

Surgery at Toronto General Hospital and Princess Margaret Cancer Centre:

What you need to know before your surgery

Pre-Admission Clinic at Toronto General Hospital, University Health Network

My surgery date: _____

My surgeon: _____

Where to go for my surgery:

Toronto General Hospital
Norman Urquhart Building – 2nd Floor,
Surgical Admission Unit (see map on page 5)

Princess Margaret Cancer Centre
18B, Short Term Care Unit

Arrive at the hospital **2 hours** before your surgery

Where I will go after my surgery: _____





Your surgery date and time

Toronto General Hospital responds to life threatening emergencies. If an emergency occurs, your scheduled surgery may be delayed or cancelled.

If this happens to you, your surgeon will do their best to reschedule your surgery. Your surgeon's team will call you with a new date and time.

If there are **any changes in your health or you are feeling unwell** before your surgery, call your surgeon's office as soon as possible.



What to eat and drink before your surgery

For all patients having surgery:

- Do not drink alcohol for 24 hours before your surgery.
- You may brush your teeth on the morning of surgery. Do not swallow any water.
- On the day of your surgery, you can drink clear liquids such as water, apple juice or ginger-ale **up to 4 hours before your surgery, unless your health care team has given you different instructions.**

For example, if your surgery is booked for 11:00 am, you may drink clear fluids up until 7:00 am.

Fasting guidelines for the day before your surgery:

Your health care team will tell you which guideline to follow. If you aren't sure, please ask.

Guideline 1: Light meal allowed evening before surgery

- Have a light meal the evening before your surgery. Avoid fried food.
- **Do not eat any solid food after midnight (12:00 am)** the night before your surgery.

Guideline 2: Clear fluids only on the entire day before surgery

- **Do not have any solid food** for the entire day before your surgery. You can have **clear liquids only.**

Getting ready for your surgery

Bowel preparation

Follow the instructions from your surgeon's office for the following (✓ check what applies):

- No bowel preparation is needed
- Fleet enema between 7:00 pm to 8:00 pm the night before your surgery
- CoLyte
- Moviprep



Taking your medications before your surgery

On the morning of your surgery:



Take these medications with a sip of water:

- _____
- _____
- _____
- _____
- _____

You may take acetaminophen (Tylenol) before your surgery to manage your pain, if needed.

Bring all your eye drops, puffers and prescription creams to the hospital.



Stop taking these medications before your surgery:

- All vitamins, supplements, herbals and naturopathic medications for 7 days
- Acetylsalicylic acid (ASA) for 7 days (unless your health care team gives you different instructions)
- Naproxen (Aleve), Ibuprofen (Advil) or both for 7 days
- Anticoagulants (blood thinners) as follows:

- Other:

Smoking and your surgery

Do NOT smoke on the day of your surgery.



To improve your recovery after surgery, we strongly advise that you stop smoking for as long as possible before your surgery.

For more information, support and tips to help you stop smoking, go to www.uhnsmokefreeforsurgery.ca

What to bring on the day of your surgery

- Ontario Health card (OHIP)
- Protective cases for eyeglasses, hearing aids and dentures
- CPAP machine, if you need one.
- Slippers or shoes with non-skid soles
- Toiletries, including toothbrush and toothpaste

What NOT to bring on the day of your surgery:

- × Any food or beverages
- × Valuables or jewelry
- × Pillows
- × Large suitcases
- × UHN is a scent free hospital. Do not wear or bring in perfume, scented lotions or sprays to the hospital.

