

Guide for Surgery

PREPARING FOR YOUR SURGERY

This guide has been made to help you navigate the process of getting surgery at Georgian Bay General Hospital (GBGH). Before surgery, the hospital will contact you with the dates of your pre-operative clinic appointment and surgery. Your pre-operative appointment may be in-person or over the phone.

PRE-OPERATIVE CLINIC APPOINTMENT

Date: _____

Time: _____

In Person Pre-Operative Appointment

Please enter the hospital through the main entrance and register for your pre-operative appointment at Central Registration. The registration clerk will guide you where to go for your appointment. A nurse from surgical services will meet you there. You may be at the hospital for several hours for your pre-operative appointment to allow time to see the nurse, anesthesiologist, and complete other pre-operative testing as required by your care team.

Parking

Within our current parking lot, we have designated a few spots for those picking up family or friends after surgery or endoscopy procedures. These spots are reserved for when our friend or loved one aren't quite ready, or we would like you to come into the hospital to receive information and escort them out. Parking in the parking lot is free for 30 minutes from entering. The spots are located on the right hand side directly in front the "Captains Cottage" and will be marked as reserved.

Visitor and accessible parking are available in the main parking lot. All vehicles entering the parking lot will take a ticket at the entrance. Payments can be made at the pay machines located in the front lobby (credit, Interac, and cash accepted) or at the exit by credit card only. Parking rates are as follows: no charge for the first 30 minutes, \$4.00 per hour, after that up to a maximum of \$10.00 per day.

Guide for Surgery

PATIENT PORTAL INFORMATION

You can access your personal health information through [my healthcare portal](https://myhealthcareportal.ca/). This online patient portal provides you access to your electronic health record. You can view and pre-register for upcoming appointments, see your visit history, review your results, access dictated reports and update personal information. My health care can be accessed online at <https://myhealthcareportal.ca/>, or you can download the app on iPhone or Android from the app store.

For any questions or assistance, please contact the support team by email at PortalSupport@myhealthcareportal.ca or call 705-797-2955.

**my
health care**

Complete your anesthetic questionnaire online

- ✓ Safe, Simple and Secure
- ✓ Health care provider can access and review with you
- ✓ Complete at your leisure and pace

Login to your account or create an account
<https://myhealthcareportal.ca>
or scan the QR code with your camera!



Questions?

Phone :705-797-2955

Toll Free: 1-877-797-2955

Email: portalsupport@myhealthcareportal.ca



Please complete the Anesthetic Questionnaire prior to your in-person or phone call pre-operative appointment. This questionnaire will be provided to you by your Surgeon's office. We highly recommend completing the online version through [my healthcare portal](https://myhealthcareportal.ca), as the nurse will be able to view this document during your pre-operative appointment.

Please have a list of all your medications and the doses readily available for your pre-operative appointment.

Guide for Surgery

DAY BEFORE SURGERY

Please call one business day before your surgery between 10:00 a.m. and 2:00 p.m. at 705-526-1300 extension 5247 to confirm time of arrival for your surgery

Note that arrival time is not the time you are having your surgery. **All surgical times are subject to change.** Emergency procedures are given priority which means that plans change with little notice. You will be kept informed. There is always a remote chance that your surgery may not be done and rebooked.

Surgery Date: _____

Arrival Time: _____

DAY OF SURGERY

Please use the main hospital entrance and register with your health card, indicating you are here for surgery in the operating room.

Your surgery may be cancelled if you do not follow these instructions:

Nutrition

Do not eat any solid food after midnight including chewing gum or hard candy.

You may drink clear fluids (water, clear tea or black coffee with sugar, apple juice or sports drinks) **until 2 hours before your arrival time.** *Do not drink dairy, dairy substitute, or Orange Juice*.

EXCEPTION: Patients having the following procedures are to have absolutely **NO FOOD and NO LIQUIDS after midnight before your procedure:**

Endoscopic retrograde-cholangiopancreatography (ERCP)

Ears, Nose, Throat surgery

Guide for Surgery

DAY OF SURGERY

DO NOT drink alcoholic beverages for at least 24 hours before surgery.

DO NOT use Cannabis/Marijuana products or products containing CBD for at least 24 hours before surgery.

DO NOT use recreational drugs (cocaine, ecstasy, etc) for at least 48 hours before your surgery.

Medications

Take all your usual morning medication(s) by 6:00 a.m. with a sip of water, unless otherwise instructed by your surgeon or anesthesiologist in your pre-operative appointment. If you have any questions, contact your surgeon's office, or the GBGH operating room at 705-526-1300 extension 5240.

- If you are on blood thinners or daily ASA, make sure your surgeon, anesthesiologist, and pre-operative nurse are aware (you may be asked to hold these medications prior to surgery).
- Bring medications requested in original containers if directed to do so.

General Instructions

Bring 2 pieces of ID, including your up-to-date health card (ID must have name and address i.e. driver's license, Ontario photo ID, etc).

Leave valuables and money at home.

If needed bring your eye glasses and case, contact lenses should *not* be worn.

Please shower or bathe with soap prior to surgery. You may apply deodorant, but do not apply any fragrant perfumes or lotions after showering.

Remove all nail polish and makeup.

Wear comfortable loose-fitting clothing and flat soled, non-slip walking shoes.

Guide for Surgery

DAY OF SURGERY

General Instructions

All piercings and jewelry must be removed. Risks of failing to remove jewelry or body piercings prior to surgery include:

- Potential infection from microorganisms on or around the jewelry.
- Potential burns from the use of electrocautery.
- Potential harm to patients or staff if jewelry has sharp edges.
- Any facial or tongue jewelry has added potential for risk during airway management.

