

## Preparing for your Anesthetic and Surgery

### Admission to Hospital

#### Vancouver General Hospital

- If your surgery is on a Monday or after a holiday, call VGH between 11:00 a.m. and 2:00 p.m. the day prior at 604-875-4937.
- For all other days, call your surgeon's office after 2:00 p.m. the day before your surgery.
- If you cannot get in touch with your surgeon's office by 3:00 p.m. the day before your surgery, call the VGH Admitting Department 604-875-4300 between 3:00 p.m. and 4:00 p.m.
- **Day of surgery, report to the VGH Admitting Department in Jim Pattison Pavilion, 899 West 12th Avenue, Vancouver.**

#### UBC Hospital

- If your surgery is on a Monday or after a holiday, call the surgeon's office on Friday after 2:00 p.m.
- For all other days, call your surgeon's office after 2:00 p.m. the day before your surgery.
- If you cannot get in touch with your surgeon's office call the UBCH Admitting Department at 604-822-7033 between 4:00 p.m. and 10:00 p.m.
- **Day of surgery, report to the UBCH Koerner Pavilion Admitting Department, 2211 Wesbrook Mall, Vancouver.**

**VGH and UBCH are Smoke Free Premises and Scent Free Areas.**

### Before your Surgery

- The Anesthesiologist or Nurse in the Pre-Admission Clinic will tell you what prescription medication to take the day of surgery. These medications may be taken with a sip of water.

#### Diet instructions before your surgery

- For patients with NO bowel preparation:**
  - **DO NOT** eat food or drink alcohol after midnight on the night before surgery.
  - You may drink clear fluids (water, apple juice, or cranberry juice but **no alcohol**) after midnight until 1 hour before hospital check-in time, then **DO NOT** drink at all.
  - **DO NOT** drink citrus juices, carbonated beverages or dairy products after midnight.
- Clear fluid carbohydrate loading:**
  - Drink 2 glasses (500 mL or 16 ounces) of clear juice (eg. apple juice/cranberry juice) on the evening prior to surgery.
  - Drink 1 glass (250 mL or 8 ounces) of clear juice 1 hour before hospital check-in time, then **DO NOT** drink at all.
- For patients who received bowel preparation:**  
 Follow the diet instructions as per the "Bowel Preparation" instruction sheet.
- As per doctor's order:** \_\_\_\_\_  
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#### DO NOT bring:

- more than \$20 cash
- valuables or jewelry
- electrical appliances, e.g. hair dryer
- cellular phone or laptops

Note: The hospital is not responsible for items kept at the bedside.

- **DO NOT** smoke, chew gum or suck lozenges (cough drops) after midnight the night before surgery.
- **REMOVE ALL MAKE-UP, NAIL POLISH, FALSE EYE LASHES, JEWELRY, BODY PIERCINGS, WIGS AND HAIR PINS.** All rings must be removed prior to admission. Acrylic nails (without polish) may be left on.

**If you are feeling unwell, or have had a change in your medical condition, please contact your surgeon's office immediately.**

## Day of Surgery

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- Bring your B.C. Care Card or other proof of medical insurance.
- Bring your Driver's License or other government-issued photo identification.
- Bring all prescription medicine in the original container or bubble pack, with the exception of your narcotics.
- If you do not speak English, bring someone to assist you. If you require an interpreter please advise your health care provider prior to your hospital admission.
- Wear glasses and hearing aids if required.
- Wear walking shoes and loose fitting clothes that will be comfortable after your surgery.
- If Continuous Positive Airway Pressure (CPAP) is required, bring to hospital on day of surgery.
- If staying for more than one night, bring only essential personal care items. **PLEASE LIMIT BELONGINGS TO ONE SMALL BAG.**

## Going Home

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### Discharged Same Day As Surgery:

- You will go home as soon as the doctor and nurses have found that you are able.
- **A responsible adult MUST accompany you home after surgery. (You cannot go home alone or unaccompanied in a taxi.)**
- We recommend you have someone stay with you for the first 24 hours that you are home.
- For 24 hours after an anesthetic, do not do anything that needs coordination or judgment. This includes driving a car and making important decisions.
- Do not drink alcohol. Alcohol may add to the anesthetic effects.

### Discharged After One Or More Nights In Hospital:

VGH: You will be discharged in the morning at 10:00 a.m.

UBCH: You will be discharged in the morning between 8:00 and 11:00 a.m.

## When you are Home

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- Please follow the instructions given to you.
- Get any prescribed medications and take as directed.
- Pain medications should be stored safely in your house and any unused pills should be returned to your pharmacy
- Keep appointments for follow-up care with your doctor. Contact your doctor or the Emergency Department for any problems after surgery.

## Conveniences

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- Visiting hours vary from unit to unit. Ask the clerk on the nursing unit about the visiting hours on your ward.
- See hospital web site for more information: [www.vch.ca/your\\_stay/in\\_hospital/](http://www.vch.ca/your_stay/in_hospital/)

## HealthLink BC

To speak with a nurse, pharmacist, or dietitian, call 811. For deaf and hearing-impaired assistance (TTY), call 711. Services available in 130 languages. [www.healthlink.bc.ca](http://www.healthlink.bc.ca)

## VGH & UBC Hospital Foundation

VGH & UBC Hospital Foundation raises money for our hospitals. Donations from patients grateful for their care are essential to ensuring excellence in our hospitals. Donations help fund urgently needed medical equipment, patient care and important research. Please consider making a donation today to help us continue to deliver BC's best most specialized care for adults. To donate now visit [vghfoundation.ca/donate](http://vghfoundation.ca/donate) or call 604-875-4676.

## Having an Anesthetic

- When you come for your operation you will have medication that will keep you comfortable during the surgery.
- The kind of anesthesia that you receive depends on the type of operation and on your health.
- **General Anesthesia** – you are “asleep” or unconscious, with medication given through your intravenous.
- **Regional Anesthesia** – you have freezing or local anesthetic, (like the dentist uses). The medication is injected near nerves to numb a part of your body, and you may remain awake or be sleepy during the procedure.
- **Local Anesthesia** – you have medication injected close to the surgery area.
- See web link for information on Pain control after surgery: <http://vch.eduhealth.ca/PDFs/FM/FM.820.P161.pdf>