

Day Surgery at Toronto General Hospital

For patients preparing for day surgery

Read this guide to learn:

- How to prepare for day surgery at Toronto General Hospital
- What happens during the Pre-Admission Clinic appointment
- What to expect on surgery day
- What to expect after surgery
- What to expect during recovery

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

Type of day surgery: _____

Date of my day surgery: _____

Time to arrive at the hospital: _____

Time of my day surgery: _____



About Day Surgery at Toronto General Hospital

Your health care team has created this guide to answer common questions you may have about day surgery at Toronto General Hospital (TGH). The information can help you prepare for surgery and take part in your care. Your health care team will also give you information about your specific day surgery and how to care for yourself after surgery.

Please talk to a member of your health care team if you have any other questions or concerns.

Where can we park at TGH?

There are not many places to park in and around the hospital. Parking lots are available off Elizabeth Street, Gerrard Street and University Avenue. Costs vary and may change from time to time.

- Call The Standard Parking of Canada Ltd Office at 416 595 7136 or go to [Parking at UHN](http://www.uhn.ca/corporate/Directions/Pages/parking.aspx) (www.uhn.ca/corporate/Directions/Pages/parking.aspx) for current parking rates and locations.
- Ask about parking passes for 5, 10 and 30 days at a reduced cost.
- Visit the Information Desk at the Elizabeth Street entrance for more details.

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 am and 9:30 am, or between 3:30 pm and 6:30 pm) and Gerrard Street West (but not between 7:30 am and 9:30 am).

Preparing for My Surgery at TGH

Someone to take you home or to your next place of residence

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

Fasting guidelines (when to stop eating and drinking before surgery)

- The night before your surgery, eat a light supper only with no fried foods or alcohol. You may eat and drink up until midnight (12:00 am) before your day surgery.
- Do not eat any solid food after midnight (12:00 am). This includes 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 4 hours before your surgery.
For example, if your surgery is booked for 11:00 am, you may drink clear fluids until 7:00 am and then nothing after this time.
- Do not drink alcohol for 24 hours before your surgery.



Medications

- **On the morning of surgery, take only the medications that your doctor or nurse has asked you to take with a sip of water.**
- If you are not sure which medications to take before your surgery, call the Pre-Admission clinic nurse at 416 340 4800 extension 2200.

Anti-coagulants or “blood thinning” medication

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

Smoking

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

University Health Network is a non-smoking facility. You will not be allowed to smoke inside any of our hospitals while you are a patient here. For more information about smoking cessation, please visit:

www.uhn.ca/corporate/AboutUHN/smoking_cessation.

If your surgery gets cancelled

Our hospital responds to life-threatening emergencies. If an emergency happens, 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.

Other reminders

- Remove all nail polish from your fingers and toes.
- Remove all jewelry and body piercings, including your wedding band.
- Leave all jewelry and valuables at home.
 - 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.
- Remove all your makeup.
- Do not wear your contact lenses. If needed, please wear your glasses to the hospital.
- If you choose to bring money to the hospital, bring only a small amount.

My Pre-Admission Clinic Appointment

What is a Pre-Admission Clinic appointment?

A Registered Nurse (RN) will call you to complete a health assessment over the phone. **Please make sure you can spend 30 to 60 minutes on the phone so we can do a full assessment.** You will need to know the dose and how often you take all of your medications.

In some cases you may need to be seen in the Pre-Admission Clinic before your day surgery. This appointment will take 2 to 3 hours. You may eat and drink and take all of your usual medications before this appointment. 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)
Phone: 416 340 4800 extension 2200

What will happen during my Pre-Admission Clinic visit, if I need to come in person?

