

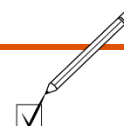
Getting Ready for Surgery Checklist

Eagle Ridge Hospital

Prevent your surgery from being cancelled

- **Do Not** eat any food or drink any milk products after 12:00 midnight the night before surgery.
- **Up until 3 hours before surgery, you can have clear fluids** (apple juice, cranberry juice, water).
- If going home the same day, have a responsible adult take you home and **stay with you for 24 hours**.
- **Arrive 2 hours before** your surgery time. **Registration opens at 6:15AM**

Use this checklist to help you prepare for your surgery



Two (2) weeks before your surgery

- | | |
|--|--|
| <input type="checkbox"/> Let your surgeon know if you have had any recent health changes since your last visit. | <input type="checkbox"/> If you take blood thinners, ask your family doctor or surgeon when to stop taking them. |
| <input type="checkbox"/> Speak to your surgeon (or anaesthetist) about any changes you need to make to your medications. | <input type="checkbox"/> Arrange to have your false nails/gel nails removed before surgery. |
| <input type="checkbox"/> If you take diabetes medicine, ask your family doctor or surgeon how to take it before surgery. | <input type="checkbox"/> If you have a CPAP machine, make sure it is working and bring it day of surgery. |
| | <input type="checkbox"/> _____ |

One week before your surgery

- | | |
|---|--|
| <input type="checkbox"/> Arrange for: <ul style="list-style-type: none"> - A ride to the hospital. - Someone to take you home after surgery or travel with you in the taxi, Uber, or Lyft. - A 'responsible adult' (18 or older), to stay with you for 24 hours after surgery. | <input type="checkbox"/> Buy 4% Chlorhexidine Gluconate sponges (buy 2) or liquid soap (enough for 2 showers) from a drugstore (Ask the pharmacist). |
| <input type="checkbox"/> Stop taking: <ul style="list-style-type: none"> - Vitamins - Health supplements or herbal supplements such as garlic, ginkgo, kava, St. John's Wort, ginseng, don quai, glucosamine. | <input type="checkbox"/> Stop any shaving, waxing, threading, or using any other method of removing hair from the area where you are having surgery. <ul style="list-style-type: none"> ▪ If having surgery on your chest or breast, this includes your armpits. ▪ If having surgery on your ear, nose, or throat, you can shave up to the day before surgery. |

Your surgeon's office calls you the day before surgery with what time to check-in.

Surgery date _____

Surgery time _____

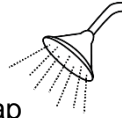
Surgeon _____

Hospital check-in time _____

(2 hours before surgery time. Registration opens at 6:15am)

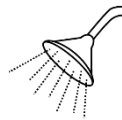
The night before your surgery

- ☐ Remove all:
 - Makeup
 - Nail polish from your fingers and toes
 - Jewellery including face, ears, tongue, or other body piercings
- ☐ Take a shower.
 - Wash your hair with regular shampoo and your face with mild soap
 - Clean your body from the neck to your toes (front and back) using the Chlorhexidine Gluconate sponges or liquid soap.
 - Rinse well.
 - Dry off with a clean towel.
- ☐ **Do not** put on any lotion, perfume or cologne, deodorant, or make-up.
- ☐ **Do not** eat any food or drink any milk or milk products after 12:00 midnight. You can drink clear fluids such as water, apple juice, or cranberry juice until 2 hours before your hospital check-in time.
- ☐ Put on clean pyjamas.
- ☐ Sleep in clean sheets.
- ☐ _____
- ☐ _____



The morning of your surgery

- ☐ Shower again
 - Use the Chlorhexidine Gluconate sponges or liquid soap.
 - Rinse well.
 - Dry off with a clean towel.
- ☐ **Do not** put on any lotion, perfume or cologne, deodorant, or make-up.
 - ☐ Brush your teeth, tongue, and roof of mouth.
- ☐ Dress in clean comfortable clothes.
- ☐ Wear your glasses, hearing aids, and/ or dentures if you have them. No contact lenses.
- ☐ You can drink apple or cranberry juice or water **up until 3 hours before** your surgery (up to 350 ml or 1 ½ cup).
 - No milk, orange juice, protein drinks, or diet drinks.
 - If you have diabetes, follow any special instructions that have been given to you for eating, drinking, and taking your diabetes medications.
- ☐ Take all your regular morning medicines with a **small sip of water** as directed by your surgeon or anesthesiologist.
- ☐ _____



What to bring with you

- ☐ all of your medicines in their original bottles
- ☐ your CPAP machine, if you use one
- ☐ your BC Services Care (Care Card)
- ☐ laboratory identification wristband (if given one)
- ☐ photo identification
- ☐ One bag big enough hold your personal items and to put the clothes and shoes you will change out of

**** Leave these at home:** Your wallet, purse, and any valuables

Day of surgery report to: Main Registration, Eagle Ridge Hospital
475 Guildford Way, Port Moody
604-461-2022