



TORONTO EAST
GENERAL HOSPITAL

Preparing for your Same-Day Admission Surgery

Your 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 Surgeon's 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:

Please bring these items to the hospital with you:

- Ontario Health Card
- Secondary Insurance Information
- All medications that you are taking
- Toiletries and a bag/suitcase to hold your shoes/clothes
- If you are unable to speak English, please bring someone to interpret- TEGH has an interpreter service
- **Bring storage cases for eyeglasses or contacts** which must be removed pre-op

Please **DO NOT BRING:**

- Any **valuables** as 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 your Diabetic pills, Insulin or diuretics (Water pills) 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, and go 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.

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), eyeglasses/contact lens 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**. 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.

After your operation:

After your operation, you will be in the Recovery Room for 1 to 2 hours, depending on the procedure. Then you will be transferred from the Recovery Room to an in-patient bed. The volunteer in the Surgical Waiting Room or staff on the Post-Operative Surgical Unit will be able to give your room number to your family. Under most circumstances, the physician will speak to your relatives in the Surgical Waiting Room.

Discharge Information:

During your recovery phase, your surgeon along with the health care team will monitor your progress to determine when you or your family member can be discharged.

The team will notify you of your discharge date ahead of time to allow for you to arrange for a responsible person to take you home. Discharge time is 9 a.m. daily

You should plan to have someone stay with you on your first day home. If you had a general anesthetic within 24 hours of your discharge do not drive a car.

Important Phone Numbers:

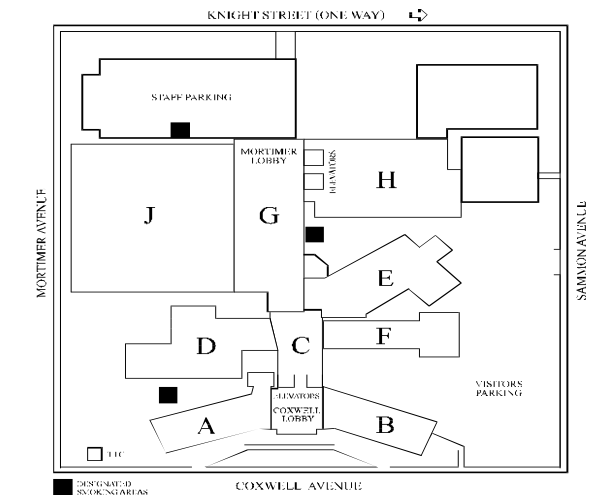
For your **surgery time** call the **Admitting Department**
416-469-6381

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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