

**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 booklet.
- Your valid OHIP card.
- Your inhalers or nitro-spray 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.**



**Enhanced  
Recovery After  
Surgery (ERAS)**

**Patient Education**  
Surgical Services Patient Education

19/12/2018



## THE EVENING BEFORE YOUR SURGERY:

- Eat and drink normally until midnight
- Include **ONE** carbohydrate drink from this list. Drink it over 1 hour.

Carbohydrate drinks: <b>(Choose only 1)</b>	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

- 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 items from the list above.

## THE MORNING OF SURGERY:

- Do not have any solid food, dairy products, diet drinks, or juice with pulp
- Remove all jewellery, medical alert bracelets and body piercing
- Choose **ONE** carbohydrate drink from this list.
- **START** drinking **3 HOURS** before your surgery
- **STOP** drinking **2 HOURS** before your surgery.

Carbohydrate drinks: <b>(Choose only 1)</b>	Amount in mL	Amount in cups (1 cup = 250 mL)
Clear Apple Juice	425 mL	2 cups
Commercial Iced Tea	550 mL	2 and a half cups
Cranberry cocktail	325 mL	1 and a half cups

### EXAMPLE

- My surgery is at 11 a.m.
- **Start** drinking at 8 a.m. or earlier
- **Stop** drinking at 9 a.m.

## PREPARING FOR SURGERY:

- We **strongly suggest you stop smoking** completely before your surgery.
- **Do not drink alcohol 24 hours before surgery.**
- **Do not shave before your surgery.**
- 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.
- Follow your instructions for showering with chlorhexidine **ONLY IF HAVING A JOINT REPLACEMENT**