



# A Patient's Guide to Surgery

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## Same Day Admission Surgery

Your Surgery Date: \_\_\_\_\_

The hospital will call with your arrival time 1-2 days before your surgery.

# Having Surgery at Quinte Health

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Quinte Health is dedicated to making our patients feel safe and comfortable during their hospital experience. Throughout your surgical journey you will be cared for by many members of our team—nurses, doctors, physiotherapists, respiratory therapist, personal support workers, volunteers, and many more—all who have an important role in supporting you and your family before, during and after surgery. As a team, we strive to provide care based on our guiding hospital values: *imagine it's you, value everyone, we all make a difference and stronger together.*

Surgery can be a scary time for you and your family. This booklet is designed to help answer your surgery-related questions and help ease some stress during your hospital admission.

This book has been organized to mirror the surgical experience:

1. **How to Prepare for Your Surgery**: includes things to tell your surgeon, pre-surgical testing, and information that is important for your safety.
2. **Your Day Of Surgery**: what to bring, where to go, and what to expect in hospital.
3. **After Your Surgery**: this includes information about the recovery room, your admission to hospital, visitors, and pain medications.
4. **Pre-Surgery Checklist**: please use this checklist to make sure you have everything to bring for the day of your surgery.



Throughout the booklet you will notice this triangle symbol. These sections are especially important and need your attention. Please review carefully.

**Please bring this booklet with you on the day of your surgery.**

# Preparing for Your Surgery

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## Things to Tell your Surgeon:



### Medications

- Make sure you tell your surgeon what medications you are taking. Please include any medicines or herbal products that you purchase yourself or that are prescribed to you. Please let your surgeon know about anything that you ingest, inhale or apply to your skin.
- It is very important to tell your surgeon if you are taking **Aspirin (ASA), Plavix or blood thinners (like Coumadin, Warfarin, Xarelto, Rivaroxaban, Lixiana, Apixibana)**. These may need to be stopped before your surgery. Your surgeon also needs to know if you use **alcohol** or **recreational drugs** because these can change how you recover.
- Tell your surgeon if you normally receive antibiotics for surgery or dental work because of a heart murmur, heart valve replacement, joint replacement, or another condition. This helps them decide what antibiotics you might need for surgery.
- Tell your surgeon if you have recently been prescribed any new or temporary medications, such as antibiotics for a recent infection or injury.
- Medication instructions will be given to you at your Pre-Surgical Assessment appointment. You **must** take your medications according to these instructions before your surgery. You may be told to take some medications and not take others. It is extremely important to follow this information exactly—if you do not, your surgery may be postponed or cancelled.



### Sleep Apnea

It is very important to tell your surgeon if you have sleep apnea. If you use a breathing machine (a CPAP), you **must** bring it with you the day of surgery.



**If you experience an injury or develop a sore throat, fever, cold, or COVID 19 within a few days before your surgery, please call your surgeon.**



**If for any reason, you cannot keep your appointment, please call your surgeon's office.**

<p>Your Pre-Surgical Assessment Clinic:</p> <p><b>Date:</b> _____ <b>Time:</b> _____</p>
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## Pre Surgical Testing

Before your surgery, the hospital will call you with a date and time for your Pre-Surgical Assessment appointment.

You may be asked to come to the hospital for bloodwork, tests, and assessments. Depending on your surgery and health status this may include an assessment by a physiotherapist, anesthesiologist, or pharmacist. All patients will talk with our Pre-Surgical Assessment Nursing Team over the phone.

Quinte Health continues to adapt to current health and safety recommendations. Someone from the **COVID-19 Assessment Centre** may call you a few days before your surgery and ask you some questions. These questions will determine whether or not you need a COVID swab before your surgery.

***If you are in need of interpretation services, please coordinate this with your surgeon's office***

What to bring with you to the pre-surgical clinic appointment:

- All of your medications, vitamins, and herbal supplements in their original containers.
- The name and phone number of your community pharmacy and family doctor.

