



GUIDE

Planning for my Inpatient Surgery

Same Day Admission



The Ottawa Hospital | L'Hôpital
d'Ottawa



Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified health-care provider. Please consult your health-care provider who will be able to determine the appropriateness of the information for your specific situation.

Same Day Admission (SDA)

My name: _____

Date of surgery: _____

Time of arrival to hospital: _____

Name of primary contact person: _____


Please bring this booklet to the hospital on the day of your surgery.

Civic Campus

Finding out the time of surgery:

We will call you between 1–5 p.m. the day before your surgery.

Coming for surgery: Come to the Surgical Day Care Unit Reception Desk on the 3rd floor, 'D' Section. (See map on page 9). Open Monday to Friday at 6 a.m.


 **613-761-5252**

General Campus

Finding out the time of surgery:

We will call you between 4–8 p.m. the day before your surgery.


Coming for surgery: Come to the Surgical Day Care Unit Reception Desk on the 2nd level of the Critical Care Wing. (See map on page 8). Open Monday to Friday at 6 a.m.

 **613-737-8407**

Admitting:

 **613-761-4131**

Admitting:

 **613-737-8200**

Please do not wear/use perfume, aftershave or other scented personal products. Anyone coming to the hospital with you or to visit are also asked not to wear scented products.

Welcome to The Ottawa Hospital. We understand that surgery is a stressful time for you and your family and we hope to give you information that will help you prepare for your surgery.

The Same Day Admission/Surgical Day Care staff care for patients who are admitted to the hospital on the same day as their surgery. After surgery, you will be admitted to an inpatient unit where you will stay in the hospital for one day or more after surgery as decided by your doctor and health-care team. This booklet will give you some information about preparing for surgery, and your health-care team will give you more specific information. There is a checklist on pages 3 and 4 to remind you of the important things to do before your surgery.

It is possible that your surgery may need to be postponed because of emergencies or unexpected delays in the Operating Room. We will let you know if this happens to you.



Remember:

- Call your surgeon if you are sick with a cold, flu, fever or other illness.
- If you are on blood thinners (anticoagulants, antiplatelets) or aspirin, remember to tell your surgeon because these medications sometimes need to be adjusted one week before your surgery.
- If you need a medical certificate or insurance form completed: Contact your surgeon's office before the day of your procedure.
- If pregnancy is possible it is very important to let the staff and surgeon know so we can do a pregnancy test.
- Patients who smoke are more at risk of serious heart and lung problems during and after surgery. Smokers also have a higher chance of incision infections and may need to stay in hospital longer. This is why it is important that you try to quit smoking for as long as possible before your surgery. At a minimum, you must not smoke on the day of your surgery. You will not be allowed to smoke in the hospital. Many people use this as a chance to stop smoking. We have many options and supports available to help you quit smoking before your surgery.



Checklist: ✓ Evening before surgery

- Take a shower or bath using regular soap and wash your hair. Do not use scented products. (If you prefer, you can shower in the morning.) It is important to be clean before your surgery.
- EATING AND DRINKING INSTRUCTIONS**
 - **Stop eating solid food at midnight** the night before your surgery.
 - Do not chew gum or suck on hard candy after midnight.
 - Clear fluids make you feel well before surgery and may help speed up your recovery. Continue to drink clear fluids up to **90 minutes** (1 ½ hours) before your arrival time to the hospital on the day of surgery. Drink at least 2 cups of:
 - Water
 - Apple juice
 - White cranberry or white grape juice
 - Colourless soft drinks (sprite, ginger ale, 7-Up)
 - Colourless sport drinks (Gatorade, Powerade)
 - Stop drinking **90 minutes** (1 ½ hours) before your arrival to hospital.
- Also follow these instructions:


✓ The morning of Surgery: Before coming to the hospital

- MEDICATION INSTRUCTIONS**
- May take your usual medications on the morning of surgery (take with a sip of water).

Do NOT take the following medication	

- Other important medication instructions:



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- Bring the following medications:
 - Inhalers (for asthma)
 - Nitro spray (for chest pain)
 - Insulin (do **NOT** take the morning of surgery)
 - Pills for diabetes (do **NOT** take the morning of surgery)
 - Other: _____

✓ **On the morning of surgery DO**

- Take a shower or bath using regular soap and wash your hair. (If you did not do last night). Do not use scented products. You may use deodorant unless told otherwise.
- Also follow these important instructions:
 - Brush your teeth but do not swallow.
 - Remove all make-up, nail polish, all body piercing and jewellery.
 - Wear loose, comfortable clothing.
 - Bring the telephone number (or cell phone number) of your primary contact person.

