

Day Surgery at Toronto General Hospital



Toronto General Hospital
200 Elizabeth Street
Toronto, Ontario
M5G 2C4
Telephone: 416-340-4800

Type of day surgery: _____

Date of my day surgery: _____

Time to arrive at the hospital: _____

Time of my day surgery: _____

For more information about your day surgery,
call your surgeon's office.

After-hours, on weekends and on holidays,
page the surgeon on-call through
the TGH locating service at
Telephone: 416-340-3155

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

© 2011 University Health Network. All rights reserved.

Author: Surgical Clinical Leads and TGH Patient Education

Created: 01/2011

Form: D-5080



University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

Day Surgery at Toronto General Hospital (TGH)

This booklet has general information to help you to understand and take part in your care as you have your day surgery at the Toronto General Hospital. We will also give you detailed information about your specific day surgery and, how to care for yourself afterwards.

We have prepared this booklet using a series of common questions, but please talk to a member of your healthcare team if you have any further questions or concerns.

What is Day Surgery? What will happen?



Day Surgery is the term we use when you come to the hospital to have minor surgery, and then go home the same day.

- On the day of your surgery, you will come to the Surgical Admission Unit (SAU) on the 2nd floor of the Norman Urquhart Wing. This is where your surgical journey will start for the day and where your paperwork will be checked.
- You will then change into a gown and will be taken to the Pre-Operative Care Unit (POCU) for a nursing assessment. This is also where you will be met by other members of the surgical team, including your surgeon.
- You will then be taken to the Operating room for your day surgery procedure.
- After your surgery, you will go to the Post-Anesthetic Care Unit (PACU) for an hour to recover after your surgery.
- Once you have recovered, you will rest in the Medical-Surgical Day Unit (MSDU) until you are ready to go home.

There may be a chance that you need to stay at the hospital for the night. This will only happen in the rare case that you need extra care to help you recover from your surgery.

Where can we park at TGH?

Parking is limited in and around the hospital. Our visitor parking is located off Gerrard Street on Elizabeth Street and offers a variety of rates, which do change from time to time.

Please call The Standard Parking of Canada Ltd. Office at 416-595-7136 or, log on to www.uhn.ca for current parking rates.

Underground parking also available off Gerrard Street near University Avenue.

Please do not park in hospital driveways. Vehicles parked in unauthorized areas will be ticketed, towed or both. Meter parking is available on Elizabeth Street and University Avenue (not available between 7:30 a.m. and 9:30 a.m., or between 3:30 p.m. and 6:30 p.m.) and Gerrard Street West (but not between 7:30 a.m. and 9:30 a.m.).



Important Points About my Day Surgery at TGH

1. Someone to Take You Home

Leaving the Hospital After Your Surgery

- You **MUST** have a responsible adult take you home from the hospital after your surgery
- If you do not have someone to take you home, **your surgery will be cancelled**
- We also strongly urge that you ask a responsible adult to spend the night with you at your home after your surgery

2. Fasting Guidelines

- You may eat and drink as you usually do up until midnight (12:00 a.m.) before your day surgery.
- **Do not eat any solid food after midnight (12:00 a.m.).** This includes no chewing gum or candy.
- **You can drink clear liquids**, such as water, apple juice, clear tea or coffee (with no milk or cream) **up to 5 hours before your surgery.**

3. Anti-coagulants or “Blood Thinning” Medication

Please let your surgeon know as soon as possible if you are on an anticoagulant or “blood thinning” medication such as Aspirin®, Warfarin® (Coumadin) or Plavix®. You will need to get more information on what to do with these medications before your surgery.

4. Smoking

Do not smoke before and after your surgery as the nicotine and carbon monoxide in cigarettes can affect your health. Talk to your doctor if you need help quitting.

You should also know that the University Health Network is a non-smoking facility – you will not be permitted to smoke inside any of our three hospitals while you are a patient here.

5. Alcohol Intake

Do not drink any alcohol for 24 hours before your surgery.

6. Cancellation of Surgery

Our hospital responds to life-threatening emergencies. If an emergency occurs, your surgery may be delayed or cancelled. If this happens to you, your surgeon will do his or her best to reschedule your surgery. Your surgeon's secretary will call you with a new date and time.



My Pre-Admission Clinic Appointment

What is a Pre-Admission clinic appointment?

Depending on your medical history, you may need to be seen in the Pre-Admission clinic before your day surgery. Your surgeon will let you know if this is necessary.

If you need to go to the Pre-Admission clinic, the hospital will call you with a date and time. Please go to:

**TGH Pre-Admission Clinic
Eaton South, Ground Floor, Room 400
Telephone: 416-340-4800 Ext. 3529**

What will happen during my Pre-Admission clinic visit?

During this visit, we may take blood samples, do an x-ray and electrocardiogram (ECG), and an anaesthesiologist may see you. This will help to prepare you for your surgery.

What should I bring to my Pre-Admission clinic visit?