## Important for Your Safety

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For your safety during surgery and while under anesthesia, it is very important that you follow these instructions carefully:

### Eating and Drinking Instructions



**Do not** have **any food** after midnight the day of your surgery.



You are allowed to drink **clear fluids** on your day of surgery until **1 hour before your hospital arrival time**. Stop drinking fluids 1 hour before you are scheduled to report to hospital.

Clear fluids include: water, apple juice, ginger ale, Gatorade, **black** tea or **black** coffee (**no milk or creamer**).

If you do not follow these eating and drinking instructions exactly, **your surgery may be delayed or cancelled**.



**Do not** drink any alcoholic beverages for at least **24 hours (1 day)** before your surgery as alcohol may interfere with your anesthetic or medications.



We recommend not smoking for **48 hours (2 days)** before your surgery. There is no smoking on Quinte Health property.



You will **NOT** be able to drive home after discharge from hospital. **Please make the necessary arrangements for someone to take you home the day of your discharge and stay with you.**



Speak to your surgeon about how long you might need someone to stay with you for. If you live alone, you may need to make alternative arrangements like staying with family or friends. Information about Respite Care is also available.

## Keeping You Healthy

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Surgical site infections occur when harmful germs enter your body through your surgical site. Infectious germs are everywhere—on your skin, in the air and on things you touch. Most infections are caused by germs found in and on your body.

### What Your Surgical Team is Doing to Prevent Infections

- Proper hand-washing and scrubs
- Cleaning your skin prior to surgery using an antiseptic solution
- Wearing uniforms, masks, caps, sterile gloves and gowns
- Covering you with sterile drapes during surgery
- Keeping you warm
- Using the right dressings to keep your surgical wound protected
- Administering antibiotics as required.

### What You Can Do to Prevent Infections

- Have a shower or bath the morning of surgery
- Remove all jewelry
- Do not shave your surgical site before surgery
- If you smoke, try to stop or cut back
- If you are prescribed antibiotics take them all (even if you feel better)
- Care for your wound as instructed
- Eat healthy and get plenty of rest

## Preventing Blood Clots

After surgery, there is a small risk of blood clots forming in the veins of your legs. You can reduce the risk of blood clots by moving around as early as you can or as instructed after surgery and doing exercises even when you are resting. When you leave the hospital, you will be provided with information about exercises that you should do while recovering at home.

# The Day of your Surgery

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## Do

- ✓ Bring your CPAP (if you have sleep apnea)
- ✓ Take a shower or bath the morning of your surgery. Wear clean, comfortable clothes to the hospital
- Bring a proper storage container for your hearing aids, dentures, glasses or contact lenses. Glasses and dentures will be removed just before surgery
- ✓ Follow the **exact** instructions on what medications to take and not to take before your surgery. **These instructions are given to you at your Pre-Surgical Clinic visit.**
- ✓ Bring **all** of your medications with you in their **original containers**, including any puffers, insulin, eye drops, creams and/or patches.

## Do Not

- ✗ **Do not** bring valuables to the hospital. The hospital is not responsible for lost items.
- ✗ **Do not** wear contact lenses. These could damage your eyes while under anesthesia
- Do not** wear any makeup, fingernail or toenail polish
- ✗ **Do not** wear scented products (perfumes, colognes, scented soaps, lotions, etc.)
- ✗ **Do not** wear **any** jewelry- this includes earrings, rings, necklaces, body-piercings and tongue studs

*If you need interpretation services, make sure you have told the Pre-Surgical Assessment Clinic Nurse or arranged another method (family member, texting/writing).*

# Your Arrival

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- Please arrive at your scheduled time
- Be aware that your surgery time may change due to emergencies.
- Bring your health card and any Quinte Health booklets provided to you by your surgeon. **PLEASE** ensure that your Health Card is **valid**. Your surgery will be cancelled otherwise.
- If you have insurance, please bring your extended health coverage/insurance card
- Please bring **all** of your medications with you in their **original containers**, including any puffers, insulin, eye drops and/or patches.
- You may want to bring a book or magazine to read while you wait. If you bring a device, please ensure you have your own charging cable. The hospital is not responsible for lost items.

