

Patient Information and Checklist for In-Patient 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) _____

You must bring your health card. Plan for discharge at 10 a.m.

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.

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, caregivers are not permitted to accompany patients prior to their surgery at this time. If you require special assistance for your surgery, 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).

Once the patient is in surgery, the support person should return home or wait nearby the hospital and the care team will communicate by phone.

One designated visitor may visit a patient following surgery for a two-hour time slot per day. Please book your visit online at www.nygh.on.ca before arriving at the hospital or by calling the unit:

4 West (In-patient Orthopaedic):	416-756- 6398
5N/S and Short Stay Unit (In-patient Surgery):	416-756- 6395

If you are having your operation between 8 a.m. and 1 p.m., your visitor can call the unit to book a visit for late afternoon. If you are having your operation between 1– 4 p.m. your visitor can call the unit for afternoon availability.

Visitors are not permitted to wait in the patient room while the patient is in surgery or in the Post-Anesthesia Care Unit.

Your visitor will need to show photo identification (i.e. driver's license) at the entrance. The visitor must remain the same if return visits are necessary/permitted. The hospital also offers virtual family visits to our patients. A family member or loved-one can schedule a virtual visit online at www.nygh.on.ca

CHECKLIST 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 after midnight the night before your surgery (including gum, candy or lozenges). You can have 1-2 cups (500ml max) of one of the following **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. Tylenol (acetaminophen) is OK prior to surgery.

- Please stop all vitamins, supplements, and herbal and green teas seven (7) days before surgery.

- Bring hand sanitizer for your bedside.

- Do not apply body lotion, make-up, nail polish, or perfumes on the day of surgery.

- No hair removal from the operative site seven (7) days before surgery. Doing so can increase your risk of infection.

- Please leave valuables at home. **The hospital is not responsible** for personal items i.e. jewelry, money, mobility aids, hearing aids, phones, computers, dentures, or glasses. If you wear contact lenses, please bring your lens holder with you or wear your glasses. If you use bring in a mobility aid, please label it with your name and bring it with you.

- Please bring toiletries (i.e. soap, toothbrush, toothpaste) and tissues. These items are not supplied by the hospital. Please bring slippers, a robe and pajamas.

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BRING YOUR HEALTH CARD. PLAN FOR DISCHARGE AT 10:00 AM.

Additional instructions for orthopaedic joint surgery patients only:

- If you are having joint surgery, do not have any dental work one (1) month before surgery and wait until three (3) months after your surgery.

- Do not have any injections into your joint between 3-6 months before your surgery (check with your surgeon.)

MEDICATION SHEET

Follow the instructions below for your medications, as directed by the anaesthesiologist, surgeon or internal medicine doctor.

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.