On the day of your Pre-Admission clinic appointment, you **must bring**:

- ❑ Your Ontario Health Card
- ❑ Your blue hospital card. Please check the information on your card. If it is not correct, please let a staff member know and a new card will be printed for you
- ❑ Bring ALL your medications in their original bottles, and a complete medication list

Also bring:

- Prescription medications such as antibiotics, water pills (Lasix®), pain medications
- Non-prescription medications such as Acetaminophen (Tylenol®), Aspirin®
- Vitamins and minerals such as Vitamin D, Calcium
- Herbal medications such as St. John's Wort
- Supplements such as Glucosamine, Coenzyme Q10

Don't forget:

- Eye or ear drops
- Inhalers or nasal sprays
- Medicated patches or creams
- Injectable medications (like Insulin)
- Medication samples from your doctor
- To tell your healthcare providers about any allergies or reactions you have had to any medications

How long will my Pre-Admission clinic appointment take?

Your appointment may take **2 to 3 hours**, depending on your health. You may eat and drink as usual before this visit.



Preparing for My Surgery

Unless your surgeon has asked you to do something different, please follow these directions:

1. **You need to follow any special instructions your surgeon or nurse have asked you to do at home before your surgery.**
2. **The evening before your surgery:**
 - You may eat and drink as you usually do up until midnight (12:00 a.m.) before your day surgery
 - **Do not eat any solid food after midnight (12:00 a.m.).** This includes no chewing gum or candy
 - **You can drink clear liquids**, such as water, apple juice, clear tea or coffee (with no milk or cream) up to **5 hours before your surgery:**
 - For example, if your surgery is booked for 11:00 a.m., you may drink clear fluids up until 6:00 a.m., and then nothing after this time
 - **Do not drink any alcohol** for at least 24 hours before your surgery
3. **The day of your surgery:**

Medications

- **Do not take any of your medications unless your doctor or nurse has told you to take them**
- If you have been told to take your medications, please take them with only a sip of water
- If you are not sure which of your medications to take before your surgery, call your surgeon's office as soon as possible



- **Do not smoke before and after your surgery as the nicotine and carbon monoxide in cigarettes can affect your health. Talk to your doctor if you need help quitting.**
- You may rinse your mouth with water and brush your teeth
- You may shower or take a bath

Please:

- Remove all nail polish from your fingers and toes
- Remove all jewelry and body piercings, including your wedding band, if you have one**
 - If you cannot remove your jewelry, it is highly recommended that you have it removed or cut off by a jeweler. If it is not removed, it will be cut and removed before you go to the Operating room. If you do not remove your jewelry, your surgery may be cancelled
- Leave all jewelry and valuables at home
- Remove your MedicAlert® chain or bracelet. Please write your MedicAlert® information on a piece of paper and give it to the nurse when you arrive at the hospital
- Remove all your makeup
- Do not wear your contact lenses. Please wear your glasses to hospital
- If you choose to bring money to the hospital, please bring only a small amount

Please know that the hospital is not responsible for lost or stolen items.



Things I need to bring to the hospital

- Your Ontario Health Card
- Your blue hospital card
- All medications you are presently taking, including over-the-counter medications, cold remedies and herbal medications, in their original bottles. Please put these in a plastic bag with your name on it
- Hearing aids, dentures and glasses can be worn, but they will be removed when you go for your surgery. If you have a family member or friend with you, please give these items to them to hold for you
- If you use a CPAP machine at home, please label it with your name and bring it to the hospital with you
- Wear loose-fitting clothes and flat shoes



What if my health changes before my surgery?

Changes in your health before your surgery

- If you do not feel well or, if there is a change in your health, please call your surgeon at least 24 hours before your surgery.

Please also call if you have any of these symptoms:

- A new cough; or a cough that is getting worse?
 - A fever, or chills, or both?
 - Diarrhea?
 - Shortness of breath (worse than your usual)?
 - Severe headache (worse than your usual)?
 - Muscle aches?
 - Extreme fatigue or feeling very tired?
 - Vomiting (throwing up)?
-
- If it is after-hours, a weekend or holiday, please leave a voice message with your surgeon's office, and then page the surgeon on-call through the TGH locating service at Telephone: 416-340-3155
 - If your visitors (family members or friends) have any of these symptoms, they should inform your nurse or unit receptionist immediately, or they should not come to the hospital to visit you. Your visitors can come to see you when they feel better

