

PREPARING FOR YOUR SURGERY: GENERAL ANAESTHETIC

PATIENT INFORMATION

NAME

SURGICAL DATE

SURGICAL TIME

GET HEALTHY BEFORE YOUR SURGERY

- Eat healthy: Include vegetables, fruit, lean protein, iron calcium
- Exercise: Strengthen your muscles, get in shape
- Reduce alcohol: Do not have more than one standard drink per day
- Quit smoking: Do not smoke for 24 hours before surgery

Call 811 for information on diet, exercise and quitting smoking.
Speak to your family doctor if you have problems with alcohol use.

PLANNING AHEAD

- Speak to your surgeon or anaesthetic doctor about changes you may need with your medication
- Stop herbal supplements or vitamins 7 days before surgery
- Complete blood work, ECG's or x-rays (if needed)
- Attend your per-admission clinic appointment (if contacted)
- Remove all nail polish. Have false nails, Acrylic, Gel Nails or Shellac removed professionally
- Buy soap or sponges, 4% or 2% Chlorhexidine Gluconate at the drug store
- Do not shave the area of your surgery for 7 days before your surgery
- Do not shave your arm pits for 7 days if you are having surgery on your breast
- If you are having eye, ear, nose or throat surgery you may shave the day before your surgery. Do not shave the day of surgery
- Plan to have someone take you home from the hospital and be there to help you for 24 hours

Please note that if these plans are not made your surgery may be cancelled.



Dr Adrian T Lee Inc Drs Mian Inc Dr Amara Murabit Inc Dr Paul J Oxley Inc Dr Jennifer M Prince Inc
Suite 301 – 13737 96th Avenue
Surrey, British Columbia V3V 0C6
tel 604.589.6021 fax 604.589.6841

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WHERE TO GO THE DAY OF SURGERY

FOR SURREY MEMORIAL HOSPITAL:
13750 96TH AVENUE, SURREY, B.C.

- Come through the South Entrance and park underground
- South Entrance is off of 94A Avenue
- Take elevator to first floor, turn right, and follow the signs to Surgical Admissions

FOR THE JPOCSC:
9750 140TH STREET, SURREY, B.C.

- Enter through the Main Entrance or park underground
- Take elevator to the 4th floor
- Turn right when you get off elevators to Daycare Surgery

DAY BEFORE SURGERY

- Follow any special instructions given by your surgeon, anaesthetic doctor or nurse
- Change all of your bedding to clean sheets
- Stop eating solid food 8 hours before surgery. Stop Time: _____
- Stop drinking clear fluids 4 hours before surgery (7-up, water, apple juice) Stop Time: _____
- First use regular soap and shampoo on your face and hair. Rinse well. Then use Chlorhexidine to wash entire body from the neck down. Apply solution as you would a body wash and rinse after using. Dry with a clean towel and dress in clean clothes
- Plan on arriving at the hospital 2 hours before your surgery time

DAY OF SURGERY

- Do second Chlorhexidine body wash and dress in clean comfortable clothes
- Brush teeth, tongue and roof of mouth. Rinse with mouthwash
- Do not put any other products on your skin (lotion, make-up, cologne, deodorant)
- Remove all jewelry and piercings. Leave valuables at home.
- Bring care card and photo ID to hospital
- Bring medicines in original containers
- If staying overnight, have a friend or family member bring belongings after surgery. (e.g. non-slip shoes or slippers, toiletries). Label with your name



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