



Pre-Operative Information

Patient Booklet

Welcome to Grey Nuns Community Hospital. This patient information booklet is designed to guide you through your preparation for surgery.

Our goal is to answer your questions and help you prepare for your hospital stay, departure and recovery.





About the Hospital

Parking

Parking is available outside the main entrance and meters are in operation 24 hours a day. Weekly and monthly passes are available for purchase from the parking office located in Room 1106 on the main floor. Pay meters accept coins and credit cards. Change machines are available in the main lobby.

Our Commitment to Your Safety

Covenant Health is committed to your safety. Expect that we will check for your identification before any treatment, procedure or medication administration. We may ask you to state your name or date of birth many times during your hospital stay.

We have a falls prevention program in place at Grey Nuns. Ask for more information on how you can help us reduce your risk of falling.

You can expect that your health care provider will clean their hands with hand sanitizer or wash their hands prior to giving you care and again after they have finished your care. It is okay to ask your health care provider if they have cleaned their hands if you are unsure.

Visitor Information

Visiting hours are from 9:00 am to 9:00 pm on most units. Quiet time (patients rest period) is in effect each afternoon from 2:00 pm to 4:00 pm. Visits on the day of surgery are best kept short as you will need your rest. Visitors who are not feeling well are asked to reschedule their visit. More detailed Visitor Information is available on all patient units.



Smoking Policy

Covenant Health strives to positively influence the health of Albertans by providing a tobacco free environment and promoting smoking cessation. You will be advised of smoking cessation resources available to you, including nicotine replacement therapy and behavioral counselling.

My Pre Admission Clinic Visit

During your visit you will be asked to provide information about your general health and a history of your medical problem. You will see a nurse and may see other health professionals such as anesthesiologists, internists, pharmacy technicians and physiotherapists. Tests ordered by your surgeon will be done or reviewed during your visit.

Enhanced Recovery After Surgery

You will take an active part in getting ready for surgery and in healing after surgery. Grey Nuns Community Hospital has made Enhanced Recovery After Surgery (ERAS) a part of your surgical journey. ERAS is a program that's been used around the world for more than 20 years. It helps people feel better and heal sooner after surgery. One of the things that makes ERAS different is that you're part of the team.



My Surgery

You will be given your surgery date from your surgeon's office:

Surgery Date: _____

You will receive a phone call from the Pre Admission Clinic (PAC) to confirm your surgery time between 1:00 pm and 2:00 pm the day before your surgery. If you have not heard from PAC by 2:00 pm please call 780-735-7406 between 2:00-4:00 pm for your time. If your surgery is on Monday, you will receive a call the Friday before.

Arrival Time: _____ Surgery Time: _____

When you arrive at the hospital, go directly to Unit 44 – take the elevators to the 4th floor of the main hospital and follow the signs

Do not stop at Admitting, you have already been pre-registered

You have been booked for elective surgery. Sometimes there are unforeseen circumstances that may present a need for your surgery to be cancelled and then rescheduled. This could include hospital emergencies or your own illness.

If you experience any of the following, let your surgeon's office know ASAP:

- The flu, cold or other illness
- Open sore or skin infections
- Unforeseen circumstance



Before and During My Surgery

My Role Before Surgery

- Plan ahead (make sure everything is ready for you when you go home)
- Quit smoking as far ahead as possible
- Stay active – walking is a great way
- Cut down or stop drinking alcohol as far ahead as possible
- Follow the guidelines for drinking and eating the night before surgery (if you don't, your surgery could be cancelled)

What to bring:

- Toiletries
- Slippers
- Chewing Gum
- Phone Charger
- A Book
- Pen and notepad
- My Goals of Care
- A bag to hold your belongings
- _____
- _____

Do **NOT** bring:

- Money and credit cards
- Electrical items
(for example: hair dryers)
- Scented products
- Jewelry

We are not responsible for
lost or stolen items



The Night Before My Surgery

- See handout for Eating and Drinking instructions
- You may brush your teeth and/or rinse your mouth
- Bathe or shower and wash your hair the night before or morning of surgery
- Other preparations:

The Day of Surgery

Take all of your regular morning medications (*including chronic pain medications if prescribed*) with a sip of water EXCEPT:

- Wear comfortable and loose fitting clothing
- You may brush your teeth and/or rinse your mouth
- Do not wear makeup, nail polish, scents, jewelry or tampons
- Be prepared to walk to the Operating Room (if able) without: glasses, contact lenses, body piercings, jewelry, watch, dentures, prostheses or a tampon



During My Surgery

Anesthetics

- You will receive either a General Anesthetic or a Regional Anesthetic by an Anesthesiologist. General anesthesia will keep you relaxed and asleep. Regional anesthesia is a medication given by needle to numb the part of your body where you are having surgery; common types are spinals, epidurals and nerve blocks; you will be awake but may also receive a medication to help you relax.