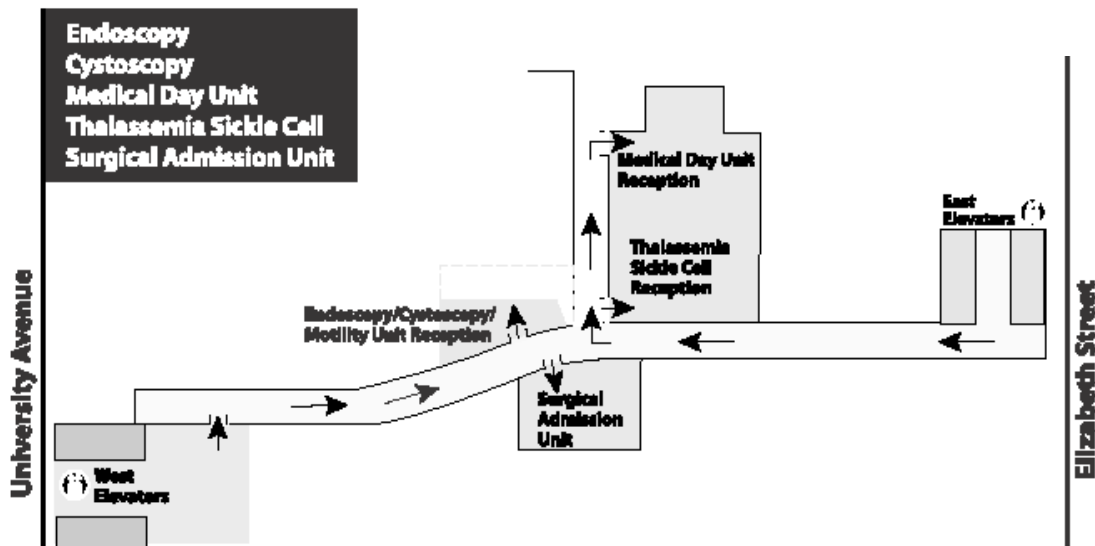


When should I come to the hospital for my day surgery? What will happen when I get there?

Coming to the hospital

- You need to arrive 2 hours before your surgery, or as written on the front of this booklet.
 - For example, if you are having surgery at 11:00 a.m., you need to get to the hospital by 9:00 a.m.
- **If you are late, your surgery may be cancelled**
- Please come to the **TGH Surgical Admission Unit (SAU), Norman Urquhart Wing, 2nd Floor** (see map below)

Norman Urquhart Wing 2nd Floor



- A ward clerk will check you into the Surgical Admission Unit (SAU) and will ask for your Health Card and blue hospital card to make sure that your information is correct
- A hospital identification band will be put on your wrist

What will happen in the Surgical Admission Unit (SAU) before my surgery?

- We will give you a hospital gown, pajama bottoms, a robe, and slippers. Your belongings will be locked up by a member of our staff
- You will then be taken to the Pre-Operative Care Unit (POCU) where you will wait for your surgery

Pre-Operative Care Unit (POCU):

- After your paperwork has been checked and you have changed into a hospital gown, you will then be taken to the Pre-Operative Care Unit (POCU)
- In the POCU, you will rest on a bed while a nurse checks your blood pressure, pulse, temperature, breathing and height and weight
- Two family members or friends may wait with you in the POCU
- An intravenous (IV) line may be placed in your arm
- You will also see other members of the surgical team, such as your anesthetist and your Operating room nurse. They will check through some of your details with you.
- Your surgeon, surgical fellow or resident will see you and will use a marker to “sign” the site on your body (or close to it) where you will have your surgery
- Once all is ready, you will then be taken into the Operating room
- When you are taken into the Operating room, your family members or friends will be asked to wait for you in the Surgical waiting room on the 3rd floor, Clinical Services Building

Operating Room:

- Once you are in the Operating room, we will help you onto the operating table
- A blood pressure cuff will be placed on your arm, an oxygen monitor on your finger, and a machine will monitor your heart rate
- Medication will be given to you to put you to sleep
- The surgeon will then perform your procedure

After my surgery



What will happen after my surgery?

Post-Anesthetic Care Unit (PACU):

- When your surgery is over, we will take you to the Post Anesthetic Care Unit (PACU) until you are awake
- You will be in a large room with several other patients. The nurses will be watching you at all times
- You may have an oxygen mask over your mouth and nose
- Generally, you will be in the PACU for ½ hour to 3 hours, however, depending on the type of surgery you have had, it may be longer
- We will help you to manage any pain or nausea that you may have and, work with you to make sure you are as comfortable as possible after your surgery
- When you have woken up, we will take you to the Medical Surgical Day Unit (MSDU)

Medical Surgical Day Unit (MSDU):

- You will continue to wake up from your surgery in the MSDU
- A nurse will check your blood pressure, pulse, temperature, and oxygen, as well as your wound or surgical site
- If you need pain medication, please ask your nurse
- Your family members or friends may visit you in the MSDU
- We will give you water or pop to drink and a snack, such as crackers
- The nurses will provide your care until you are ready to go home

Getting ready to go home



When you are ready to go home, we will give you instructions on how to care for yourself at home and, a follow-up appointment date with your surgeon.

You will also get any medication prescriptions that you may need. There is a patient pharmacy on the 1st floor of the Norman Urquhart Wing where you may get these medications before you leave the hospital.

Who should take me home?

A reminder...

You **MUST** have a responsible adult take you home from the hospital after your surgery. If you do not have someone to take you home, your surgery will be cancelled.

We also strongly urge that you ask a responsible adult to spend the night with you at your home after your surgery.

Who should I call with my questions or, in an emergency?

Once you are at home again, if you have any questions about your surgery, please call your surgeon's office.



**In case of an Emergency Call 911
or
Go to the nearest Emergency Room right away**

Important Telephone Numbers:
