

# North Bay Regional Health Centre

## Pre-Admission Clinic Patient Instructions

Your surgery date is: \_\_\_\_\_ Please come to the hospital at: \_\_\_\_\_  
(Date) (Time)

- Go to the information desk inside the doors at the east main entrance of the hospital at 50 College Drive. Ask for directions to the Day Surgery Department on level 3.
- If there is no one at the information desk when you arrive, take the elevator to level 3 and follow the signs to the Day Surgery Department to the right of the elevator.
- Bring all your medications that are not for pain (i.e. narcotics) with you on the day of surgery.
- Bring any papers given to you by your surgeon or their office staff.
- Bring your health card.

If you have a power of attorney for personal care, an advanced directive, or living will, bring it with you and give it to the registration clerk.

### What to do before your surgery:

- **Do not eat anything after midnight** the night before your surgery. This also means: **no** orange juice, **no** milk, **no** cream, **no** alcohol, **no** candy, and **no** gum.
- You are allowed to have clear fluids up until 4 hours before your booked surgery time. This means that you can have water, apple juice, black coffee, clear tea, clear pop (gingerale, sprite, 7-up), jello, and popsicles up until \_\_\_\_\_.
- Your nurse has reviewed any medications that you take and has provided you with instructions on the patient medication instruction sheet. Anti-inflammatories, vitamins, and herbal medications must be stopped for 7 days before surgery unless instructed otherwise by your physician.
- Only **Tylenol** (Acetaminophen) is allowed for pain if necessary.
- **You are advised not to smoke for 24 hours before your surgery.**
- Do **not** shave the operative area for 7 days before your surgery.
- Ensure that you have made arrangements for a ride home after your surgery.

**If you have any questions about the information you have received, please call the preadmission clinic at 705-474-8600 (extension 4900) to speak with a nurse.**

Date: \_\_\_\_\_ Nurse Signature: \_\_\_\_\_

Nurse Print Name: \_\_\_\_\_

If your health worsens before your surgery, contact your surgeon's office immediately. Emergency admissions or a shortage of beds may result in your surgery being rescheduled. Should this situation occur, every effort will be made to inform you and rebook you as quickly as possible.

**IF THESE INSTRUCTIONS ARE NOT FOLLOWED, YOUR SURGERY MAY BE CANCELLED**