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

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

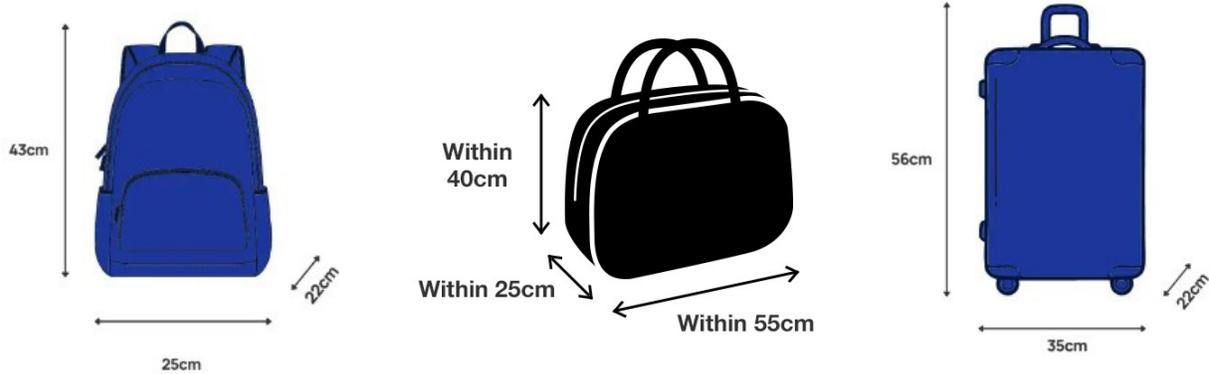
On the day of your Pre-Admission Clinic appointment, you must bring:

- Your Ontario Health Card (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).
- All your medications in their original bottles, and a complete medication list including prescription and non-prescription medications, vitamins, herbals and supplements.

What to bring to the hospital on the day of surgery

- Your Ontario 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).
- 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.
- Wear loose-fitting clothes and flat shoes.
- 2 bags: 1 for shoes and 1 for all belongings including what you wear to the hospital. Bags with a zipper are preferred to keep your belongings safe. This may include small duffel bags, backpacks or any other bag you would like.

Examples with sizes are:



Note: There are no patient lockers. Your family or caregiver will be given your belongings to carry with them until after the surgery.

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



What if my health changes before my 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)

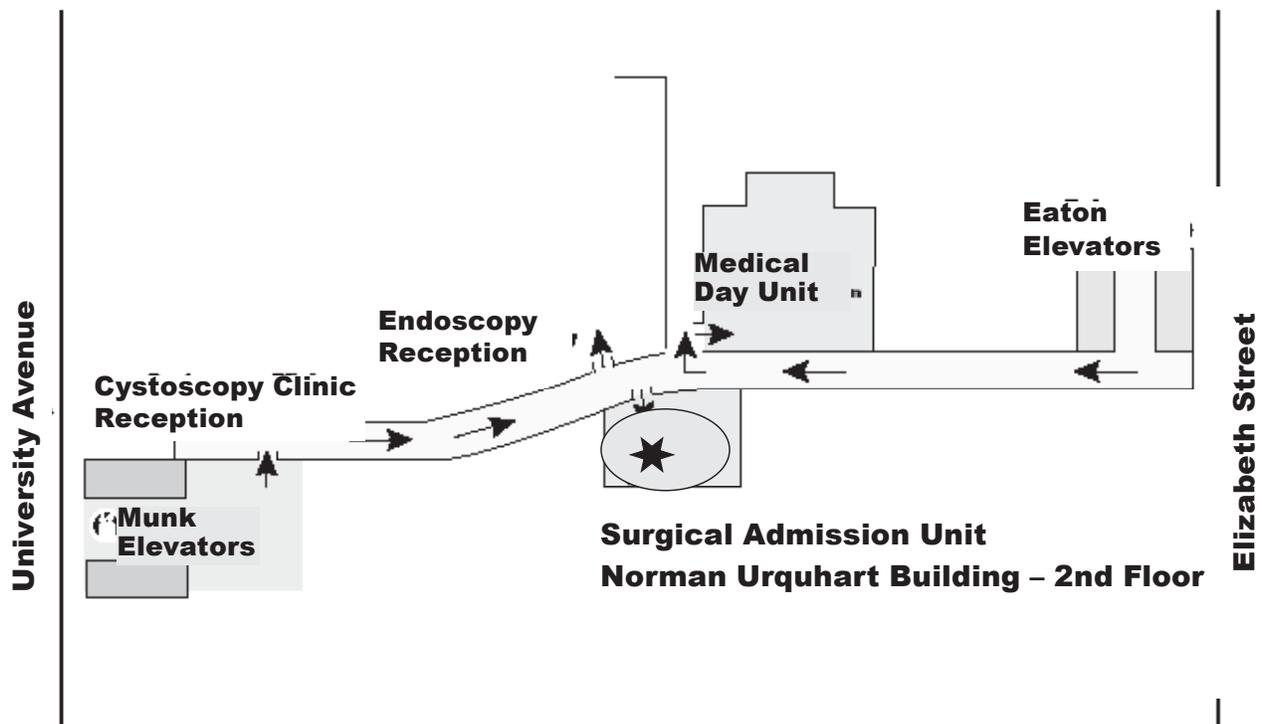
If your visitors have any of these symptoms, they should not come to the hospital to visit you. They can come to see you when they feel better.

