

## **DAY SURGERY**

**We are very pleased that you will be having your surgery at Pembroke Regional Hospital. Your surgery has been booked for**

\_\_\_\_\_ @ \_\_\_\_\_

**Please call 613-732-2811 extension 7138 between 12:00 and 3:00 p.m. the day before your surgery to confirm surgery time. If there is no answer, the unit clerk is likely taking another call. Please call back.**

**If your surgery falls on a day after a holiday, please call the last business day before surgery.**

### **CANCELLATION POLICY**

**OPERATING ROOM TIME IS A VALUABLE RESOURCE. CANCELLATIONS WITH LESS THAN FIVE DAYS' NOTICE CAUSE PROBLEMS WITH BOOKING AND PREVENT OTHERS FROM USING THAT TIME. ANOTHER PATIENT WHO IS WAITING ON SURGERY COULD BE PLACED INTO YOUR SPOT SO THAT THIS TIME IS USED EFFECTIVELY.**

**PLEASE CALL YOUR SURGEON IF YOU ARE SICK WITH A COLD, FLU, FEVER, CONCUSSION, OR ANY OTHER ILLNESS. IF YOU NEED TO CANCEL, IT IS IMPERATIVE THAT YOU TELL YOUR SURGEON IMMEDIATELY. THIS IS FOR YOUR SAFETY.**

## **Pre-Operative Assessment Clinic (POAC) Appointment**

Your surgeon may request that you see a nurse and/or anesthesiologist prior to surgery.

Pembroke Regional Hospital will call or mail you a notification to provide a Pre-Operative Assessment Clinic (POAC) appointment or a telephone screening call.

Your appointment may take 60-75 minutes. It is beneficial to have a family member attend, because you will be given a lot of information that may be hard to remember.

The nurse will explain how to prepare for surgery, what to expect during your hospital stay, and answer your questions. If a hospital POAC appointment is required, bring with you all prescribed medications, inhalers, and insulin.

If you are unable to come, please notify your surgeon.

## **Medication List**

In an effort to ensure safe, effective care for you when you have your surgery, please go to your pharmacy and get them to print an updated list of your medications. **Please have your up-to-date medication list readily available to provide to the pre-op Nurse during your telephone pre-op appointment. It is also important to include any over the counter medications.**

## **Lab Tests and/or X-rays**

Lab tests can be done at any lab with exception of Type and Screen tests, which must be done in Pembroke within 8 weeks of surgery date.

X-rays can be completed at the Pembroke Regional Hospital between 8:00 a.m. and 6:00 p.m. Monday to Friday.

## DAY OF SURGERY

### Medications

You should stop taking Vitamin E and Herbal medications one week before surgery.

1. Take the following medication(s) on arising the morning of your procedure with a sip of water: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

2. **STOP** taking the following medication(s): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Physician Signature: \_\_\_\_\_

Do not wear make-up, nail polish, acrylic nails, perfume, metal hair clips, contact lenses, cologne, or other scented products. You may wear a non-scented deodorant. Have a shower or bath and wash hair before coming for surgery.

Wear loose, comfortable clothing to return home. You will need to arrange to have someone pick you up to go home.

### Leave valuables at home

Leave your credit cards and money at home. We do not assume responsibility for lost or stolen articles.

### Cell phones

The use of cell phones is permitted in designated areas

### Smoking

No smoking after midnight or as instructed: \_\_\_\_\_

## CPAP

If you use CPAP at home, please bring it to the hospital.

