

Preparing for Surgery at Cambridge Memorial Hospital

Instructions to Register for Your Surgery:

- If you have developed any symptoms of illness, especially symptoms that could be related to Covid- 19
 - Fever
 - Cough
 - Shortness of breath
 - Sore throat
 - Difficulty swallowing
 - Loss of taste or smell
 - Nausea/vomiting
 - diarrhea, abdominal pain
 - Pink eye
 - Runny nose/nasal congestion without other known cause
 - Headache
 - Muscle aches or chills
 - In children, a rash

Please DO NOT come to the hospital. Call 519-621-2330, extension 2105, and speak with the nurse in Surgical Day Care. The nurse will provide you with instructions or you can call your Surgeon's office.

- You will be contacted within 48-72 hours of your procedure to complete pre-screening questions.
- Masks are mandatory. Please wear a mask upon entering the hospital. If you do not have a mask, the hospital will provide one to you.

Instructions for the Day of Your Surgery:

- Plan to come to the hospital 2 hours before your surgery is booked to start
- Do not bring valuables such as jewelry, money, cell phones or electronics as we cannot be responsible to keep them safe for you.
- Please arrange to have someone drive you to the hospital, and then pick you up once your surgery is completed.
 - This person WILL NOT be able to come into the hospital with you.
 - Please have a written copy of your driver's cell phone number with you, as this will be used to call them back to the hospital once you are ready to go home.
- **When you arrive: Wing A, Main Entrance (not the Emergency Entrance)**
 - Enter the Lot 2 Parking Lot and use markers indicated on the walkway for physical distancing.
 - Proceed to Main Entrance where you will be screened.
 - Apply hand sanitizer.
 - You will be directed to Patient Registration. You will then be directed to either A1 Surgery or B1 Surgical Day Care for your procedure.
- **Once your surgery is done** and you are ready to go home:
 - For patients who are having an endoscopic or surgical procedure, we will call your driver who will be asked to return to the Main Entrance at Wing A (Lot 2). They must park the car and report to the screeners. They are to tell the screeners that they were called for a pickup. They will then be directed to Surgical Day Care to pick you up. According to the mandatory mask policy, your pick up person must wear a mask while in hospital.
 - For all other procedures, we will call your driver who will be asked to return to the Main Entrance at Wing A (Lot 2). Your driver will be asked to wait outside in their car.
- **Once you arrive at home:**
 - You must arrange to have an adult stay with you for 24 hours after surgery.
 - You must not drive, operate machinery, make major decisions or drink alcohol for 24 hours after surgery.

What Can I Eat or Drink Before Surgery?

- The night before your surgery, you can eat and drink normally until midnight.
- Try to avoid spicy and/or gassy foods.
- No food after midnight, including hard candies or chewing gum, or your surgery may be cancelled.
- You may drink clear fluids (water, apple juice, cranberry juice) up to 4 hours before your surgery time.



How Do I Prepare for Surgery?

- Take a bath or shower with soap, and shampoo your hair. If provided a chlorhexidine sponge, please follow the instructions provided for its use.
- Do not shave the area of the surgery.
- Remove all jewelry, including wedding bands, body piercings, plastic piercings, and plastic spacers.
 - Jewelry and piercings that cannot be removed will need to be cut off by a jeweller before surgery.
- Remove contact lenses.
- Remove all make-up.
- Remove all fingernail and toenail polish.
- Do not wear perfumes, colognes, scented lotions or deodorants.
- Leave your money, credit cards, jewelry and valuables at home.
- Decrease your smoking and alcohol consumption as soon as your surgery is booked.

Medications

- Take any medications you were instructed to take with small sips of water.

What Should I Bring to Hospital?

- Your current health card
- A list of all your medications that you take, including their dosages and times taken
- Bring non-slip footwear (no flip-flops)
- Wear loose, comfortable clothing
- Wear your glasses and/or hearing aid(s)
- Bring a case for your glasses, hearing aid(s), and a denture cup
- If you have sleep apnea, you must bring your CPAP machine (clean and in working order), or your surgery may be cancelled
- Sanitary napkins/MaxiPads for gynecological surgeries

When Do I See my Surgeon After Surgery?

- You may not see your surgeon until your follow-up appointment.
- Instructions will be given to you about this appointment before you leave the hospital.
- If you would like your surgeon to speak to your coach/family member after your surgery, please supply a name and phone number where they can be reached following the surgery. If time permits, your surgeon will try to contact this person.

Can My Surgery Be Cancelled?

- Your surgery may be cancelled due to emergencies, COVID 19 symptoms or other reasons - staff will keep you informed of any reason which may delay or cancel your surgery.

Can I Have Visitors?

- The visitor process changes to reflect the recommendations from Public Health Ontario. For the most up to date information on the visitor process, please visit our website at www.cmh.org.