

Instructions for Surgical Day Care Patients

Surgery Date: _____

If you have a cold, fever, or any sickness before your surgery, please call your surgeon office as soon as possible.

Check-in Time: _____

One business day before your surgery date, either call your surgeon's office, or your surgeon's office will call you for your check-in time.

You will be having your surgery at:

St. Paul's Hospital

Surgical Daycare Unit
Providence Building,
3rd floor, 1081 Burrard St.,
Vancouver, BC
Telephone: (604) 682-2344

Mount Saint Joseph Hospital

Surgical Daycare Unit
Ground Floor,
3080 Prince Edward St.,
Vancouver, BC
Telephone: (604) 874-1141

Medication Instructions:

Please see separate instructions given to you by your surgeon's office.

On your surgery day, bring all your medicines in their original containers to the hospital.

Eating and Drinking Instructions before your Surgery:

From **midnight** (12:00 AM) the night before your surgery, **you must not eat anything**.

You may drink sips of **water until 3 hours** before your arrival at the hospital.

We need your stomach as empty as possible. The reason for this is – when you go to sleep for your surgery, you may throw up. If your stomach has food or liquid in it, it could go into your lungs.

Before coming to the hospital

The night before, or the morning of:

- Shower and wash your hair
- Take off all jewellery, watches, and body piercing(s) including tongue studs
- Take off make-up, nail polish, false eyelashes, and wigs or hairpieces
- You must arrange for an adult to take you home from the hospital after your surgery. **If you do not have anyone to pick you up, your surgery will be cancelled. You must not drive yourself home.**
- You must arrange for an adult to stay with you overnight the first night after your surgery.

What to bring to the hospital

- Your CareCard (personal health number)
- Your medicines in their original containers, puffers (inhalers), insulin, etc.
- Your glasses, hearing aide(s), dentures.
No contact lenses

What NOT to bring to the hospital

Do not bring:

- Money or credit cards
- Jewellery
- Cellular phone, pager, laptop computer

Going home

- Remember to have an adult pick you up
- Once you are at home, please follow the instructions we have given you
- Call your surgeon's office to make an appointment for your "after surgery" check up
- If you have any questions or concerns after surgery, please call your surgeon's office
- Know that you can always go to the nearest Emergency Department if needed