✗ **On the morning of surgery do NOT**

- Do **NOT** wear perfume, lotions, aftershave, or use hair products.
- Do **NOT** bring money, valuables (including phones, iPods, laptops, etc.), watches, jewellery (including wedding bands) or keys to the hospital.
- Do **NOT** bring contact lenses to the hospital.

The Ottawa Hospital will not be responsible for lost or stolen articles or belongings brought to the hospital. Patients who bring any valuables do so at their own risk.

✓ **Bring the following things to the hospital**

- If you have **sleep apnea** and use a machine at night, bring it to the hospital.
- If your surgeon has ordered **crutches, canes, splints** or any other devices bring them with you.
- You may wear your Medic Alert bracelet, dentures, glasses, hearing aids and other such aids to the hospital. Bring labeled containers for these items because you will need to remove them for surgery.
- Bring your hospital green card if you have one.
- Bring this booklet

Day of Surgery: Coming to the hospital

You must arrive on time or your surgery may be cancelled. Your arrival time is **NOT** the time of your surgery.

Day of surgery: At the hospital Surgical Day Care Unit

- Only 1 person can accompany you on the day of surgery.
- Cell phones are **only** allowed in public areas of the hospital (cafeteria, coffee shop or lobby areas). Please be respectful and put phones on vibrate. Cell phones are **not** allowed in patient care areas and must be turned off.
- In order to allow plenty of time for your preparation for surgery you may wait 2 to 3 hours after arriving at the hospital before your surgery will start. You may want to bring something to read.
- You will change into a hospital gown and we will prepare you for surgery.
- You will not know your room number until it is assigned later in the day. Please leave your suitcase and personal things in the car until your room is assigned.
- Your primary contact person will be asked to look after all your valuables while you are in surgery. If you are alone your belongings will be sent to the inpatient unit later in the day.
- The Ottawa Hospital will not take responsibility for any lost or stolen articles.

Operating Room

- No visitors are allowed in the operating room (Surgical Suite) area.
- You will be brought to the operating room area by stretcher.
- You may wait in the hall a few minutes and the nurse and the anesthesiologist will come to speak with you.

After Surgery (PACU and SDCU)

- No visitors are allowed.
- After surgery you will usually recover in the Post-Anesthetic Care Unit (PACU) before you go to your inpatient unit (ward) room.
- The nurse will frequently check your pulse, blood pressure, oxygen level, breathing, site of your operation and pain control.
- Tell your nurse if you have pain, nausea and/or vomiting, itchiness or difficulty urinating.

- Pain is personal. For more information, read Pain Management After Surgery booklet (P954). The amount of pain you feel may not be the same as others feel, even if you have had the same surgery.
- Your pain should be controlled enough that you can rest comfortably. The pain should not stop you from deep breathing or coughing, getting out of bed or walking.
- You will need to practice your deep breathing and coughing. This exercise is done every hour for the first day and every 4 hours for the next 1 to 2 days. Take a deep breath in through your nose and blow out through your mouth. Repeat this 5 times. On the 5th breath, cough 2 to 3 times gently. If you have a chest or abdominal incision, support it with a pillow.
- Leg exercises: These exercises are done 4 to 5 times a day until you are walking. Point your toes towards your head, then towards the foot of the bed 5 to 10 times. Make your feet go around in circles 5 to 10 times. Bend and straighten one leg and then the other leg 5 to 10 times.
- Each person recovers from surgery and an anesthetic differently, your doctor and nurse will decide when you are ready to go to your room.

After surgery: My inpatient room

- Your family will be able to visit you when you are settled in your inpatient (ward) bed.
- Visiting hours on most units are from 3 p.m. to 8 p.m. No more than two visitors are allowed at one time. Please see The Ottawa Hospital “Visiting Hours and Guidelines” booklet for unit specific information as specialty units often have different rules.
- Your suitcase and personal belongings can be brought to your room at this time.

My care at home

Your surgeon and health-care team will decide when you are ready to go home.

Before leaving the hospital, please ensure you have received the following instructions from your doctor or nurse before you go home.

- What medication to take after your surgery (how often, when and why).
- How to care for your incision and any tubes or dressings.
- What activities or exercises you can do and when you can do them (i.e. drive the car).
- What, if any, diet restrictions you need to follow.
- The date and time of your next appointment with the surgeon.

