



Bowmanville

Oshawa

Port Perry

# Adult

# Daysurgery Admit

# Surgical

# Passport





## Things You Need To Know

### Privacy and Confidentiality

- With new government laws, your personal health information will not be given to anyone but you.
- Please arrange to have only ONE spokesperson or contact (nursing unit must be aware of who this) for obtaining information about how you are progressing. This person can pass on information to other family and friends who are inquiring about you. If the nurse or doctor is not available at the time of calling, please feel free to leave a number where your spokesperson may be reached. We will return their call as soon as possible.

### Visiting Hours

**\*Please do not visit if you are ill\***

- Please limit visitors to 2 at a time.
- Please be considerate of your roommate.
- Special visiting arrangements may be considered by speaking to the nurse in charge.
- Children are permitted to visit with appropriate adult supervision.
- Your visitors may be asked to leave if the nurse or doctor has to perform a test or procedure.

### Hand Washing

- **Hand washing in the hospital is very important.** An alcohol-based gel is available and should be used when entering and leaving a patient's room, before and after eating and after using the washroom.

### Smoking

- We always encourage our patients to refrain from smoking while in hospital. Smoking is not permitted within the hospital or on hospital property.
- Your nurse may ask you to sign a "Release of Responsibility" form if you wish to go outside the building to smoke.

### Scent Free Policy

- Please avoid wearing or bringing any products that are scented into the hospital in order to promote a healthy and safe environment.

### Safety

- Make sure that every hospital employee providing care to you is wearing identification and has verified who they are.

# Your Health Care Be Involved



Be involved in your health care. Speak up if you have questions or concerns about your care.



Tell a member of your health care team about your past illnesses and your current health condition.



Bring all of your medicines with you when you go to the hospital or to a medical appointment.



Tell a member of your health care team if you have ever had an allergic or bad reaction to any medicine or food.



Make sure you know what to do when you go home from the hospital or from your medical appointment.



# Surgical Passport

**NAME:** \_\_\_\_\_

Your surgeon is planning a surgery for you. The surgeon's office will provide you the date and time of surgery, any changes in date or time the surgeon's office will notify you. Please arrive 90 minutes prior to this time for surgery at Oshawa and 60 minutes prior to this time surgery at the Bowmanville and Port Perry campuses.

Date of Surgery: \_\_\_\_\_

Arrival Time To Hospital: \_\_\_\_\_

## Pre-Surgical Screening Appointment is:

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

Please arrive 30 min. prior to your Appointment.

**If unable to keep Pre-Surgical Screening appointment, please call the Surgical Booking Office at (905) 433-2727 between the hours of 8 AM to 4 PM.**

**This appointment is important and your surgery will be cancelled if you do not keep your appointment**

## Your Anesthesia Consult Appointment is: (If requested by Surgeon)

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

Other Appointments:

\_\_\_\_\_  
\_\_\_\_\_

**Please bring this booklet with you for any appointment at the hospital and on the day of surgery.**



## Before Your Surgery Medication Checklist

- If you are taking any medications, including over-the-counter medication, herbal and street drugs, check with your family doctor or surgeon for advice on continuing them in the days/weeks leading up to your surgery.
- Contact your pharmacy to book an appointment for a MedsCheck to be done **within 2 weeks** prior to your Pre-Surgical Screening appointment.
- Bring your MedsCheck Medication Review List provided to you by your pharmacy when you have the MedsCheck done.
- Pharmacy Name \_\_\_\_\_  
Phone Number \_\_\_\_\_

### Important Things to Remember

If You Take Medications,

- a) If you are taking any aspirin, blood thinners or non-steroid anti-inflammatory such as Ibuprofen, Advil, Motrin, Celebrex, etc you should stop taking these medications a minimum of 7-10 days prior to your surgery. Ask your surgeon when to stop Warfarin, Coumadin and Plavix.
- b) Stop all herbal/naturopathic medications at least **two weeks** before your surgery.
- c) Most heart, blood pressure and lung medications (including inhalers) should be continued. Your Anesthetist or Pre-Surgical Screening Nurse will advise which of your medications to take on the morning of your surgery.

If you use puffers, remember to bring in your own aerochamber.

If you smoke, you should cut down one to two weeks before your surgery and **stop smoking 48 hours before your surgery**. If you develop a cough or become ill, call your surgeon or family physician as soon as possible. Your surgery may need to be rescheduled.



