

Preparation for Surgery at Cambridge Memorial Hospital

Instructions for the Day of Your Surgery:

- Plan to come to the hospital 2 hours before your surgery is booked to start.
- If you have developed any symptoms of illness, especially symptoms that could be related to Covid-19, such as shortness of breath, fever, sore throat, cough, diarrhea, loss of sense of taste or smell, please DO NOT come to the hospital.
 - Call 519-621-2333 ext. 2205, and speak with the nurse in Surgical Day Care. They will give you instructions.
- Patient Registration will contact you 2 days prior to your procedure to pre-register you for your surgery. Please have your health card ready.
- 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.
- Have your driver park the car outside of Wing A, the new main entrance for the hospital.
 - Your driver can help you up to the main entrance door, but they CANNOT enter the hospital with you.
- Once you enter the building, your temperature will be checked, you will perform hand hygiene, and you will be given a face mask to wear. Please keep the face mask on at all times.
- You will then be directed to the waiting areas for Surgical Day Care or the Urology Clinic.
 - If you need assistance, wheelchairs will be available, and a porter can take you to the appropriate waiting area.
- You may be swabbed prior to your surgery. Your surgeon will determine this need, discuss this with you and also provide directions on how to complete this and timelines.
- Once your surgery is done, and you are ready to go home, your driver will be called and asked to return to the entrance at Wing A, the same place they dropped you off.
 - Your driver will be asked to wait outside in the car while someone helps you out.
- Do not bring valuables such as jewelry, money, cell phones or electronics as we cannot be responsible to keep them safe for you
- 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

Medications

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

How Do I Prepare for Surgery?

- Take a bath or shower with soap, and shampoo your hair
- 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

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 or other reasons - staff will keep you informed of any reason which may delay or cancel your surgery

Can I Have Visitors?

- There are no visitors allowed at this time