When to call your surgeon or your family doctor.

Please make preparations to leave the hospital by 10 a.m. on the day of discharge home.

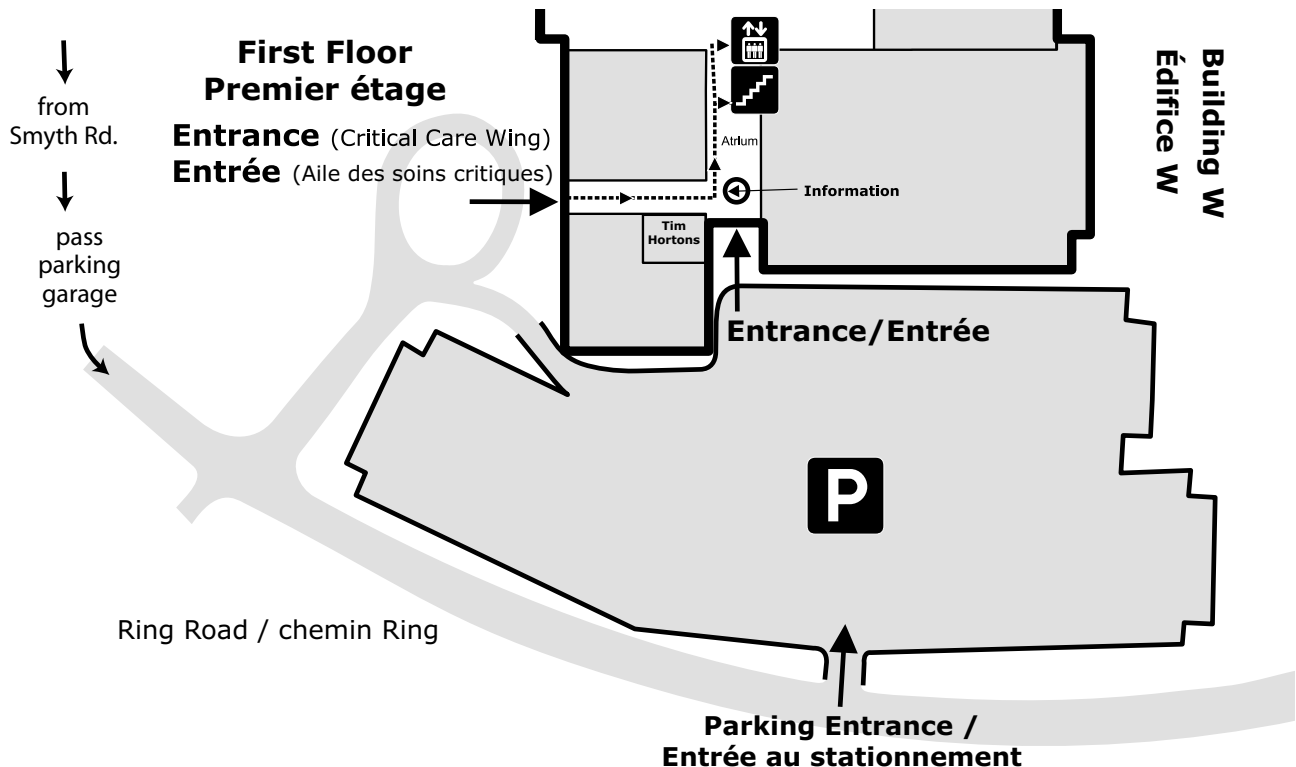
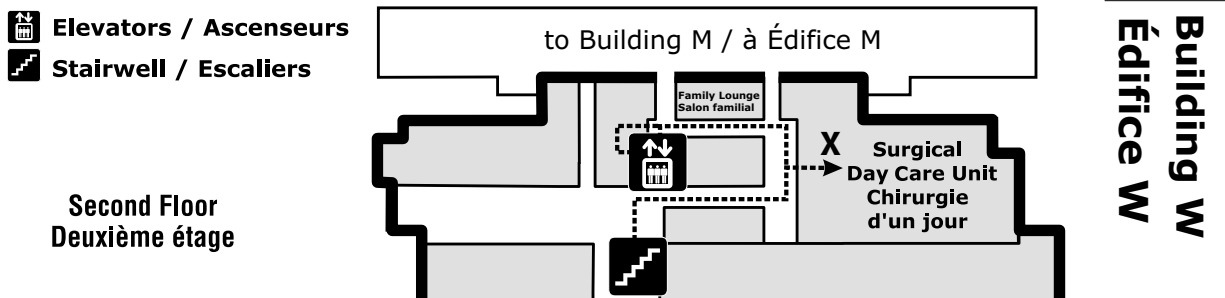
*We hope this information has been helpful to you.
Your surgery, anesthesia and nursing team.*

General Campus Map and Directions

When driving, enter The Ottawa Hospital complex and turn right on to Ring Road and drive past the parking garage until you reach the Critical Care Wing entrance and parking lot to your left.