# Before Your Surgery

## Pre-Surgical Screening Clinic

A Pre-Surgical Screening Nurse will prepare you for your surgery by completing your assessment, providing individualized teaching and discharge planning.

***Your Pre-Surgical Screening Clinic appointment is important and your surgery will be cancelled if you do not keep your appointment.***

### Hospital Visit Interview:

#### Important Things To Remember

1. You will first need to report to the Registration Desk (see page 10) at least 30 minutes before your appointment time.
2. You will then be directed to the Pre-Surgical Screening Clinic.
3. Your appointment will be approximately 1 hour in length. It may be longer if you are meeting with other healthcare professionals such as a Physiotherapist or Anesthetist.
4. A family member is welcome to accompany you to the clinic.
5. Please bring someone to interpret for you if you have difficulty communicating (e.g. language, hearing impaired).
6. Parking is available at an hourly rate.
7. If you are on CPAP or APAP, please ask if your home unit is to be brought with you on the day of surgery.





# Before Your Surgery

## Pre-Surgical Screening Clinic

It is **important** to bring the following items with you to your Pre-Surgical Screening appointment:

- Bring this information booklet (Surgical Passport)
- Bring your Ontario Health Card
- Bring MedsCheck form from pharmacy
- Bring **ALL** medication that you are taking in their **original** containers including:
  - Prescription medications
  - Over-the-counter medications (eg. Tylenol, Advil, Aspirin, etc.)
  - Supplements (eg. Multivitamins, Calcium)
  - Herbals (eg. St. John's Wort, Ginseng)
  - Medicated ointments and creams (eg. Polysporin)
  - Puffers
  - Suppositories
  - Eye and/or ear drops

### Notes

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## Evening Before/Day of Surgery

1. Eating or smoking after the specific time limits increases your anaesthetic risk resulting in your surgery being delayed or cancelled. Remember:
  - No chewing gum, lozenges, hard candy, or milk 6 hours before surgery
  - No alcohol 24 hours before surgery
  - No solid foods 8 hours before surgery
  - You can **continue to drink water up to 3 hours before your surgery**
2. If advised to take any medications the day of your surgery, take them with a sip of water at 6:00 AM. You should not take any aspirin, blood thinners or diabetic medications unless specifically told to do so by the Surgeon or Anesthetist.
3. Take a shower or bath before coming to the hospital. Remove your nail polish and all body piercings (tongue rings, belly rings or studs). Do not wear make-up or apply any creams or lotions.
4. You may brush your teeth and use mouthwash. Do not swallow the water/mouthwash. **Wear comfortable loose fitting clothing and shoes.** You will be changing into one size-fits-all hospital gown, housecoat and slippers. If you require a special size of footwear, you may bring your own.
5. Ask your family member or friend to bring your belongings when you are settled in your room after your surgery.
6. **Do not bring with you:** Unnecessary large sums of money or credit cards, jewellery, non-prescription drugs or alcohol, items of sentimental value, cell phones, personal digital assistants, laptop computers and other similar devices.  
**Lakeridge Health is not responsible for lost or stolen items.**
7. If you normally wear contact lenses, wear your glasses on the day of surgery.
8. If you use hearing aids, bring them with you. Label the case or container for your glasses, dentures and hearing aids, plus your cane, walker, or wheelchair.
9. Please bring someone to interpret for you if English is not your first language or you are hearing or speech impaired.



# Before Your Surgery

## Admitted Patients Checklist

### **What to bring with you:**

- Ontario Health Card
- MedsCheck medication review list
- Medications from home in their original containers
- Copy of Advanced Directives (if applicable)
- Glasses, hearing aids, dentures and their containers
- Any special medical equipment (eg. walkers, canes, braces)

### **Other items that you might find useful to have during your hospitalization at Lakeridge Health:**

- Socks, robe, slip-on slippers with non-skid bottoms
- Toothbrush (with cover), toothpaste, lip conditioner, deodorant
- Your favourite pillow or other comfort items (optional)
- Reading material (optional)
- A comfortable set of loose-fitting clothes
- Self adhesive sanitary pads (gynecology procedures)

## On Arrival At The Hospital

**Oshawa Campus:** Report to the Registration Desk located on the 2nd floor. Turn right at the top of the escalator Surgical Outpatient Registration. Sign name on clipboard and sit down until you are called.

**Bowmanville Campus:** Report to the Surgical Registration Office located on the first floor - room 101. A volunteer located in the main entrance will provide directional assistance if needed.

**Port Perry Campus:** Report to the Registration Desk in the Emergency Dept.

1. Your registration process will be completed.
2. You will then wait in the Day Surgery Registration Area for a Support Attendant (SA) to take you to the Day Surgery Department. In Bowmanville you will be directed to wait in the Surgical Waiting Room.
3. In Day Surgery the SA will have you change into the hospital gown and housecoat.

**1. Hospital Gown:**

This goes on first and ties up at the back.

**3. Booties:**

Go on like slippers.



**2. House Coat:** Put on over gown, like a jacket. Ties up at the front.

**4. Place all personal belongings in clear plastic bag provided. This bag will be locked up.**

4. The nurse will then continue preparing you for surgery by completing an assessment, taking your blood pressure and temperature, and providing teaching to you and your family member.

## Upon Arrival to The Hospital

5. You will be directed to a surgical waiting area, where you will wait to meet member of the surgical team. They will take you into the operating room. Family members are not allowed to wait in this area. They will be directed to an appropriate waiting area.
6. A patient tracking monitor is in the Day Surgery Registration Area at the Oshawa and Bowmanville Campuses. This is similar to the airport arrival/ departure monitors. Your family member will be given a number which identifies you and a card showing the colours for the areas you will be going to. This will allow them to follow and know where you are in your surgical journey.

### *Patient Tracking Card*

Lakeridge Health Corporation Status Legend	
	Patient is in Diagnostics (e.g. x-ray)
	Patient is in the Operating Room Holding area
	Patient is in the Operating Room
	Patient is in the Post-Anesthetic Care Unit
	Patient has returned to Day Surgery for recovery
	Patient has been admitted

### *Patient Tracking Monitor*





## **After Your Surgery**

1. After your surgery, you will be taken to the Post Anesthetic Care Unit (PACU/Recovery Room).
2. From the PACU, you will be taken to your assigned room. Your personal belongings will have been taken to your assigned room earlier in the day.

## **Admitted Patients**

1. A family member will be allowed to see you after the nurse has completed their assessment.
2. Nursing unit staff are part of the health team who will care for you. They are specially trained to meet your needs. Other health care professionals may be involved in your care; for example, a physiotherapist and nutritionist. In order for us to be able to provide you with the best care, comfort and safety, we ask for you and your family to be part of the team.
3. You may feel drowsy or sleepy for the rest of the day, especially after the administration of pain medication or sedation.
4. The nurse will do a routine assessment initially and then periodically the nurse will explain the purpose of each specific piece of equipment and bodily attachments ( tubes, drains, catheter ) required for your specific surgery.
5. You and your designated spokesperson will be updated with your progress. It is best to write down your questions or concerns on a piece of paper.
6. You will be assisted with your personal care as needed but will be encouraged to do as much as possible with consideration to your limitations.
7. You may have an intravenous fluid running for a day or so and may only be allowed ice chips or sips of water. Your diet will be increased by your doctor as your condition improves. We will try to meet your special dietary needs.
8. You may have dressings that need to be removed and changed as necessary by your nurse. Your surgical incision will be monitored for any redness, bruising, swelling or drainage.
9. Ambulation is an important part of your road to recovery. The staff will assist you as needed and will progress your mobility as directed by your doctor. You may experience some pulling or burning the first few times you move or get out of bed. This is normal and will get easier with practice.



## Managing my Pain

### **How much pain might I expect after my surgery?**

Everyone experience pain and discomfort differently after surgery. At Lakeridge Health, effective management of your pain is important. You can work with your health care team to determine an acceptable level of pain relief. Our aim is to help you have as little pain possible after your surgery.

### **Why is it important to manage my pain?**

Managing your pain is important because it means you will have less stress on your body while you recover. Effective pain management will promote your healing from your surgery, reduce complications and prevent the development of chronic or long term pain syndromes.

### **How can I tell my healthcare team about my pain?**

At Lakeridge Health a numerical rating scale is used to measure your pain: 0 means no pain and 10 means the worst possible pain you could imagine. Your pain score will be checked often throughout your hospital stay. You can also use words like mild, moderate or severe to describe your pain. Yours nurses and doctors will ask you to rate how severe your pain is using any of the numbers or words. Describing the type of pain you are having can help the staff understand and manage your pain better. Some words you may use to describe the type of pain may include “sharp”, “achy”, “cramping”, “burning”, or “throbbing”.