The Operating Room

- You will meet your physician team prior to surgery. An operating room nurse will double check your surgical information and take you into the operating room. Monitoring equipment for your heart and breathing will be used by the anesthesiologist during your surgery.

The Recovery Room

- You will wake up in the recovery room. You will receive oxygen and may have compression stockings on your legs. Nurses will monitor you and when you are ready, you will be taken to your nursing unit.



After My Surgery

What to Expect with My Surgery

If you've had surgery before, you may notice a few things that are different about your ERAS surgery. For example:

- you eat and drink closer to your surgery time
- you get out of bed on the day of surgery
- you eat solid foods sooner after surgery

All this helps you to feel better earlier and go home sooner.

4 Things to Remember After My Surgery

1. **After my surgery, can I drink?**
 - Most patients are able to drink after surgery, ask your nurse.
 - Do not force yourself to drink fluids. If you feel sick, let your nurse know.
2. **How long do I need my IV?**
 - Your IV can usually be stopped after you are drinking well.
 - Ask your nurse if you've had enough fluids to stop your IV.
3. **When can I get up?**
 - Most patients can walk after surgery with help from your nurse.
 - Try to take a **very short walk** or **sit in a chair** the day of surgery.
4. **Can I eat today?**
 - Most patients are able to eat after surgery. Start with small amounts of food.
 - Choose what you want to eat from your meal tray and don't feel you have to eat it all.
 - If you start to feel sick, let your nurse know.
 - Chewing gum helps to settle your stomach.

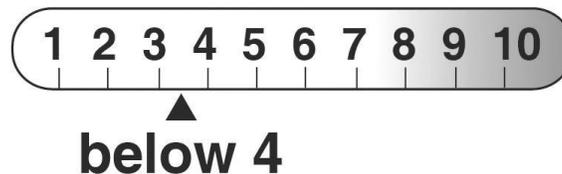


Managing My Pain and Nausea

It's important that your pain and nausea are managed after surgery. Along with taking pills, you may also get medicine by injection, IV, or epidural.

Managing pain and nausea helps you recover sooner because you can breathe more easily and move more freely.

Your nurse will ask you to rate your pain and nausea from 0 (no pain) to 10 (the worst pain you can imagine). Tell your nurse if your pain reaches 4/10 or your nausea reaches 2/10. The pain medicine or epidural will be adjusted as needed.



Mobilizing and Exercising After My Surgery

After surgery many people want to stay in bed and move as little as possible. Doing this makes you lose muscle and puts you at higher risk for complications. **Moving after surgery is extremely important.** It helps you to regain your muscle strength and helps your breathing and digestion. Aim to try and spend 6-8 hours out of bed starting the day after your surgery. Your nurse will teach you how to get out of bed properly, to not injure your surgical site.

Your nurse will teach you about two types of exercises to help you after your surgery:

- Deep Breathing and Coughing Exercises
 - This will help keep your lungs expanded and clear after surgery
- Foot and Ankle Exercises
 - This will help your muscles to stay strong and reduce swelling. It also lowers your chance of a blood clot.



Planning to go Home

Checklist for going home

Before you are discharged from the hospital, your nurse will go through discharge teaching and instructions with you. The teaching that will be reviewed is on:

My Discharge Teaching Checklist

- Signs of Infection
- Wound Care/Dressing Change/Cast Care
- Hygiene
- Diet and Hydration
- Bowel and Bladder
- Activity
- Pain Management
- Prescription
- Follow -Up Appointments
- (if applicable) Low Molecular Weight
Heparin/Warfarin Teaching

Driving Instructions

You should not drive for 24 hours after receiving anesthetic, please make alternate arrangements.

The length of time that you should not be driving after your surgery will be decided by your surgeon.



My Questions

Questions that I have after reading this booklet:

How to find answers to my questions:

- Pre Admission Clinic.....780.735.7406
- Unit 44 Day Ward.....780.735.7400
- Health Link811
- Covenanthealth.ca/hospitals-care-centres/grey-nuns-community-hospital
- ERASwebsite.....myhealth.alberta.ca/Learning/ERAS/Pages/default.aspx
- My Surgery Journey Videos <http://bit.ly/1NdmE3H>

This booklet was written by the staff of the Surgery Program, Grey Nuns Community Hospital.
Revised July 2016



Compassionate Care led by Catholic values

Mission rooted in
150 years
of tradition