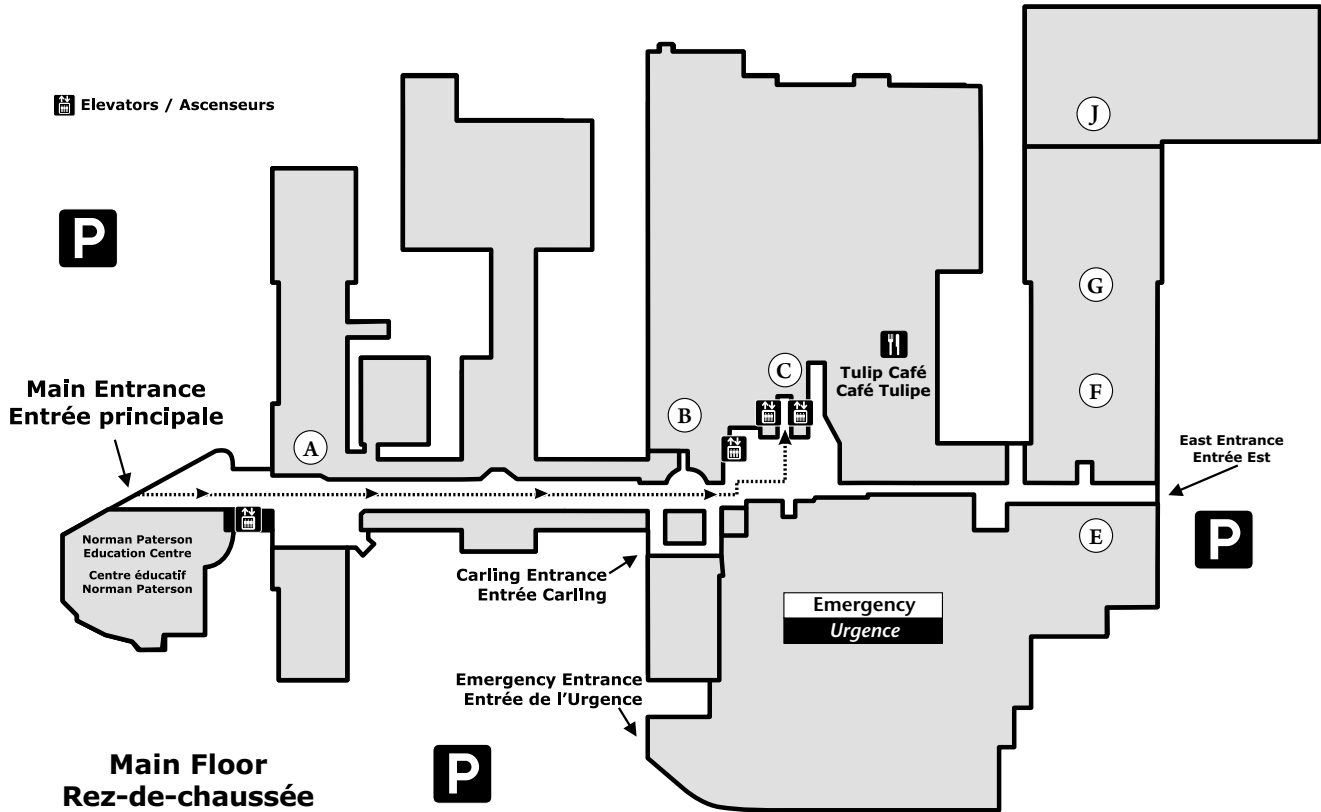
1. Enter the hospital through the Critical Care Wing entrance.
2. Proceed to the 2nd level using the stairs located in the Critical Care Wing (CCW) lobby or the elevator which is located just past the staircase.
3. Follow the signs to the Surgical Day Care Unit.

Directions to Surgical Day Care Unit on 2nd level



Civic Campus Map and Directions

1. To get to the Surgical Day Care Unit (SDCU), take the "C" elevators on the main floor to the SDCU on the 3rd floor.



Directions to Surgical Day Care Unit on 3rd floor

