

Lloydminster Hospital Pre-Op Instructions

Welcome to the Lloydminster Hospital Surgery Program. You may or may not be required to attend the Pre-Admission Clinic (PAC) to be seen by the anesthetist and nurse prior to your surgery.

If you ARE attending PAC:

- You will be called by the O.R. bookings office with your PAC appointment date and time. You do NOT need to fast for this appointment.
- Please see your Family Physician PRIOR to coming to PAC to get Pre-Op Medical History form completed. It can be sent directly to us and you can also bring a copy with you to PAC.
Please book this appointment with your family physician immediately after seeing your surgeon. This completed form is required before your surgery booking can proceed. Do NOT wait to get this done.
- Please bring a complete list of your current medications, including dosage and how often you take them, or bring all medications with you in original labelled containers. Your pharmacist can print a list for you.
- At your PAC appointment you will see the nurse and receive pre-op instructions. The Anesthetist will then assess you and discuss anesthetic options for your surgery. Please allow 1-2 hours for your appointment or longer if the Anesthetist is called away for an emergency.
- Following your PAC appointment O.R. Bookings will contact you with your surgery date and time as soon as can be accommodated in compliance with the provincial waitlist.

If you are NOT attending PAC:

- OR Bookings will call you when they have a date for your surgery in compliance with the provincial waitlist.
- Please see your Family Physician to get your Pre-Op Medical History form completed as soon as possible and do any tests that your Family Physician requests right away so there is no delay in booking your surgery date.
- Your surgeon may also provide you with a requisition for tests to be done a specific number of days before surgery. Follow their instructions to ensure all tests needed for surgery are completed.
- All patients are asked to come to the hospital 2 hours prior to their scheduled surgery time, as instructed, so that the nurses have time to prepare you for the OR. Be aware that delays may occur.
- Please follow the pre-op surgery instructions as listed below.

PRE-OP SURGERY INSTRUCTIONS

DO NOT EAT anything after midnight the night before your surgery.

YOU MAY DRINK CLEAR FLUIDS until four (4) hours prior to arrival at the hospital. Clear fluids include water, apple juice, Gatorade, black coffee/tea – NO MILK/CREAM.

ABSOLUTELY NO alcoholic beverages 48 hours before your surgery.

DO NOT WEAR any fragrances, scented lotions, body washes or aftershave.

DO NOT SMOKE for 24 hours prior to your surgery.

Depending on the type of surgery and anesthesia planned, it may be safest to postpone surgery in patients who have symptoms of COVID, Influenza, RSV, etc. until your illness has resolved. Testing may be required and the team will discuss the safest option with you. If you are ill, please notify the OR booking office or your surgeon to post-pone and another patient may be booked.

BEFORE YOUR OPERATION:

- ❖ Leave your jewelry and valuables at home
- ❖ Do NOT wear makeup, nail polish, hairpins, jewelry/piercings or contact lenses
- ❖ Have a bath/shower the night before or morning of your surgery
- ❖ Do NOT shave the operative site
- ❖ Clean your belly button if you are having laparoscopic surgery
- ❖ Report to Admitting desk the morning of your surgery and bring your health card
- ❖ If you have a support person, they are welcome to come with you to the surgical floor and wait while you are in surgery. Otherwise, you will need someone to pick you up and drive you home after your surgery (**NO TAXI**). Parent/guardian must stay in attendance for child/mentally challenged patient.
- ❖ We also recommend that you have someone stay with you at home your first night after you are discharged from the hospital.

****Failure to comply with the above may result in cancellation of your surgery****