

Inpatient Surgery at Toronto Western Hospital

Information for patients preparing for surgery at TWH and staying overnight in hospital after their surgery

Read this brochure to learn:

- How to prepare for your Pre-Admission appointment
- What to expect on the day of surgery
- What to do on the day you leave the hospital
- What you need to know about your recovery



Name of surgeon: _____

Phone: _____

1. Pre-Admission appointment date: _____

Time: _____

Check-in: Pre-Admission Unit

Toronto Western Hospital,

399 Bathurst St.

Main Pavilion – 1st floor (Room 406)

Phone: 416 603 5379

2. Surgery date: _____

Time to arrive at the hospital: _____

Time of my surgery: _____

Check-in: Preoperative Care Unit (POCU)

Toronto Western Hospital,

399 Bathurst St.

Fell Pavilion – 2nd floor (Room 116)

Phone: 416 603 5800, extension 2111

**For more information, call our pre-surgery information help line at
416 603 5211.**

Important: We will do our best to keep your surgery on time. But, we may need to delay or reschedule your surgery in case of an emergency. If we need to reschedule your surgery, we will let you know and give you the new date and time.

Pre-Admission Main Pavilion – 1st Floor (Room 406)

What is a pre-admission visit?

The Pre-Admission Clinic will review your medical history and help prepare you for surgery. Your surgeon will decide if you need to have a Pre-Admission appointment.

Before the pre-admission visit

- You must let your surgeon's office know as soon as possible if you have diabetes, or take insulin or blood thinners (such as Coumadin or Aspirin). This is very important as it can change the care we provide to you.
- Your family doctor or primary healthcare provider must complete the Pre-Admission program "Pre-Operative History and Physical Examination Form". You **must** bring this form with you to your pre-admission visit. Your family doctor should also include any recent tests you had (for example, stress test, echocardiogram or sleep study test).
- If you do not have a family doctor, go to a Walk-in Clinic to have the form completed by a doctor.
- You must also complete the "Pre-Operative Patient Questionnaire" and bring it with you to your pre-admission visit.
- Your appointment may take 3 to 6 hours.
- Drink and eat as you would normally before this visit.
- Your surgeon may schedule you for this depending on your medical history.

During the pre-admission visit, you may have:

- blood tests
- an x-ray or an ECG
- other tests (such as an ultrasound)

You may need to go to a class to learn more about your health problem.

If you are having orthopedic surgery, you may need to attend physiotherapy classes.

If you need to go to a pre-admission visit, you must bring:

- Your health card (OHIP). If you do not have an OHIP card, please bring another form of government-issued photo ID (such as a driver's license, passport or other provincial health card).
- Your completed forms:
 - Pre-operative History and Physical Examination Form (completed by your family doctor)
 - Pre-Operative Patient Questionnaire
- All the medications you take in their original bottles or a list of all the medications you take. Make sure the list includes the name of the medication, how much you take and how often you take it.

Preparing for Surgery

The day before your surgery

What you CAN do the day before your surgery:

- Eat a light meal the evening before your surgery. Avoid eating fried food.
- Only drink clear fluids like water, apple juice, ginger ale, 7-Up, clear broth, clear tea or coffee with no milk or cream up to 5 hours before your surgery. **You must be able to see through the liquids you are drinking.**
For example if your surgery is scheduled for 11:00 am you may drink clear fluids up until 6:00 am. Don't drink anything after this time.
- You can brush your teeth and rinse your mouth before your surgery.



Important: Take a bath or shower the night before your surgery and the morning of your surgery.

If your doctor has asked you to use a cleaning solution when bathing, make sure to follow the instructions.

What you must NOT do the day before your surgery:

- **Do not eat any solid food after midnight or have any dairy (no milk or cream).**
- Do not chew gum or have candy after midnight.
- Do not drink any alcohol for at least 24 hours before your surgery.
- Do not shave hair (for a week) around the area we will be operating on.
- Do not smoke for 5 hours before your surgery.

Follow any other special instructions your surgeon or nurse asked you to do at home.

You must remove:

- nail polish or shellac, gel or acrylic nails from your fingers and toes
- makeup
- contact lenses (wear your glasses to the hospital)
- your Medic Alert chain, if you have one.
 - Copy the Medic Alert information from the chain onto a piece of paper. Give it to the nurse on the day of your surgery.
- jewellery and body piercings

Important:

If you cannot remove your jewellery, have a jeweler remove or cut it off.

