

Preparing for your Surgery

Information for Patients
having an Operation

Lions Gate Hospital

231 East 15th Street
North Vancouver BC V7L 2L7
Tel: 604-988-3131

Introduction

Your doctor has scheduled your surgery at Lions Gate Hospital (LGH).

You will be cared for in a well-equipped hospital by a team of highly trained health professionals.

We encourage you to discuss your treatment plans with your doctor and make the needed home arrangements before you come to the hospital.

This pamphlet will help you prepare for surgery.

We realize that facing surgery is difficult for you and that you need to organize a number of things in advance. We hope that the surgery will take place at the scheduled time and we want to assure you that your doctors and nurses at the Hospital will do everything that they can do to make sure that your surgery happens at the scheduled time.

While we do our best to maintain the surgical schedule, sometimes things happen that are beyond our control, often at the last moment. For example, your surgery might be delayed or cancelled because another patient might require emergency surgery. We realize that this will cause you to be upset and inconvenienced, and we apologize in advance should such a regrettable cancellation be necessary. Unfortunately, this situation is impossible to predict and if it does occur, we hope you will understand.

If such cancellation does arise, contact your surgeon's office as soon as possible to arrange another booking.

Admission to Hospital

The surgeons' office will call the day before surgery and after 1:00 p.m to confirm the time of arrival to the admitting department on the main floor. If your surgery is scheduled on a Monday or after a statutory day then the surgeons office will call you on the Friday before.

If you cannot get in touch with your surgeons office by 3:00 p.m. the day before surgery please call LGH at 604-988-3131 and ask for surgical booking office to confirm your arrival time to the hospital. Please leave a message and your call will be answered confirming your OR time for the following day.

LGH has a process to ensure patients who need to be admitted can be moved quickly and efficiently through our Emergency and Critical Care areas. At times this is challenging and requires the transfer of patients within the hospital. It may be necessary to transfer you from one location to another location to allow for the transfer of a more critically ill patient. At all times you will continue to receive the care you require by qualified Vancouver Coastal Health nurses and physicians.

LGH is a Smoke Free Premise and Scent Free Area.

Many staff and patients have allergies to scented toiletries and perfumes.

Do not wear these products in the hospital.

Note: The hospital is not responsible for items kept at the bedside.

Please bring with you:

- ✓ Your B.C. Care Card or other proof of medical insurance.
- ✓ Your Driver's License or other government-issued identification.
- ✓ All prescription medicine in the original container or bubble pack, with the exception of your narcotics. Bring in all your inhalers that you are currently using.
- ✓ If you do not speak English, bring someone to assist you. If you require an interpreter please advise your health care provider prior to your hospital admission.
- ✓ Change for the pay phone.
- ✓ Cellular phones are allowed.
- ✓ If you are going home the same day, wear comfortable, loose-fitting clothing and non-skid soled shoes.
- ✓ Wear glasses instead of contact lenses.
- ✓ Wear hearing aids if you have them.
- ✓ Have family bring crutches, canes, walkers, or any other equipment required directly to the unit after surgery.
- ✓ If you are staying for more than one night, bring **ONLY** personal care items such as toothpaste/brush, denture cleaner, shaving cream, razor, deodorant, reading material, dressing gown, slippers with non-slip soles. **PLEASE LIMIT BELONGINGS TO ONE SMALL BAG.** If you require additional belongings, have family members bring in at a later date.

DO NOT bring:

- ✗ more than \$20.00 cash
- ✗ a lot of personal items or clothing
- ✗ valuables or jewelry
- ✗ electrical appliances, e.g. hair dryer

Preparation for Surgery

- The Anesthesiologist in the Pre-Surgical Screening Clinic (also known as the Pre-Admission Clinic) will tell you what prescription medication to take the day of surgery. These medications may be taken with a sip of water. If you do not require an appointment at the Pre-Surgical Screening Clinic then call your surgeons office for further instructions regarding preparing for surgery.
- **DO NOT** smoke, chew gum or suck lozenges (cough drops) after midnight the night before surgery.
- Bath/shower and wash your hair either the evening before and the day of your surgery.
- You may be advised to use an antiseptic skin preparation the morning of, and right before surgery. If directed to do so, you will be given a patient instruction pamphlet to follow.
- **REMOVE ALL MAKE-UP, NAIL POLISH, FALSE EYE LASHES, JEWELLERY, BODY PIERCINGS, WIGS AND HAIR PINS.** Rings you are unable to remove may need to be cut off. Acrylic nails (without polish) may be left on.
- You may wear glasses (preferred to contact lenses) and dentures until just before your surgery.
- Wear walking shoes and loose fitting clothes that will be comfortable after your surgery.

If you are feeling unwell, or have had a change in your medical condition, please contact your surgeon's office immediately.

- For patients with NO bowel preparation:**
 - **DO NOT** eat food or drink alcohol after midnight on the night before surgery.
 - You may drink clear fluids (water, apple juice, or cranberry juice but **no alcohol**) after midnight until 1 hour before hospital check-in time, then **DO NOT** drink at all.
 - **DO NOT** drink citrus juices, carbonated beverages or dairy products after midnight.
- Clear fluid carbohydrate loading:**
 - Drink 2 glasses (500 mL or 16 ounces) of clear juice (eg. apple juice/cranberry juice) on the evening prior to surgery.
 - Drink 1 glass (250 mL or 8 ounces) of clear juice 1 hour before hospital check-in time, then **DO NOT** drink at all.
- For patients who received bowel preparation:**
Follow the diet instructions as per the “Bowel Preparation” instruction sheet.
- As per doctor’s order:** _____

Prevent Pneumonia

Icough

Pneumonia is a common complication for inpatients due to prolong bed rest and immobility. You can take part in the simple measures that can prevent this common complication which often complicates and prolongs hospital stay by:

- Breathe **I**n & Hold for 3 sec: every 30 min
 - to open up your lungs
- C**oughing & deep breathing: every 30 min
 - to clear your lungs
- O**ral Care: 3 times per day – a clean mouth is safer
- U**p: have the head of bed up
 - helps your lungs expand
- G**et Moving: movement is good for you!
 - ask about your personal activity plan
- H**ave a conversation – you’re at risk to get pneumonia

Breathing Exercises

Deep Breath and Hold for 3 seconds

– 3 times every 30 minute to expand your lungs.