### **Who can help me mange my pain?**

It is important to tell your nurse if you have pain that is not reduced or relieved so that your doctor and / or Pain Service can be contacted. Members of your healthcare team can help you manage your pain– this includes the Pain Service, your nurses, and your surgeon. Also, your family and friends can help you to be as comfortable as possible after your surgery by bringing items that will help distract you from, or relieve, your pain such as music or pictures of pleasant events or scenes.



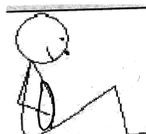
## After An Anesthetic - Deep Breathing and Coughing

**Take the time to familiarize yourself with these and practice prior to surgery.**

To keep your lungs working properly, take an extra 3-4 deep breaths every 1 to 2 hours.

**Inhale:** Take a slow, deep breath in through your nose.

**Exhale:** Breathe all the way out even more slowly through your mouth.



### To Cough Effectively:

1. Inhale slowly.
2. Pause.
3. Cough twice with your mouth slightly open.
4. Pause inhale by sniffing gently.
5. If you have abdominal surgery and you need to cough, support your abdomen by holding a pillow firmly against your abdomen with both hands.

### Leg Exercises

To keep good circulation in your legs, do these exercises every 1 to 2 hours:

1. With your knees straight, point the toes of both feet toward the foot of the bed.
2. Then pull your toes toward your chin. Count to five, then relax both feet.
3. Repeat 10 times up and down.





## **Getting Ready for Discharge**

Please discuss your discharge date with your nurse and surgeon as early as possible. We would like to ensure your discharge is coordinated and any needs that you may have can be addressed **BEFORE** you are discharged to ensure there are no delays. Discharge time is 10:00AM

As part of your overall recovery, it is important that you return to your normal activities and surroundings as soon as possible. Your surgeon will tell you which day you are to go home. Arrangements for Home Care or other community services will be made as necessary.

### **Day of Discharge**

1. Please have the person picking you up bring a wheelchair from the main lobby.
2. Check with your nurse to receive discharge instructions, follow-up appointments and/or prescriptions.
3. Make sure you have all your personal belongings.



## During The First 24 Hours At Home

1. Do not drive any vehicle. Your surgeon will advise you when you can drive again.
2. Reduce your usual activity.
3. Do not work around dangerous machinery.
4. Do not climb ladders or work in high, unprotected areas.
5. Notify your doctor if you should experience:
  - Tightness in the chest
  - Difficulty or pain with breathing
  - Temperature over 100<sup>0</sup>F (37.8<sup>0</sup>C)
  - Excessive pain
  - Anything unusual

**Please note:**

If the doctor cannot be reached, have someone take you to the nearest hospital with an Emergency Department.



## **We Care About Your Satisfaction, We Value your Feedback**

As part of our ongoing dedication to providing the best care possible, we look to our patients to provide feedback on the services they have received during their stay. Once discharged from the hospital you may receive a confidential patient satisfaction survey mailed to you from a company called NRC Picker. This is a trusted, secure company that specializes in surveys and results. We use the feedback you give us to continually improve the services that we provide each and every day.

Lakeridge Health is committed to Excellence—every moment, every day.

### **How to Provide Us Feedback**

- Call Patient Relations at 905-576-8711 ext. 4402.
- Complete the patient survey.
- Let your nurse know or ask to speak with the Patient Care Manager or Patient Care Specialist for the unit you are on. We would be pleased to hear from you.

#### **NOTES**

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## **Patient Declaration of Values**

Lakeridge Health is committed to providing our patients and their families with a safe, high quality care experience at our hospitals, and to continuously improve in order to do so.

### **As a patient at Lakeridge Health, I value...**

#### **Quality Care**

I will receive timely, evidence-based care delivered by professional staff in a safe, caring, environment.

#### **Communication**

I, or my substitute decision maker, will be provided with timely, accurate and complete health information to support my ability to make informed decisions and actively participate in my care. My decision to give or refuse consent will be respected.

#### **Voice**

There are ways for me to have my questions, concerns and compliments regarding my health care experience heard and addressed.

#### **Courtesy and Respect**

I will be treated with courtesy and compassion. My abilities, values and beliefs will be respected.

#### **Privacy**

My privacy and the confidentiality of my personal health information will be ensured at all times.



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