



GUIDE

Planning for my Outpatient Day Surgery

Surgical Day Care Unit



The Ottawa Hospital | L'Hôpital
d'Ottawa

CAT.: 414520



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.

Surgical Day Care Unit (SDCU)

My name: _____

Date of surgery: _____

Time of arrival to hospital: _____

Name of responsible adult driving me home: _____

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

<p><input type="checkbox"/> Civic Campus</p> <p>Finding out the time of surgery: We will call you between 1–5 p.m. the day before your surgery.</p> <p>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.</p> <p> 613-761-4718</p>	<p><input type="checkbox"/> General Campus</p> <p>Finding out the time of surgery: We will call you between 4–8 p.m. the day before your surgery.</p> <p>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.</p> <p> 613-737-8407</p>	<p><input type="checkbox"/> Riverside Campus</p> <p>Finding out the time of surgery: We will call you between 1–5 p.m. the day before your surgery. If your surgery is on a Monday or after a holiday, you may get a call the business day before.</p> <p>Coming for surgery: Come to the Surgical Day Care Unit on the main floor. (See map on page 10). Open Monday to Friday at 6:30 a.m.</p> <p> 613-738-8531</p>
<p>Admitting:</p> <p> 613-761-4131</p>	<p>Admitting:</p> <p> 613-737-8200</p>	<p>Registration:</p> <p> 613-738-8400 Ext. 81016</p>

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 Surgical Day Care Unit staff care for patients who need surgery but who do not have to stay overnight in the hospital. 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.
- You must make arrangements for a responsible adult to accompany you home, failing which, your surgery will be cancelled. It is also required that you have an overnight companion or a contact that will check on you for your safety for the first 24 hours post procedure. The level of supervision required for your safety will depend on the nature of the procedure and other relevant factors, which will be discussed with your health-care team.
- If you live more than 100 km from the hospital, it is strongly recommended that you make arrangements to remain in Ottawa overnight (after surgery) with a responsible adult. If this applies to you, information on low cost overnight accommodations close to the hospital is available at www.rotel.ca or toll free at 1-800-267-4700.
- 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: _____



- 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 the adult who will take you home after your procedure. We will contact that person 30 to 60 minutes before you are ready to leave.

✗ **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.
- Label all your belongings and bring a bag or backpack for them.

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. The responsible adult who brings you to and from the hospital must be accessible while you are here. The doctor may need to speak with them and they need to be here to take you home in a timely manner. We will call that person when you are ready to go home.
- 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.
- Maps with directions to pick-up a patient from the Surgical Day Care Unit are in the middle of this booklet. Please give to the person who will be picking you up.
- 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, put your things in a locker and we will prepare you for surgery.

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 the Surgical Day Care Unit (SDCU).
- 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.

- Practice your deep breathing by taking a deep breath in through your nose and blow out through your mouth.
- Depending on your condition, you may be given something light to eat or drink before you go home.
- Each person recovers from surgery and anesthetic differently. Your doctor and nurse will decide when you are ready and able to go home.

Going home after surgery

- For your own safety a responsible adult **must** accompany you home even if you are travelling by taxi.
- It is strongly suggested that a responsible adult remain with you overnight your first night home.

An anesthetic is a drug that affects you for 24 hours after surgery. You may feel weak, dizzy or slightly nauseated.

For at least 24 hours following your anesthetic, do **NOT**:

- Drive. It is against the law.
- Do tasks requiring skill, coordination or judgment.
- Make any binding legal decisions.
- Drink alcohol, it is unsafe.
- Take any medication such as sedatives or tranquilizers unless prescribed by your physician.
- Take illegal “street” drugs.

My care at home

Follow ALL instructions given to you from your doctor and nurse.

Pain control

- Pain is personal. 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.
- Take the pain medication as prescribed by your surgeon to be sure you can do these things.
- Pain medication can cause constipation. Drink plenty of water and eat foods high in fiber.
- Your prescriptions can be filled at the hospital drugstore or your local pharmacy.

Regular medications

- If you are taking any regular medication, please ask your surgeon if you should continue to take it after your surgery.

Follow-up

- If you have not been given a follow-up appointment with your surgeon before leaving the hospital, please contact your surgeon's office to schedule an appointment.
- A nurse may phone you on the next working day following your surgery to check your progress and answer any questions.
- If you have any urgent concerns please contact your surgeon's office or go to the nearest Emergency Department.

Please note that there is NO Emergency Department at the Riverside Campus. You can go to either the General Campus or Civic Campus Emergency Department.

