



TORONTO EAST
GENERAL HOSPITAL

Preparing for your Day Surgery Procedure

Your Day Surgery Procedure will be on:

If, for any reason you are unable to have your surgery on the day it is scheduled, please notify your Surgeons office.

Stop these medications 3-14 days before surgery:

- STOP all Ticlid and herbal medicines, 14 days prior to surgery
- STOP all Aspirin, Plavix and vitamin E, 7 days prior to surgery
- STOP Coumadin (blood thinner) 5 days prior to surgery
- STOP all pills for Arthritis/Anti-Inflammatory Medication 3 days prior to surgery

What time is my surgery?

The day before surgery call the Admitting Dept at 416 469 6381:

The admitting clerk will tell you what time to arrive at the hospital so that staff can prepare you for your procedure

You must be at the hospital at this time or your surgery may be cancelled.

If your procedure is on a Monday, please call on Saturday or Sunday between 8 a.m. – 10pm.

If your surgery is any other day of the week, please call between 3 p.m. – 10 p.m. the day before your surgery.

The night before surgery:

Do not eat or drink anything after midnight. You are **not** even allowed to have gum, candy or water. It is important that your stomach be empty before surgery. If you **eat or drink anything** after midnight, your surgery will be **cancelled**.

Please remove your nail polish, and shower/bathe either the night before or the morning of your surgery.

The day of your surgery:

Based on your surgical procedure, your surgeon has sent you to Day Surgery. The length will vary for each patient but most patients can **expect to be at the hospital between 3 to 8 hours in total**. This time includes from your registration to discharge.

Please bring these items to the hospital with you:

- Ontario Health Card
- Secondary Insurance Information
- All medications that you are taking
- If you are unable to speak English, please bring someone to interpret- TEGH has an interpreter service

Please **DO NOT BRING:**

- Any **valuables** -the hospital does not assume responsibility for lost or stolen items
- **Jewelry/Body Piercings** – remove and leave at home as they **must** be removed for surgery.

Medications instructions:

Do not take oral Diabetic medication, Insulin or diuretics on the day of your surgery **unless otherwise instructed.**

On the morning of surgery, take the medications with sips of water.

During your pre-op interview, the nurse will instruct you on directions: medications.

Enter the hospital by the Coxwell entrance, proceed to the **Admitting Department**, located on the main floor, G wing.

After you have registered, **take the G/H wing elevators to the 6th floor to the Surgical Pre-Operative Waiting Room** located directly in front of the elevators. The Admitting Department will have notified the Pre-Operative Surgery unit (G6) that you are waiting and a nurse will soon come, call your name and to take you to a room.

Pre-operative Unit:

To prepare you for your operation your nurse will ask you some questions, check your temperature, pulse and blood pressure, and start an intravenous (IV).

You will be asked to remove all your clothing (including undergarments) and dentures. You will be provided with a hospital gown, a housecoat and disposable footwear to wear. You will then be asked to wait in the Surgical Pre-Operative Waiting Room until it is time for your operation.

Visitor Waiting Room:

During your operation your visitors can wait in the **Surgical Waiting Room located.** The volunteers there will keep your family updated and the surgeon may come as well to speak to your family. A telephone is available in the waiting area.

Discharge after your surgery:

Following a short stay in the Recovery Room, you will be sent to the **Day Surgery Unit** on G6 to prepare for discharge.

Escorts:

As a Day Surgery patient, you **MUST** have someone available to escort you home. The Day Surgery team will determine your discharge time but **you should expect to be discharged shortly after coming back to the Day Surgery Unit (usually about an hour).**

- Please have your **escort make arrangements to remain at the hospital on the day of your surgery** so that they are available to take you home once you are discharged.

Prior to your discharge the Day Surgery nurses will assess you, review your post-operative instructions with you and give you a prescription (if ordered by your surgeon).

It is also recommended that you:

- Do not drive a car for 24 hours
- Arrange to have someone stay with you the first night after surgery.

Important Phone Numbers:

For your **surgery time** call the **Admitting Department**

416-469-6381

Pre-Operative Assessment Clinic

Fax number: 416-469-6676

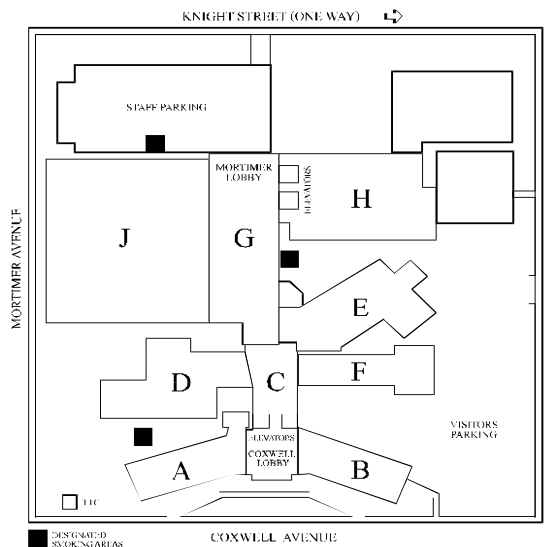
Pre/Post Operative Day Surgery Unit:

416-469-6580 ext. 6564

Surgical Waiting Room:

416-469-6580 ext. 2343.

Important Information



Toronto East General Hospital
825 Coxwell Avenue
Toronto, Ontario – M4C 3E7
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