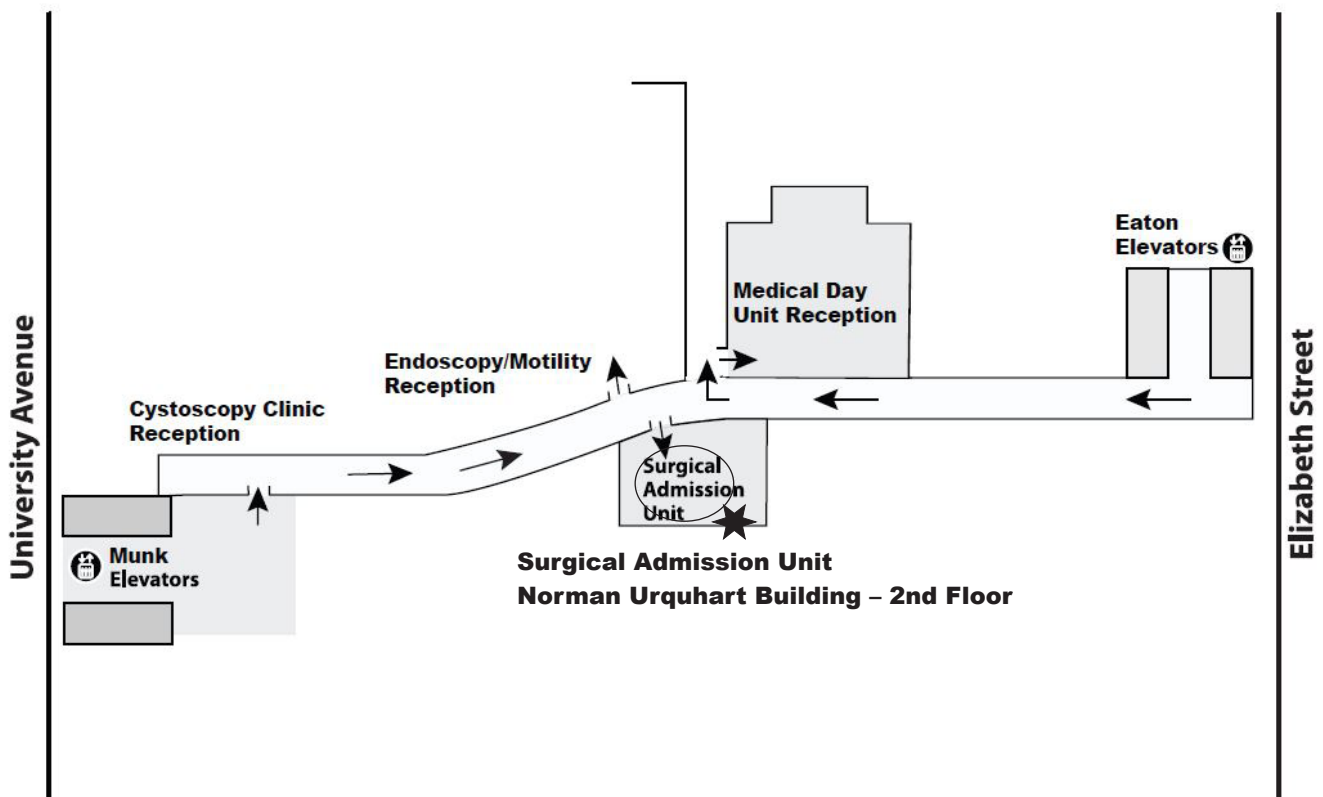
If you need additional items, have your family or caregiver bring them to the hospital when you are settled in your room after your surgery. Please limit what you bring to the hospital.

Remove:

- All rings and jewelry. If you are unable to remove your rings, have a jeweler remove them or cut them off
- All body piercings
- Nail polish, shellac, gel or artificial nails from your hands
- Make-up
- Contact lenses (wear your glasses to the hospital)
- Tampons – use a sanitary pad if necessary

UHN is not responsible for lost or stolen items.

Where to go on the day of your surgery



Arriving at the hospital

- You need to arrive **2 hours before your surgery** or as instructed.
- If you are late, your surgery may be cancelled.
- The receptionist will get you registered with your Health Card.
- You will be shown to an area to get changed into a hospital gown and brought to the patient holding area before your surgery.

Patient Holding Area

- A Registered Nurse will check your vital signs (blood pressure, pulse, temperature, and breathing) and blood sugar, if needed. You will be asked to verify some health questions for safety.
- A member of your health care team will start an intravenous (IV) in your arm before your surgery.
- You will see your surgeon and members of the surgical team, as well as your anesthesiologist.
- One or two family members or essential care partners may be able to stay with you in the holding area before surgery. Visitation restrictions may vary as a result of the Covid-19 pandemic. Please visit the UHN Covid-19 website or check with your health care provider at the time of your pre-admission visit for current guidelines.
- When the operating room is ready for you, a team member will bring you in.
- Once you are taken to the operating room, your family and friends will be asked to leave. They will be shown where they can wait until your surgery is finished.

Operating room

- Once you are in the operating room, you will be helped onto the operating table.
- A blood pressure cuff will be placed on your arm, an oxygen monitor on your finger, and a heart monitor will be placed on your chest.
- Your anesthetic will be given at this time.

