

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

WHITE COPY: CHART

CANARY COPY: PATIENT

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