

Patient Information and checklist for Day Surgery

Please follow the instructions below for COVID screening and preparing for surgery: Patients who have not taken all the necessary steps may have their surgery cancelled. Unfortunately, the hospital may have to cancel surgeries on short notice depending on how the current pandemic is impacting the health care system.

Your surgery is booked for: (Date) _____ at (Time) _____

A prescription may be ordered by your surgeon and given to you in the Day Surgery Unit. We have a retail pharmacy where you can fill your prescription.
Your surgeon's office will confirm the time of surgery.

You do not need a COVID test prior to surgery unless your surgeon tells you. If you require a test, your surgeon will inform you to book a COVID test four days before surgery (COVID test results received more than four days before your surgery will not be valid).

You can pre-register online for your surgery seven days before but no less than four days before your appointment online at www.nygh.on.ca.

When you pre-register, there will be a link on the pre-registration form for COVID testing, if required, at the Branson COVID Assessment Centre (555 Finch Ave. W). This link will automatically provide a test date that is four days before your surgery. The team at the Branson COVID Assessment Centre will provide you with information on how to access your test results. The results will also automatically be available to the surgical team, in your NYGH chart.

If your surgeon does not require you to get a COVID test it is highly recommended that you self-isolate for 10 days before surgery to decrease the chance of infection.

It is important that you let your surgeon know if you develop any symptoms before surgery.
Please let your surgeon know if you are unable to wear a mask due to medical reasons.

Please arrive at least one hour before your surgery time (or as directed by your surgeon's office). In order to maintain physical distancing in our waiting areas, you may be asked to wait outside, but nearby the hospital if you arrive too early for your surgery. A staff member will contact you on your cell phone when it is time to return.

You must bring your health card to your surgery appointment.

Please note the **South Entrance is for drop off only** and **West Exit for pick up only**.

While inside the hospital please follow the safety measures in place to protect you:

- Keep a mask on at all times. If you don't have a mask, one will be provided at the entrance.
- Follow physical distancing of 2 meters (6 feet), this includes seating in waiting areas, elevators and line-ups.

INFORMATION ABOUT VISITORS

In order to protect patients and staff, visitors are not permitted in the hospital at this time. If you require special assistance, please contact your surgeon's office and request to have one support person accompany you. This request will only be granted for patients who require assistance. You and your support person will need to show photo identification (i.e driver's license).

CHECK LIST OF INSTRUCTIONS BEFORE SURGERY

- If your health changes or you develop a cough, cold or fever within a week before your surgery, call your surgeon as soon as possible.
- You can pre-register online for your surgery up to seven days before but no less than four days your appointment at www.nygh.on.ca
- Do not eat (including gum, candy or lozenges) after midnight the night before your surgery. You can have 1-2 cups (500ml max) of one of the following listed **clear liquids** only: apple juice, ginger ale, water, black tea or black coffee up to 4 HOURS before your surgery (**no milk or cream**). You may brush your teeth.

If these guidelines are not followed, your surgery may be delayed or cancelled for safety reasons.

- Please stop all anti-inflammatory drugs (i.e. Advil, aspirin, naproxen) three (3) days before surgery unless told otherwise by your surgeon or anaesthesiologist. You can have Tylenol (acetaminophen) prior to surgery.
- Please stop all vitamins, supplements, herbal and green teas seven (7) days before surgery.
- Do not apply body lotion, make-up, nail polish, or perfumes on the day of surgery.
- No hair removal from the operative site within seven (7) days of surgery. Doing so can increase your risk of infection.
- Please leave valuables at home. **The hospital is not responsible** personal items e.g. jewelry, money, mobility aids, hearing aids, phones, computers, dentures, glasses.
- Wear loose, comfortable clothing and bring a bag to hold them. If you wear contact lenses, please bring your lens holder with you or wear your glasses. If you use a mobility aid, please label it with your name and bring it with you. You will be given a locker for your belongings.
- Arrange for an adult to accompany you home by car or taxi (no TTC) and stay overnight with you following surgery. A responsible adult must be with you at home, to assist with your activities and mobility (i.e. walking and using stairs), as needed, for the first 24 hours.

INSTRUCTIONS AFTER SURGERY

1. Do not drive a car or perform any task that requires skill, coordination or judgment for at least 24 hours after your anaesthetic has worn off.

2. Keep your activity light for the rest of the day after surgery. It is normal to feel a little dizzy or sleepy after your operation.
3. Eat only a light meal (i.e. soup and a beverage) that evening. We will ensure you can tolerate fluids before being discharged home.
4. Do not drink any alcoholic beverages for at least 24 hours after your anaesthetic has worn off.
5. Resume your regular medications as directed by your surgeon. A prescription may be ordered by your surgeon and given to you in the Day Surgery Unit. You can fill your prescription at the NYGH Outpatient Pharmacy at the General site.

MEDICATION SHEET

Follow the instructions below for your medications, as directed by the surgeon/anaesthesiologist

Medication	Take night before surgery	Take morning of surgery	Take last dose on below date	Bring to the hospital

Use the post-op tracking document to track your progress

HOW TO FIND US

North York General Hospital,
General Site

All patients
Drop Off at the
South Entrance ONLY.

All patients **PICK UP** at the
West Exit ONLY.