When should I come to the hospital for my day surgery?

- 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 am, you need to get to the hospital by 9:00 am.
- If you are late, your surgery may be cancelled.
- Please come to the TGH Surgical Admission Unit (SAU), Peter Munk Building, 2nd Floor (see map below).

Peter Munk Building - 2nd Floor

(use Eaton or Munk elevators)



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

- A ward clerk will register you and confirm your information using your health card.
- We will give you a hospital gown and slippers.
- Your family will be given your belongings to hold while you are having surgery.
- You will then be taken to the Pre-Operative Care Unit (POCU) where you will wait for your surgery.

In the Pre-Operative Care Unit (POCU):

- A nurse checks your blood pressure, pulse and temperature. If you have diabetes, your blood sugar will also be checked.
- One family member or friend may wait with you in the POCU.
- An intravenous (IV) line may be placed in your arm.
- You will also see members of the surgical team, such as your surgeon, anesthetist and your operating room nurse. Your surgical site may be marked using a surgical marker.
- Once all is ready, you are taken into the operating room.
- Your family members or friends are asked to wait for you in the surgical waiting room on the 3rd floor, Peter Munk Building.

In the operating room

- A blood pressure cuff is placed on your arm, an oxygen monitor on your finger, and a machine monitors your heart rate.
- Medication is given to you to put you to sleep.
- The surgeon then performs the surgery.

After My Surgery

What will happen after my surgery?

In the 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.
- Usually, you are in the PACU for 30 minutes to 3 hours, but it may be longer depending on the type of surgery you have had.
- 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.
- From PACU we will transfer you to the Day Surgery Unit (DSU) for the rest of your hospital stay.

In the Day Surgery Unit:

- A nurse checks your blood pressure, pulse, temperature, and oxygen, as well as your wound or surgical site.
- If you need pain medication, please ask your nurse.
- One family member or friend may visit you in the Day Surgery Unit. If more than 1 person is present, they may have to take turns visiting because of limited space in the patient rooms.
- We give you a drink and a snack.
- The nurses help you move and provide care until you are ready to go home.

Getting ready to leave the hospital

When you are ready to leave the hospital, we will give you:

- information about how best to care for yourself at home
- information about how to make a follow-up appointment with your surgeon
- any medication prescriptions that you may need, including pain medication

There is a patient pharmacy on the 1st floor of the Norman Urquhart Building where you may get these prescriptions filled before you leave the hospital.

Hours

Monday to Friday: 8:00 am – 6:00 pm

Saturday: 9:00 am – 2:00 pm

Phone: 416 340 4075

Who should I call with my questions or in case of 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**



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