriate containers with your name on them to store them
- ✓ **If you use a CPAP machine, bring it with you**
- ✓ If you require specialty equipment for your surgery (example, ice machine for hip or knee surgery), bring it with you
- ✓ If you use a cane, crutches, or walker at home, please label them with your name and bring it with you
- ✓ 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.**

Medication Management - (This section will be completed by the doctor)

Date of Surgery: _____

STOP TAKING THE FOLLOWING MEDICATIONS:

Medications

Stop Date

MORNING OF SURGERY:

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

Medications

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

Medications

If you have any questions about your pre-operative care, you are encouraged to contact your Surgeon's office for direction. For additional information, please review the 'A Guide to Your Surgery and Recovery Booklet' on our website.

