

## Surgeon Contact Information

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### Telephone/virtual interview

Date: \_\_\_\_\_ Time: \_\_\_\_\_

\*This is a booked appointment for the above specific time and date. You will need to be available to speak with a nurse for approximately 20 minutes.

### Visit booked in Preadmission Clinic - 8th floor (for selected patients)

Date: \_\_\_\_\_ Time: \_\_\_\_\_

\*Please arrive 15 minutes early to check in at the 8th floor check in desk

## Surgery Information

Surgery date/time: \_\_\_\_\_

Admission time: \_\_\_\_\_

You will receive a phone call between 8:30 and 10:30 a.m. one business day prior to your surgery date, to confirm the time of your surgery. Should you have any questions, a Preadmission Clinic nurse can be reached at 416-323-6400 ext. 4594 from 8 a.m. to 2:30 p.m. from Monday to Friday.

**Important:** If you have a cold, fever or productive cough within 3 days of your surgery, contact your surgeon's office. Your surgery may have to be postponed.

**You will require a COVID-19 test prior to your surgery. You will be contacted by Women's College Hospital to provide the details of your swab.**

November 2020

## Preadmission Clinic (PAC)

8th floor  
Telephone: 416-323-6260  
Fax: 416-323-6169



76 Grenville St.  
Toronto, ON M5S 1B2  
T. 416-323-6400  
womenscollegehospital.ca  
womenshealthmatters.ca  
womensresearch.ca  
womenscollegehospitalfoundation.ca

Surgery Program

# Ambulatory Surgery

Please read this pamphlet and bring it with you to your Preadmission Clinic assessment.



Welcome to Women's College Hospital's Preadmission Clinic for ambulatory surgery. The goal of this program is to prepare you for your surgery and answer any questions you may have. A preadmission assessment is booked by your surgeon's office and is required to be completed by all patients prior to your surgery date. If an assessment is not completed your procedure may be cancelled.

## Preparation for Preadmission

### What will the Preadmission Clinic assessment include?

- pre-registration for your surgery
- interview with a nurse who will complete a health assessment
- pre-operative tests if required
- instructions to prepare you for surgery, your discharge home and self-care
- anesthesia and medical consults if required
- assessment by physiotherapist/occupational therapist and pharmacy technician/pharmacist if indicated
- appointment will take 30 - 90 minutes depending on your type of surgery
- if you are booked for a telephone preadmission clinic visit you must be available to speak with a nurse for 20 minutes in a quiet and confidential location

### What should I bring to the Preadmission Clinic visit?

- health card
- any medications you are taking – including all herbal/vitamin supplements and over-the-counter medications (in the original containers)
- forms from your surgeon, such as your history and physical form and pre-operative questionnaire
- letters/tests from specialist if indicated by your surgeon
- support person if required

**Please note:** Interpretation services are available for all non-English speaking and sign language requests. Please notify your surgeon's office ahead of time to arrange these services for your appointment if required.

You can eat and take your medications as usual on the day of your preadmission health assessment.

## Preparation for Surgery

### Night before surgery

Unless instructed otherwise:

- **Do not eat after midnight the day before your surgery.**
- **You may drink clear fluids up to 4 hours prior to your surgery time.** Clear fluids include water, apple juice, black coffee or tea and clear pop. Do not drink any milk or dairy products, orange juice or other citrus juices. Do not drink any alcohol.
- **Do not take anything orally for 4 hours prior to your surgery including gum, candy or water.**

### On the day of the surgery

Check-in at the Surgery reception desk on the 8th floor.

You must arrive in Surgical Daycare 2 hours prior to your surgery time, unless instructed otherwise.

You may take your medications as instructed by the physician on the day of surgery with small sips of water.

You should bathe or shower the night before or morning of surgery.

Due to the limited waiting room space, we recommend that only one support person accompany you to the hospital. Your support person is not required to stay at the hospital while you are in surgery.

### What to bring to the hospital:

- health card
- comfortable clothes and flat shoes to wear home
- socks to wear in surgery
- medical equipment/devices: binders, support bras, crutches, knee braces, sling and CPAP machines as instructed
- containers for your dentures, glasses/contact lenses and hearing aids, which must be removed prior to surgery
- if you are staying overnight, please bring your own personal toiletries, non-skid slippers and any medications you normally take in the original containers

### Do not wear

- jewelry; remove all body piercings
- perfume/cologne, deodorant, body lotions/creams or scented products of any kind
- makeup
- coloured nail polish on fingers (nail polish on toes is acceptable)

Leave all valuables – including large amounts of money, credit cards, jewelry and technology devices at home. The hospital will not be responsible for any lost or stolen items.

**Women's College Hospital is a fragrance-free facility. We ask that all patients and their visitors refrain from wearing any scented products for the safety of other patients and staff.**

## After Surgery

Surgical Daycare (SDC) patients are discharged the same day as their procedure. A nurse in SDC will assess you and ensure you are safe to go home once you meet discharge criteria.

Due to the anesthetic and other medications you may receive in the hospital, your mental and physical function may be altered.

### For 24 hours after anesthesia or sedation:

- do not drive a car or operate any machinery
- do not consume alcohol or other sedatives as their effects will add to those of your anesthetic
- do not make any legal or important decisions

Specific instructions related to your surgical procedure and prescription will be given to you prior to discharge.

## IMPORTANT INFORMATION

**If you are having day surgery you MUST have a responsible adult to escort you home and stay with you overnight. For your safety, you are not permitted to take a taxi home without an escort. Your procedure will be cancelled if you don't have an escort home.**