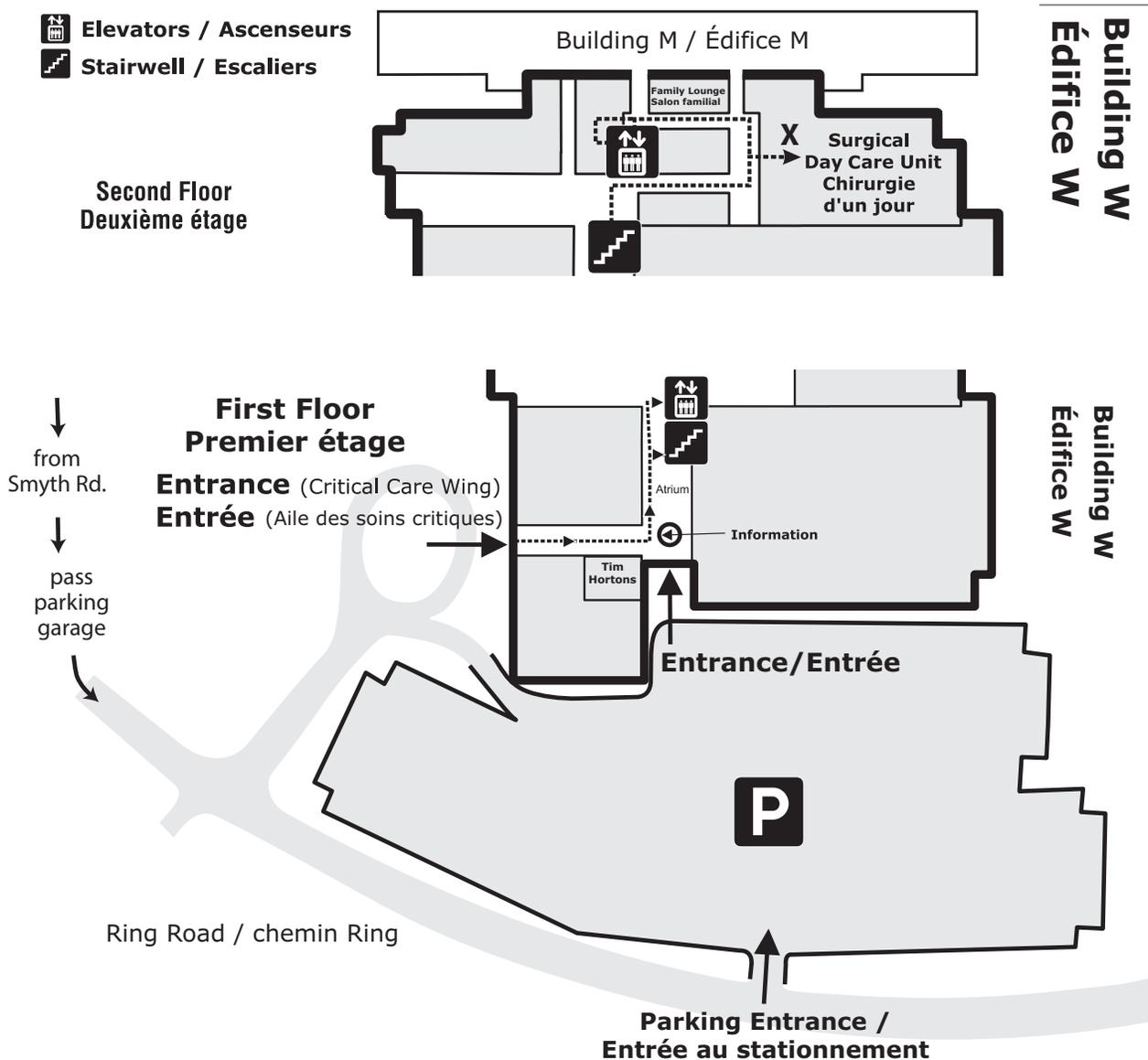
*We hope this information has been helpful to you.
Your surgical, anesthesia and nursing team.*

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.