Taking a big breath and holding it in for 3 seconds opens up your lungs, reversing tiny areas of lung collapse and clearing stale air.

1. Place your hands on your ribs – to help feel the breath going in.
2. Take a BIG slow, deep breath in through your nose. Fill up the bottom of your lungs, then the middle, then the top.
3. Hold your breath in for 3 seconds & slowly say in your head: “This will help my lungs recover”.
4. Blow all the air out slowly through your mouth.
5. Repeat 2 more times.

Deep Breath and Cough

– 3 times every 30 minute to clear your lungs.

This helps remove mucus from your lungs. Mucus is a good environment for pneumonia germs to grow in.

1. Take a faster deep breath and cough
Get rid of that mucus!
2. Take a 30 second break. Repeat 2 more times.

Oral Care

– 3 times a day: morning - noon – night.

Brushing your mouth (teeth, gums, and tongue) removes germs which can move down into your lungs and can cause pneumonia.

Get up and Get moving

– Have a conversation about your personal activity goals

Be active and moving as often as you can. Also, sit in a chair for meals and at least 15 minutes after eating. Activity helps lung expansion and reduces your pneumonia risk.

The Day You Go Home

Discharged Same Day As Surgery:

- You will go home as soon as the doctor and nurses have found that you are able.

A responsible person MUST accompany you home after surgery (you cannot go home alone or unaccompanied in a taxi).

- We recommend you have someone stay with you for the first 24 hours that you are home.
- For 24 hours after an anaesthetic, do not do anything that needs coordination or judgment. This includes:
 - driving a car
 - using machinery
 - making important decisions
 - doing business
 - travelling alone
- Do not drink alcohol. Alcohol may add to the anaesthetic effects.

Discharged After One Or More Nights In Hospital:

You will be discharged in the morning at 10:00 a.m.

- Have a responsible adult pick you up on the nursing unit.

Care at Home

- On returning home, please follow the instructions given to you.
- Get any prescribed medications and take as directed.
- Keep appointments for follow-up care with your doctor. Contact your doctor for any problems after surgery.
- In the event of a serious complication and/or emergency, please proceed to your local emergency department.

HealthLink BC

To speak with a nurse, pharmacist, or dietitian, call 811
Services available in 130 languages

www.healthlink.bc.ca

For deaf and hearing-impaired assistance (TTY), call 711

Conveniences

- Visiting hours vary from unit to unit. Ask the clerk on the nursing unit about the visiting hours on your ward.
- All VCH sites are smoke-free inside and outside. Patients who smoke are welcome to ask for information about smoking cessation programs and products available to them while in hospital or if seen in the Pre-Surgical Screening Clinic.
- Televisions are in the lounges. You can also rent one in your room. Inquire on the nursing unit.
- If you wish to have a telephone in your room, telephones are available for rent. Inquire at the nursing unit.
- Carriers bring newspapers to the nursing unit daily and fill the boxes in the lobby.
- The LGH Auxiliary has a gift shop located at the 15th street entrance near the coffee bar and cafeteria.

Hospital Bill

Uninsured residents, Non-Canadians, or persons not covered by the health care plan must pay the full cost of their stay and/or procedure. Your doctor will tell you the cost. You may pay by credit card, debit, cheque or cash.

You may ask for a private or semi-private room to increase your privacy and comfort. In a private room, you will be the only person in the room and have your own bathroom. In a semi-private, you will share the room and its bathroom with another person. Regular rooms have four beds and don't cost anything for patients with valid BC Medical.

How do I ask for a private or semi-private room?

This information will be provided by the main admitting department which you will be directed to following your appointment in the Pre-Surgical Screening Clinic.

Private and semi-private rooms may not always be available due to medical or operational reasons. You will only be charged for the time spent in your requested room. We encourage you to request the room well in advance. You can do this at the main admitting department at the 15th street entrance or calling the department at 604-988-3131 local 4916 and further direction will be given.

Can the hospital get paid by my insurance company?

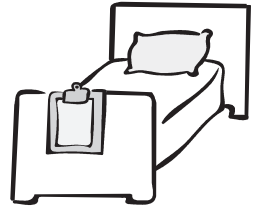
Yes, the hospital will bill your charges to your insurance company.

If you do not have extended health insurance, you will be asked for an imprint of your credit card for billing purposes. LGH will accept credit card, debit, cheque or cash. Debit is accepted only between 8:00 a.m. and 4:00 p.m. Monday to Friday at the cashier's office.



Location of the Pre-Surgical Screening Clinic

The Pre-Surgical Screening Clinic is located on the main floor in the Medical Day Centre at LGH. As you enter from the 15th street entrance parkade, turn left past the coffee shop to the Medical Day Centre. Continue past the Joint Replacement Clinic down the hallway and turn left arriving at the Pre-Surgical Screening Clinic. There are red signs posted on the left hand wall guiding you to the clinic.



The best care of *you + me!*

Please donate to **Lions Gate Hospital Foundation**
today and make a difference to health care
on the North Shore.

www.lghfoundation.com

604-984-5785

info@lghfoundation.com



**LIONS GATE
HOSPITAL
FOUNDATION**

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