If all your jewellery is not removed, your surgery may be cancelled.

Surgery Day

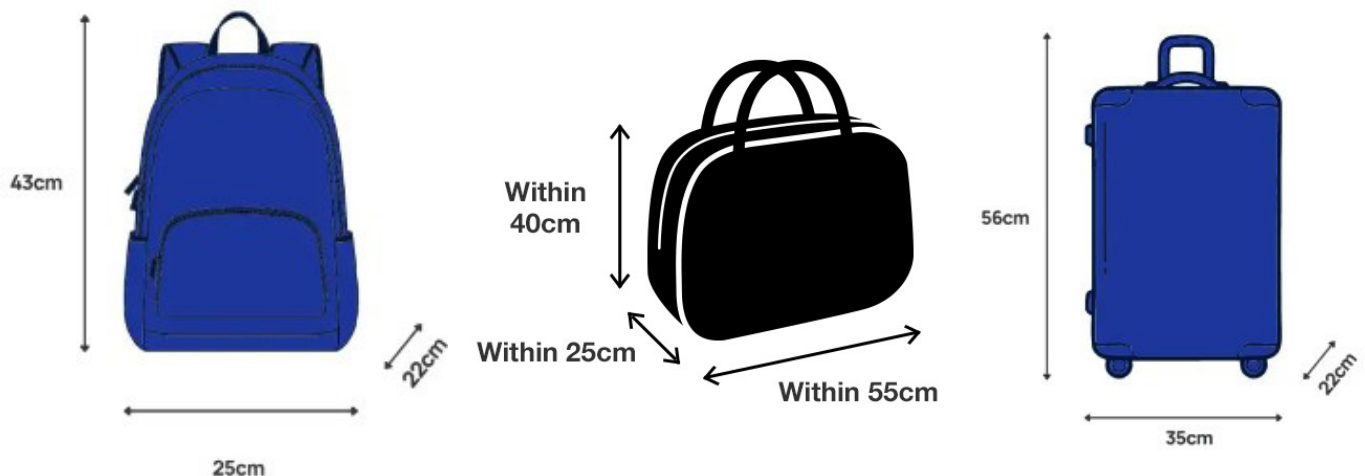
Pre Operative Care Unit (POCU)

Fell Pavilion – 2nd Floor (Room 116)

On the day of your surgery come to POCU on the day and time written on the front of this pamphlet.

What to bring with you to the hospital:

- Your health card (OHIP)
- All the medicines you take in their original bottles
- A small amount of toiletries (toothbrush, toothpaste, comb, bath soap)
- Loose-fitting pajamas and a change of clothes in an overnight bag
- A book or magazine to read
- Hearing aids, dentures and glasses if you need them (they are removed before your surgery so please bring a protective case for transportation)
- Walker, ortho boot or brace, and your cold compress (such as Cyro Cuff, if you have bought one)
- CPAP machine (with no water in the machine), if you use one
- A small amount of cash, if needed
- 1 large bag to hold all of your other belongings. This may include shopping totes, duffel bags or any other bag you'd like. Bags with a zipper are preferred to keep your belongings safe. Some examples are:



Important: Please leave your valuables at home such as jewellery, watches and credit cards. The hospital is not responsible for lost or stolen items.

Your family or friends can bring anything else you need to your room after your surgery.

What if I feel sick before surgery?

If you have a cold, flu or other illness before your surgery, please call your surgeon as soon as possible.

The morning of your surgery

- **Do NOT take your medications or insulin the morning of your surgery**, unless your doctor or nurse said it's ok to do so. You can take the medications below with a little sip of water.



Medication I can take the morning of surgery:

What is the Pre-Operative Care Unit (POCU)?

The POCU is where you go just before your surgery.

Come to the hospital and check-in at the POCU 2 to 3 hours before your surgery. If you are late, your surgery may be cancelled or your surgery time may be given to another patient.

Here, your nurse, anesthesiologist and surgeon will talk to you and prepare you for your surgery. Once you're ready, we take you to the operating room.

What can I expect when I arrive to the POCU?