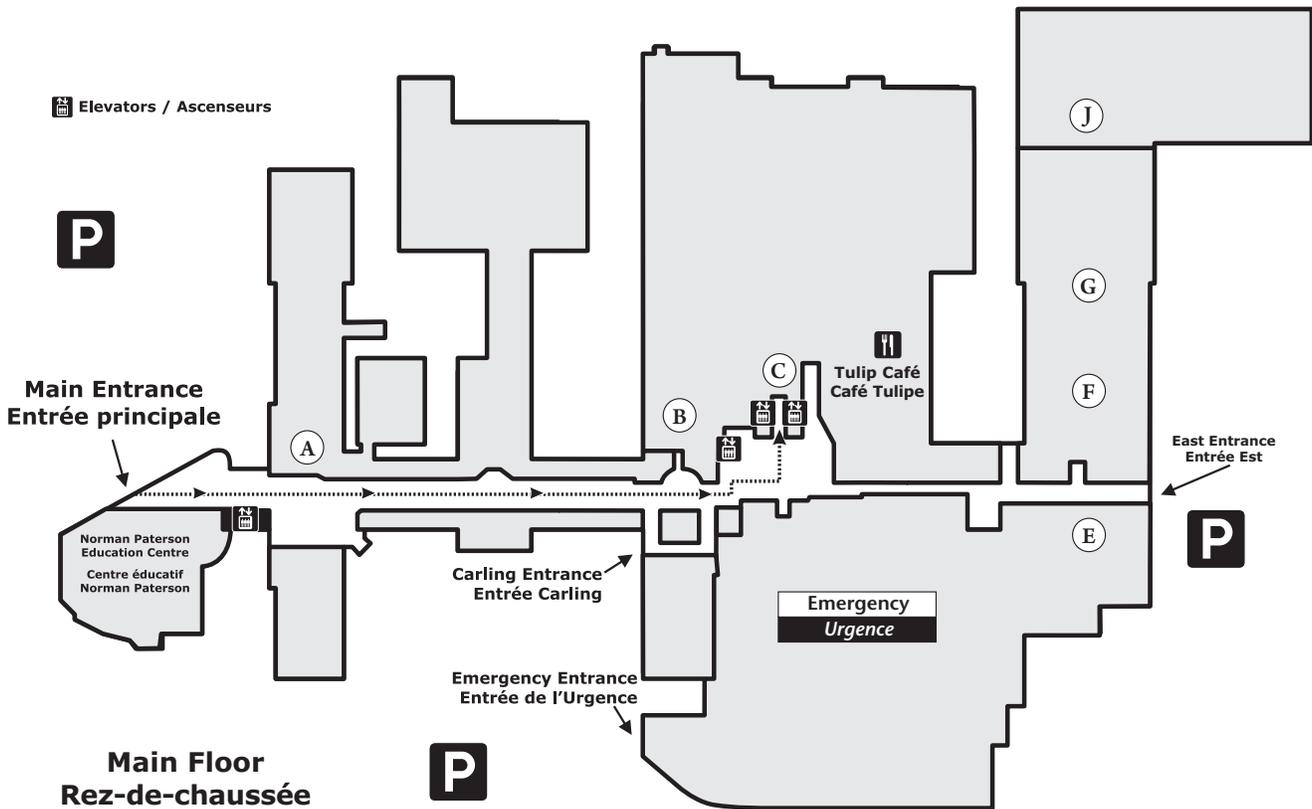
1. Enter the hospital through the Critical Care Wing entrance.
2. Proceed to the 2nd level using the stairs located in the Critical Care Wing (CCW) lobby or the elevator which is located just past the staircase.
3. Follow the signs to the Surgical Day Care Unit.
4. **To pick-up patients**, please ask the person picking you up to arrive using the Critical Care Wing entrance. He/she can confirm that the patient is ready to be picked up by using the dedicated phone line labelled "Surgical Day Care" at the CCW Information Desk or call SDCU reception desk 613-737-8407 using their cell phone.

Directions to Surgical Day Care Unit on 2nd level

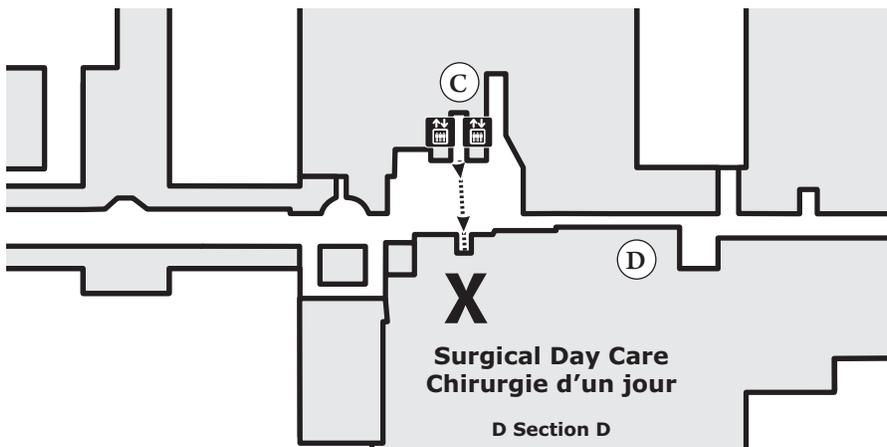


Civic Campus Map and Directions

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.
2. **To pick-up patients**, go to the Main Entrance **or** the Carling Entrance as instructed by the staff. Use the dedicated phone labelled **‘Surgical Day Care’** to speak to the staff in the SDCU. The patient will be brought down to you, unless you are told otherwise.



Directions to Surgical Day Care Unit on 3rd floor



Riverside Campus Maps and Directions

1. The Surgical Day Care Unit (SDCU) is on the main level (see X on map).
2. **To pick-up patients**, park at the meters across from the front entrance or in the parking lot closest to the front entrance. Come to the SDCU on the main level to pick-up the patient.

Directions to Surgical Day Care Unit on main level