## Parking

Visitor/patient parking is available in front of the Sills Wing and WCA building. Bring your parking ticket with you into the hospital and pay before returning to your vehicle. Payment machines are in the main entrances and accept cash and credit cards. The main entrance has been permanently relocated to the Sills Wing.

**Parking is not allowed in fire routes.** Drivers are only permitted to stop in these areas to drop off or pick someone up. Unattended vehicles may be ticket or towed

1. Enter at the Sills (main) Entrance
2. Turn right down the hallway to the discharge elevator
3. A green arrow on floor is pointing to discharge elevator halfway down the corridor
4. Proceed to Level 1: Once you get off the discharge elevator on Level 1 signs will direct you to Day Surgery Registration. A clerk will register you for your surgery at the Day Surgery Registration desk
5. Take a seat in the waiting area or hallway as directed. A Same Day Surgery nurse will come meet you there.



# What to Expect

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## Pre-Operative

- A nurse will bring you into the Same Day Surgery (Pre-operative Unit). You will be asked to change into a hospital gown; your clothes will be bagged and labeled.
- Your belongings will be delivered to your inpatient room after your surgery.
- Your nurse will complete a health assessment. This will include questions (about your procedure, allergies, medications, when you last ate or drank, etc.), starting an intravenous (IV) line, and performing any required tests.
- Please be aware that your arrival time is not your surgical time. The assessment takes time and you will be required to wait. Please bring a book or activity with you.

**Quinte Health** performs pregnancy tests on all patients with uterus of childbearing age or ability before surgery. If you are between the ages of 12 and 50, you may be asked for a urine sample. Please avoid going to the washroom once in hospital.



If your surgery is side-specific (for example: left hip, right wrist, right-sided hernia) your surgeon will mark the correct side with their initials. **At this time your job is to verbally confirm with them which side your surgery is on.** This is an important safety protocol—please ask your surgeon or nurse if you have any questions.

## The Operating Room (OR)

- Each member of the OR team—nurse, anesthesiologist and surgeon—will come talk to you and review your hospital chart in Same Day Surgery.
- When the OR team is ready, one of the team members will bring you from Same Day Surgery to the OR—first confirming your name using your armband.
- In the room you will lie on the OR bed and be covered by warm blankets as the operating room can be cold.
- Before giving you any sedating medicine, the OR team will perform a *Surgical Safety Checklist*. This is another important safety protocol where you will be asked to verify your name, birthdate and allergies. This might feel repetitive, but it is an important part of keeping you safe throughout your surgery

# Recovering after your Surgery

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## The Post-Anesthetic Care Unit (PACU)

After your surgery you will be moved to the PACU (Recovery Room). It is normal to feel a little bit 'groggy' or 'hazy' while you are waking up after your surgery.

You will be cared for in the PACU by a nurse who will keep a close eye on you. Throughout your stay:

- The PACU nurse will ask you questions.
- You will be getting oxygen through a tube in your nose or a mask; the nurse will ask you to take long, deep breaths.
- You may experience some nausea or pain after your surgery. The team in the OR has already given you medications to try to decrease this and the PACU nurse will also provide medications to relieve discomfort.
- Warm blankets will be provided to keep you comfortable.

You will stay in PACU until you are ready to move to your hospital room. The timing depends on how you are feeling and the care you need.

## Surgical Short Stay Unit (SSU)

The SSU is designed for patients having certain procedures who may only need an overnight stay. Your surgeon will decide if you will stay in the SSU. The SSU is an open concept unit and one family member can sit with you after your recovery.