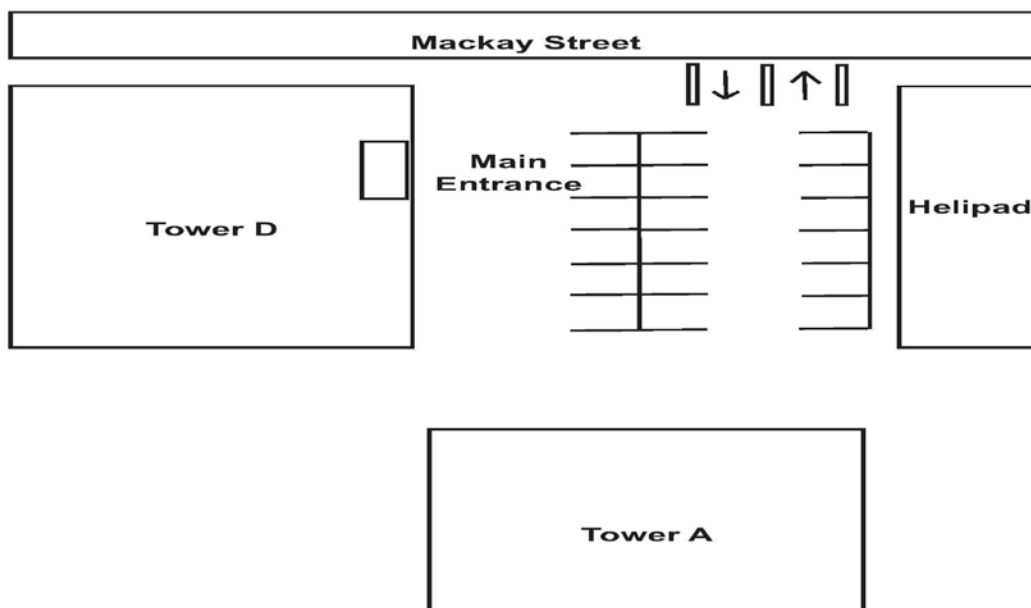
## Fasting Instructions

**PREPARATION: DO NOT EAT SOLID FOOD AFTER MIDNIGHT. THIS INCLUDES GUM OR CANDY. CLEAR FLUIDS SUCH AS WATER, APPLE JUICE, GATORADE OR GINGER ALE MAY BE TAKEN IN SMALL AMOUNTS UNTIL 2 HOURS BEFORE YOUR SURGERY TIME. MEDICATIONS MAY BE TAKEN WITH SIPS OF WATER AFTER THAT TIME. YOU MAY BRUSH YOUR TEETH.**

Eating or drinking can cause you to vomit during anaesthesia and this can be dangerous. **Your surgery may be cancelled if these specific instructions are not followed.**

## Registration

Please report to main entrance of Tower D, located off Mackay Street adjacent to the helipad.



## **Arrival/Contact Person**

On the day of your procedure, arrive to the Tower D entrance 1 hour and 15 minutes prior to your procedure. Upon arrival, you will be screened and directed to Registration. Once registered, you will be escorted to the surgery area by a PRH staff member.

You must have a ride home after your procedure, as you are not permitted to drive. Please ensure you leave a contact number with the surgical nurse. Your contact person can pick you up at the Tower D entrance. There is no charge for parking if exiting the parking lot within 10 minutes of arrival.

## **Other**

- The anesthetist will speak to you prior to surgery.
- It is not unusual to experience a sore throat for a day or two after surgery.
- After your surgery you will remain in day surgery for approximately 1-2 hours, dependent on your procedure.

## **Spiritual Care**

Visits from clergy are available while in hospital at your request.

## **Operating Your Vehicle after Your Surgery**

Do not drive for 24 hours after your surgery. You must make arrangements to have someone drive you home. Your surgery may be cancelled if you have not arranged transportation.

## **Follow up Phone Call**

Our hospital is participating in a Quality Improvement Plan in an effort to enhance our care at Pembroke Regional Hospital. You may be contacted 30 days following your surgery by our representative. She will ask you questions regarding the care you received in the hospital and your health condition after discharge.

## **Please Note:**

On occasion it is necessary to delay or cancel elective surgeries due to unforeseen circumstances or emergencies. We regret this inconvenience.

Notify your surgeon before surgery if you develop a cold or any other illness or if you decide to cancel your surgery.

**Nothing to eat after midnight; clear fluids up until 6:00 a.m**

**Ask questions! We are here to help!**

**Remove your jewellery and piercings.**



*Leading, Learning,  
Caring For You*

## **COVID-19**

### **Information regarding COVID-19 for Patients and Families**

We would like to take this opportunity to reassure you that Pembroke Regional Hospital is following best practice guidelines to ensure the safest care for you during your surgery and recovery.