- A receptionist checks you in.
- They ask for your health card (OHIP) to make sure they have the right information.
- We put a hospital identification band on your wrist. We will double check the information on your band with you.
- You are given a hospital gown, a robe, hair cover, and slippers to change into. A family member or nurse can help you if you need it.
- Your nurse checks your blood pressure, pulse, temperature, breathing and blood sugar.
- The team reviews your chart to make sure all the important information is ready.
- If you need to have hair removed around your surgical area, it will be removed at this time or in the operating room.
- Your nurse checks to see that you removed your jewelry, nail polish, underwear, dentures, hearing aids, and eyeglasses.

Friends or family members can be with you while you wait to go to the operating room. In some cases you may have time to relax before surgery. While in surgery, your bag is delivered to the unit you will be transferred to for recovery.

What can I expect in the patient holding area?

- When the operating room is ready, a staff member takes you to the patient holding area.
- You will be placed in a recliner or on a stretcher depending on your surgery. The nurse will place a warming blanket on you to help keep you warm before and during your surgery. This also helps lower the chance of infection.
- They may also give you an antibiotic before your surgery, this will depend on your surgeon and the type of surgery you are having.
- The operating room nurse, anesthetist and surgeon will have a short talk with you before they take you into the operating room.
- Depending on the type of anesthesia or block you receive (such as a spinal or regional block), you may be taken to the 'block room' and then move to the operating room.
- Once you go into the operating room, we ask your family and friends to wait for you in the surgical waiting room on the 2nd floor.
- The operating room team will try to give your family an update during your surgery (sometimes using a pager).

What can I expect in the operating room?

We help you onto the operating table and put a cuff on your arm that will check your blood pressure. We also use monitors to check your blood pressure, heart rate and breathing.

We then give you the anesthesia to keep you relaxed or asleep during your surgery.

What can I expect after my surgery?

In the Post-Anesthetic Care Unit (PACU)

When your surgery is over, we take you to PACU. You may be here for 30 minutes to 3 hours. The time you need to stay in this area depends on the type of surgery and anesthesia you had.

In the PACU:

- Your nurse checks you often as you recover from the anesthesia.
- You may have an oxygen mask over your mouth and nose.
- You may get medication for any pain or nausea.
- Your family will not be able to come visit you. But if you would like to speak with your family, you may ask your PACU nurse or volunteer to use a phone service that we have available to you.

When you are ready, we take you to the Inpatient unit where a bed has been saved for you.

The surgical nursing unit or Inpatient unit

You will complete your recovery from your surgery in the Inpatient unit.

- The nurses here will continue to check how you are recovering and give you pain medication when you need it.
- Other members of your health care team will help look after your needs.
- Depending on the type of surgery you have, you may have to do physiotherapy and occupational therapy exercises.

Visiting policy

Please keep in mind that you need to rest after your surgery. We encourage only 2 visitors at a time. UHN has an open visiting policy on all units.

Preparing to Leave the Hospital

Arrange to have an adult take you home

To make sure you leave the hospital safely and are ready for recovery at home, you **MUST**:

- **Have an adult take you home or next place of residence.** This person must be able to pick you up from the hospital, carry your belongings, and push you to the front entrance with a wheelchair.

Staxi chairs (temporary wheelchair transportation) are available near all the main entrances. They require a \$1.00 deposit, which is reimbursed to you when the chair is returned.

- **Have someone stay with you for 24 hours after the surgery.** This person must be able to help you at home after your surgery because the medications you receive in hospital can make you dizzy or light-headed.

Important: If you do not have an adult take you home after surgery, your surgery may be cancelled.

When you are ready to go home, the nurses will give you an information booklet about how to care for yourself at home. If you need home care or physiotherapy, your surgeon or health team will arrange this before you go home.

You may be given a prescription that you will need to take to a pharmacy. There is a Shoppers Drug Mart in the hospital where you can fill the prescription. If you have insurance, bring the insurance card that will cover the cost.

How do I safely store and dispose of my pain medicine?

Pain medicine that is not stored or disposed of safely could be stolen or taken by mistake.

Safe storage

- Store pain medicine in a locked drawer or cabinet.
- Do not share your pain medicine. Pain medicine prescribed to you can be dangerous to others.

Safe disposal

It is dangerous to keep unused or expired pain medicine that you no longer need.

- Take unused or expired pain medicine to a pharmacy for safe disposal.
- Do not flush medicine down the toilet.
- Do not throw medicine in the garbage.

Home safety

We have resources that provide safety tips about recovery after surgery. Ask your nurse for these pamphlets or find information on the UHN Patient Education website www.uhnpatienteducation.ca and search Health Information.



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