*Please note that there are no private rooms available in SSU.*

## Your Admission

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When admitted to the surgical inpatient unit you will be cared for by nurses who specialize in post-surgical care and pain management. Depending on your needs you will also be seen by physiotherapists, occupational therapists, nutritionists, social workers, personal support workers, or spiritual care providers.

**Telephone:** a charge for hospital phone use will be billed to you after discharge.



For local calls – first dial 9

Long distance calls – dial 0 to go through the hospital operator

You can also choose to use your personal cellphone to make calls.

**WIFI:** there is limited Wi-Fi available at the hospital. Please bring your own a device and charger to use during your stay.

**Television:** Television is available on some units but not others, and may be available for purchase by the patient. Please call ext. 5574 for information

**Discharge:** Discharge time is between 8 and 11 am. Your physician or nurse will let you know in advance (usually the day before) when you are likely to go home. **Please make sure there is someone to drive you home and stay with you.** Having this organized in advance helps to make sure the room is available for the next person recovering from their surgery.

# Visitors

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We understand that having your family and/or friends with you in hospital is important. All visitors must wear a mask while in the hospital. Please be aware that as you move through the different phases of your surgery, there are different rules for visitors. These are in place to keep you and the other patients safe.

**Visiting restrictions may change to reflect public health measures.**

**Same Day Surgery:** In most cases, visitors are not allowed in SDS, except in extenuating circumstances (ie: paediatrics etc.) The SDS nurse will arrange this once they have finished their assessment.

If your family wishes to speak to the surgeon following your surgery, there is a surgery waiting room which the SDS nurse can direct your visitors to. If your family wishes to leave the hospital, a phone number may be left for the surgeon to call after surgery.

**Surgical Inpatient Unit:** Visiting hours are flexible and there are no specific hours.

Visiting (timing and number of visitors) may be adjusted based on the clinical care needs of the patient and their roommate. This is planned through conversations with the patient, family and members of the care team.

**Visitors MUST NOT** visit if they are feeling unwell (fever, cough, sore throat, vomiting), have tested positive for COVID-19 **OR** have been told to self-isolate.

Unless otherwise advised, visitors are to wear a mask at all times while in hospital. In specific cases, visitors may be provided with a gown, gloves and eye protection to keep patients and themselves safe. **Please clean your hands before and after visiting a patient.**

- After hour visitors must enter through the BGH emergency entrance.
- Children under 12 years must be supervised by an adult.
- Alternative visiting (e.g. pet visitors and/or animal-assisted therapy) must be pre-arranged by contacting the Charge Nurse in advance of the visit.

**Patient care is our priority; if visitors are asked to leave for any reason, please respect this requests**

# Pain Medications

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While you are recovering from your surgery you may experience pain. This is a normal response to surgery. Sometimes pain is mild and easily tolerated, other times it can be disabling, but usually it is somewhere in between. The staff will assess your pain throughout your stay, using a pain scale. 0 means you are not having any pain, while 10 means it is the worst pain you have ever felt. The goal is to keep pain somewhere in the middle.

**The goal is to use the right medication to control your pain and help you recover, while not placing you at risk of serious and/or dangerous side effects.**

There are many ways that we will treat your pain: rest, ice, physical therapy and medications. In some cases, your physician will choose stronger pain medications to help control your pain.

If stronger pain medications are prescribed to you after surgery, they should only be used if alternative forms of pain control (rest, ice, over-the-counter medications etc.) are not enough. All pain medications are intended to improve your pain enough so that you are able to do your day to day activity, **but not decrease your pain to zero**. Some pain is part of the healing process and should be expected during your recovery.

**Side Effects to Expect:** Constipation, nausea, dry mouth, itchiness, sweating, and dizziness. Some people are more sensitive to the side effects of pain medications and may need a lower starting dose or more careful monitoring.

