

## **DAY CARE SURGERY INSTRUCTIONS**

You must be at the hospital **one hour before surgery.**

Please follow these instructions:

### **Medications:**

- Check with your doctor to determine if you should take your regular medications the morning of your surgery.
- Your doctor may ask you to stop taking Aspirin seven days before your surgery.
- **Bring your prescription medications with you.**

### **Food/Fluids:**

- You must not eat food after midnight or your surgery may be cancelled. You may drink water, black coffee or tea, apple juice or pop until 2 hours before check-in.

### **General Instructions:**

- Inform your doctor if you have a cough or cold.
- Inform your doctor if you are infected or are a carrier of MRSA/VRE (superbugs).
- Have a bath or shower the night before or the morning of your surgery.
- Do not wear make-up or nail polish. Artificial nails may be left on.
- If you have long hair, tie it back with an elastic band.
- Do not wear contact lenses.
- Wear comfortable clothing that is easy to take off and put on.
- Do not wear any jewelry.
- Leave all valuables at home.

### **Discharge:**

- Your discharge time will depend on the type of surgery and anaesthetic necessary.
- You must not drive yourself home following your surgery because you will be considered to be impaired.
- A family member, friend or other responsible adult must take you home after surgery. A taxi or bus is not acceptable. **Your ride must be available** when you are able to be discharged. **Your surgery may be cancelled** if appropriate arrangements are not made.
- A family member or friend (or other responsible adult) should stay at home with you for the rest of the day and night.
- You will be given specific post-op instructions before discharge.

*Squamish General Hospital is a scent-free facility. Please do not use any perfumed products on the day of your surgery. Any visitors to the hospital, i.e., your designated driver, family or friends should be made aware of this policy. Effective 31 May 2008, Vancouver Coastal Health (VCH) became completely smoke-free. Smoking is not permitted on any VCH owned and operated property, including all buildings, grounds and parking lots.*