

Surgeon Contact Information

Name: _____

Phone: _____

PREADMISSION APPOINTMENT INFORMATION

You have been booked for an:

In person Appointment (located at 76 Grenville, 8th floor)

Virtual Appointment

Phone appointment with nurse only

Date: _____ Time: _____

Please note:

- This is a booked appointment time, please ensure you are in a quiet and confidential area for phone/virtual appointments. Reliable internet is required for all virtual appointments.
- Your appointment will take *2 to 4 hours*
- Bring any medications/supplements with you in their original containers to this appointment or have them available during your virtual visit.
- Have your health card available for the appointment
- You must be in the Province of Ontario during your preadmission

Surgery Information

You will receive a phone call between 9:00 am and 1:00 pm one (1) business day before your surgery date, to confirm your arrival information. Should you have any questions, please call the Preadmission Clinic at 416-323-6260 from 8 a.m. to 4:00 p.m. from Monday to Friday.

Important: Call your surgeon's office right away if you experience a cold, fever, cough or have a new illness/infection within three (3) days before surgery. Your surgery may have to be postponed.

If you test positive for COVID within 10 days of surgery, contact your surgeon's office right away.

Preadmission Clinic (PAC)

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



Surgery Program

Ambulatory Surgery

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



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



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
- Anesthesia, pharmacy and medical consults, if required
- Assessment by physiotherapist/occupational therapist, if required
- Appointment will take *2-4 hours* depending on individual health needs
- Pre-operative testing may be ordered
- Instructions to prepare you for surgery, your discharge home and self-care

What should I bring to the Preadmission Clinic visit?

- Health card/ ID
- 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 12:00 am midnight the day before your surgery unless instructed by your Surgeon/Anesthesiologist**
- **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 with your health card/ID on the 8th floor at the Surgery reception desk two (2) hours prior to your surgery time, unless instructed otherwise.
- You may take your medications as instructed by the physician/ Anesthesiologist 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/ ID
- Comfortable clothes and flat shoes to wear home
- 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
- Two (2) personal bags for belongings

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

Patients are discharged the same day as their procedure. You will be discharged home once you meet discharge criteria to ensure safety.

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/ ride share service home without an escort. Your procedure will be cancelled if you don't have an escort home.