**Risks of Using Pain Medications:** Many people have used stronger pain medications such as codeine, fentanyl, hydromorphone, morphine, tramadol and oxycodone without problems. However, serious problems that can happen include overdose and addiction. It is important to follow the instruction on the prescription and use **the lowest possible dose for the shortest possible time**. Be aware of signs that you are getting too much medication (experiencing overdose). Avoid alcohol and benzodiazepines (for example, Xanax, clonazepam, Klonopin, lorazepam, Ativan, diazepam, Valium).

## Signs of Overdose

**Stop taking the pain medication and get immediate medical help if you have the following while taking opioids:**

- Severe dizziness
- Inability to stay awake
- Hallucinations
- Heavy or unusual snoring
- Slow breathing rate

**Your family member or caregiver needs to call 911 if:**

- You can't speak clearly
- They can't wake you up
- Your lips or fingernails are blue or purple
- You are making unusual heavy snoring, gasping, gurgling or snorting sounds while sleeping
- You are not breathing or have no heartbeat

Consider picking up a Naloxone kit (NARCAN) from a local pharmacy to keep at home.



**Safe Keeping and Disposal:** **NEVER** share your medicine with anyone else. Store it securely in your home and keep it in the original container. Take any unused medicines back to your pharmacy for safe disposal.

## Instructions or Notes

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## Pre-Surgery Checklist

Please use this checklist to make sure you are properly prepared for

### 10 Days Before Surgery

- Talk to your surgeon if you are taking **Aspirin (ASA), Plavix or blood thinners.**

Please keep a diary of what medications you have taken.

- Make arrangements for someone to drive you and stay with you after discharge.

**Your surgery may be canceled** if you do not have arrangements made.

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### Night Before Surgery

- DO NOT** have **any food** after midnight the day of your surgery
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### Day of Surgery

- You may drink **clear fluids** until **1 hour before your hospital arrival time. What are clear fluids?** *water, apple juice, ginger ale, Gatorade, black tea or black coffee*  
**(NO MILK OR CREAMER)**
- Take only the medications you have **been instructed to take**
- Shower or bath the morning of your surgery. **DO NOT SHAVE SURGICAL SITE**
- Remove contact lenses
- Remove **ALL** jewelry (including rings, earrings, body or tongue piercings)
- Remove makeup, fingernail or toenail polish
- Wear clean, comfortable (i.e. loose fitting) clothes to the hospital & a mask
- Bring your CPAP (if you have sleep apnea)
- Bring your valid Health Card (and your insurance card – if you have one)
- Bring a proper storage container for your hearing aids, dentures, or glasses.

Glasses and dentures will be removed just before surgery

- Bring **ALL** of your medications with you in their **original containers**, including

any puffers, insulin, eye drops and/or patches

- Bring **your own** personal items & toiletries; toothbrush, toothpaste.
- Bring pajamas, slippers with grips on the bottom and change of clothes.
- Bring a book, magazine or something to entertain you while you wait
- Bring this booklet

**DO NOT BRING VALUABLES OR JEWELRY TO THE HOSPITAL. THE HOSPITAL IS NOT RESPONSIBLE FOR LOST ITEMS.**

## Questions?

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1. Read through this whole booklet and write down any questions you have
2. Ask your questions at your Pre-Surgical Assessment Clinic appointment
3. Visit our website at [www.qhc.on.ca](http://www.qhc.on.ca). We have lots of information online including surgery-specific booklets and videos of what to expect.

Click on:

**Services & Clinics**

This is in the header at the top of the website

On the left-hand menu select:

Surgical Services ▼

▶ Surgery at BGH

Watch the 2 videos starring our very own nurses and doctors:

1. About Surgery at Quinte Health and,
2. Common Questions About Surgery

Scroll down to more information on the surgery that you are receiving



# Feedback

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The Quinte Health Surgical Program is committed to providing exceptional care and welcome opportunities to hear about your experiences while under our care. Understanding your experiences will allow us to learn what we are doing well and where we can improve.

If you have questions, feedback, a compliment or a complaint about the care you or your family member received, please contact our Patient Experience Specialist by telephone, letter, or using the link on our website.

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