**To ensure a safe environment for all patients, we have initiated many new policies and procedures.**

### **Visitor Restrictions**

In an effort to protect the health of our patients, staff, and community against COVID-19, visitor restrictions are now in place.

#### ***Can I visit a friend or loved one in the Hospital?***

Patients in Hospital are at extreme risk if exposed to COVID-19; therefore, strict restrictions are necessary.

PRH patients are entitled to identify an essential caregiver/care partner to support the patient's care and mental well-being. The patient and/or substitute decision maker is the one to decide who they would like to designate as their family caregiver/care partner. Visitors are allowed between the hours of 11:30 a.m. to 8:30 p.m. daily.

#### ***Can I accompany a friend or loved one to the Emergency Department or to an outpatient appointment?***

Patients may designate one family/support person to accompany them while attending an outpatient appointment or the Emergency Department.

If you are accompanying a friend or loved one to a same-day procedure or surgery, you may be asked to wait outside or return when the procedure or surgery is complete.

If you are accompanying a friend or loved one to the Emergency Department, you may be asked to wait outside until the patient is brought to a designated room/treatment area.

### ***What are the rules for visiting?***

To visit a patient in the hospital you must:

- Be a designated family caregiver/care partner as identified by the patient.
- Be feeling well.
- Continuously wear a mask that covers the nose and mouth. No eating or drinking while you are visiting with a patient.
- Report directly to the nursing station prior to visitation.
- Remain in the patient's room as much as possible to minimize movement within the facility. Use the call bell system to alert the nurse if assistance is required.
- Perform hand hygiene (hand washing and/or use of hand sanitizer) when entering and leaving the facility and when entering and leaving the patient's room.
- In some circumstances, additional protective equipment may also be required. Please consult with the patient's nurse.
- If a family caregiver/care partner does not follow the public health requirement during his/her time at the hospital, he/she will be asked to leave.

### ***What can I bring into the Hospital?***

For the health and safety of our patients and staff, we ask that you only bring items for patients which can be cleaned or wiped down with hospital-grade disinfectant.

### **Frequently Asked Questions**

#### ***What can I do to cope with stress and anxiety?***

It's normal to feel anxious or worried about COVID-19. You might feel sad about having to cancel celebrations and stay away from relatives and friends.

You can take care of yourself by trying to:

- Take breaks from the news
- Get regular exercise and eat healthy foods
- Try to find activities that you enjoy and can do in your home
- Stay in touch with your friends and family members

Keep in mind that most people do not get severely ill from COVID-19. It helps to be prepared, and it's important to do what you can to lower your risk and help slow the spread of the virus.



### ***Is it safe to have surgery in the hospital?***

Yes, it is still safe to come to the hospital or birthing centre to have your surgery. We have taken many steps to protect all patients, including you, your family, and staff. All patients, support people, and hospital staff are screened when they enter the hospital.

Your safety, the safety of your family, and the safety of your care team is our priority. Health care providers (HCPs) are taking all the precautions to keep you and your family safe.

### ***What should I be doing to decrease my risk of getting the virus?***

It is important for you to take special care to protect against the risk of becoming ill:

- Public Health recommends that patients who are having surgery self isolate for 14 days prior to surgery if possible. Avoid unnecessary visitors to your home.
- Wash your hands often with soap and water for at least 20 seconds OR, if not available, use alcohol-based hand sanitizer.
- Practice physical distancing. Keep a distance of at least two metres from others.
- Avoid touching your mouth, nose, and eyes.
- In accordance to [Public Health Agency of Canada \(PHAC\), wear a cloth or procedure mask in public space.](#)
- Avoid crowded places and peak hours. Make limited trips to the store for essentials.
- Avoid travel by public transit.

If you have travelled outside of Canada or had close contact with someone who has or is suspected to have COVID-19 in the last 14 days, you need to self-isolate.

If you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19, you must isolate at home. For more information on this topic, you can visit [Public Health Agency of Canada's website.](#)