After your surgery

Post-Anesthetic Care Unit (PACU)

For patients NOT having heart surgery

- When your surgery is over, you will be transferred into the Post-Anesthetic Care Unit (PACU).
- In PACU, you will recover from the early effects of your surgery and anesthesia.
- You will be in a large room with several other patients. Your nurses will be monitoring you.
- You may have an oxygen mask over your mouth and nose.
- Your pain, nausea or both will be treated.
- You may be in the PACU for 30 minutes to 2 hours depending on your surgery. One family member may be allowed for a short visit before you transfer to the Inpatient unit. Visitation restrictions may be in effect during the Covid-19 pandemic. Please visit the UHN Covid-19 website or check with your health care provider at the time of your pre-admission visit for current guidelines.
- When you have recovered, you will be transferred to your assigned room on the Inpatient unit.

For patients having heart surgery procedures or some vascular procedures

- If you are having heart surgery procedures or certain vascular procedures, you may be taken either to the PACU for the first 60 to 90 minutes or directly into the Cardiovascular Intensive Care Unit (CVICU).
- In CVICU, you will recover from the early effects of your surgery and anesthesia.
- Your nurse will be in a room with you and check on you often.
- Your pain, nausea or both will be treated.
- Two family members may be allowed for short visits. Visitation restrictions may be in effect during the Covid-19 pandemic. Please visit the UHN Covid-19 website or check with your health care provider at the time of your pre-admission visit for current guidelines.
- When you have recovered, you will be transferred to your assigned room on the Inpatient unit.

Recovering from your surgery

The Surgical Nursing Unit or Inpatient Unit

- You will complete your recovery from your surgery in your assigned room.
- The nursing staff will continue to monitor your condition and progress. You will get medication to manage your pain as you need it.
- Many members of the health care team will partner with you to meet your needs during your stay in hospital.
- Visitation restrictions may be in effect during the Covid-19 pandemic. Please visit the UHN Covid-19 website or check with your health care provider at the time of your pre-admission visit for current guidelines.



Exercises after your surgery

To prevent complications after your surgery, do the following exercises:

- Take 5 to 10 deep breaths every hour when you are awake.
- Do a splinted cough to clear secretions from your lungs, as needed (hold a pillow tightly to your chest or abdomen, then cough).
- Leg exercises, including ankle pumping and leg slides, 5 to 10 times every hour when you are awake.
- Get up and walk as much as you can as directed by your nursing team.
 - Talk to your nursing team about using your medications to manage any pain you may have so that you can get up comfortably
 - To prevent a fall, ask for help if you feel weak or dizzy. Wear non-skid slippers or shoes when walking and use any devices that your team has asked you to.



Leaving the hospital

When you are discharged from the hospital, you will be given instructions specific to your surgery, which may include:

- Driving restrictions
- Lifting restrictions
- When to go back to work
- Directions for necessary follow-up appointments after your surgery
- Prescriptions for medications, if needed

Your health care team may also give you other special instructions that you will need before you go home.



If you have questions or concerns about your surgery, call your surgeon's office.

myUHN Patient Portal

myUHN Patient Portal is a secure website for patients of University Health Network (UHN). This website lets you see your appointments and test results from all UHN sites as soon as they are ready.

With myUHN, you can access your personal health record from anywhere, at any time, using your computer, smartphone or tablet.

If you are interested in accessing your personal UHN health record online, ask pre-admission staff for a myUHN registration code.

For more information, visit: www.uhn.ca/PatientsFamilies/myUHN



Health information for you

The TGH Patient and Family Learning Centre and Library and the Princess Margaret Patient and Family Library provide patients and their families with access to good quality, up-to-date health information.

Find information on many health conditions, tests and treatments, community resources and more. You can also use the Internet to find information on your own, or have our Librarian do a tailored search just for you.

TGH Patient and Family Learning Centre & Library

Norman Urquhart Building – 1st Floor

Phone: 416 340 4800 ext. 5951

Email: tgpen@uhn.ca

Monday to Friday 9:00 am to 4:00 pm

Closed on weekends and holidays

Princess Margaret Patient & Family Library

610 University Avenue, Room Main – 508

Phone: 416 946 4501 ext. 5383

Email: patienteducation@uhn.ca

Monday to Friday 9:00 am to 4:00 pm

Closed on weekends and holidays

Visit www.uhnpatienteducation.ca and select “More about Patient Learning Centres”.

For more information online

UHN Surgery and Critical Care

Website: www.uhnsurgery.ca



My Surgery @ UHN app

The My Surgery @ UHN app is for you and your caregivers to use before, during and after your surgery. Download on your preferred device.

Notes



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