For discharge, you must be accompanied by a responsible adult. The nurse will call your escort and arrange for pick up. There are 3 Surgical Waiting Area Spots within the parking lot that they will be directed too. Parking in the parking is free for 30 minutes.

- You must arrange for a responsible adult to stay with you at home and remain with you overnight after surgery.
- Please bring your escort's contact information with you on your day of surgery.
- **You will not be permitted to drive yourself home or leave the hospital unaccompanied in a taxi**

No recording devices or cameras are permitted in the department.

If you have CPAP or BIPAP please bring your clean machine with you.

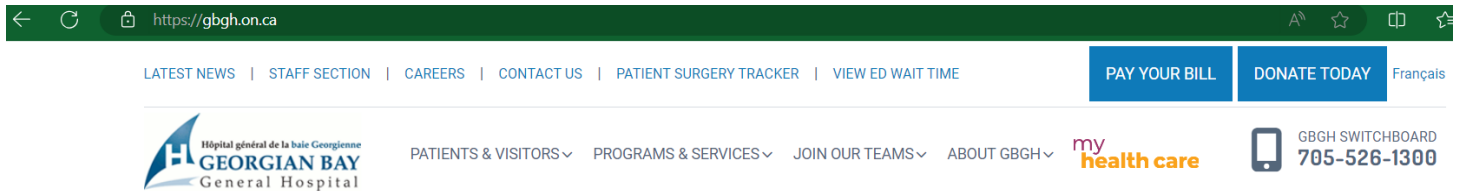
If you are scheduled for a Same Day Admission surgery, please pack a small bag with your belongings. Be sure to include a toothbrush, toothpaste, comfortable clothes, non-slip slippers, and any books or electronic devices you may want.

Notes:

Guide for Surgery

PATIENT SURGERY TRACKER

Access the patient surgery tracker through the GBGH home page at www.gbgh.on.ca/programs-and-services/surgical-services/ or click select “Patient Surgery Tracker” at the top of the GBGH home page



When you register for your surgery, you will be provided with a case number. You can share this number with friends and family so they can follow you through the surgical process.

Visitor Guidelines

One support person may be permitted in the Surgical Daycare area at the discretion of the OR nurse. Visitor restrictions are subject to change. Any special exceptions to the visitors guidelines should be discussed with the nurse.

Children undergoing surgery must be accompanied by a parent or caregiver, who must always remain with the child in the Surgical Daycare area. Other children or siblings are not permitted in the Surgical Daycare area.

IMPORTANT – CANCELLING OR POSTPONING YOUR SURGERY

If for any reason you cannot keep your surgery appointment, you must call your surgeon's office *as soon as possible*.

If you must cancel the evening, night or weekend prior to surgery, please notify the Hospital Supervisor 705-526-1300 extension 1333 or the O.R. Scheduling Department Monday to Friday (excluding holidays) 8:30 a.m. to 3:30 p.m. at 705-526-1300 extension 5247.

Guide for Surgery

WHAT TO EXPECT

Admission

After registering with central registration on the day of your surgery, you will be directed to our surgical waiting area. From there, a nurse will escort you to the admissions area when ready. Upon arrival in admissions, you will be provided with a gown to change into and asked about your medical history and reason for today's visit. You will have the opportunity to speak with your nurse, anesthesiologist, and surgeon before your operation.

Please note that there may be a brief wait after full admission before entering the operating room, depending on prior or emergency cases.

In the Operating Room

As you enter the operating room, you'll observe a variety of equipment tailored to the specific needs of your surgery. Your operating room team is comprised of your surgeon, surgical assistants, anesthetist, and nurses.

Before administering anesthesia, your surgical team will conduct a Surgical Safety Checklist to ensure the Right Patient, in the Right Room, for the Right Procedure. If you notice any discrepancies or have questions, don't hesitate to communicate with your team.

Subsequently, the anesthetist will initiate your anesthesia. There are three primary types: general, spinal, and local. General anesthesia induces complete unconsciousness, while spinal and local anesthesia target specific areas for numbness. Sedative medication might accompany spinal and local anesthesia to enhance relaxation. The choice of anesthesia depends on your health, the nature of the surgery, and the consultation between you and the anesthetist.

Guide for Surgery

WHAT TO EXPECT

After your Surgery

After your surgery, you will be transferred to the recovery room. As you gradually awaken, a nurse may gently call your name, informing you that the procedure is complete and encouraging deep breathing. Throughout your time in recovery, your vital signs, including pulse, oxygen saturation and blood pressure, will be closely monitored, and measures will be taken to keep you warm. You may wear an oxygen mask until you're more alert.

Your recovery room nurse may administer intravenous medications to manage any post-operative pain or nausea. You'll frequently be asked to rate your pain to ensure accurate medication dosages are administered to provide effective pain control.

The duration of your stay in the recovery room varies depending on factors such as the type of surgery and anesthesia used, as well as your individual recovery process. Following certain surgeries, hospital admission may be routine, and you will be informed beforehand if this is expected.

After surgery, some patients may experience a sore throat, dry mouth, or dry lips due to the use of certain medications or a breathing tube. These symptoms are normal, and your recovery nurse will provide fluids once you're awake enough to tolerate them.

Patients who receive spinal anesthesia may initially experience numbness from the waist down and have limited mobility in their lower limbs. Nurses will regularly assess your sensation, pain and movement by asking you to wiggle your toes and bend your knees. Even after regaining full sensation, you may require assistance with walking. You'll need assistance both in the hospital and at home until the effects of the anesthesia have completely subsided.

Guide for Surgery

DISCHARGE FROM HOSPITAL

Before leaving, please inform your nurse if you have any concerns about your discharge. Upon readiness for discharge, the nurse will coordinate with your ride and provide them with pickup instructions.

You may notice a pink or brown tint on your skin from the prepping solution; this should fade within a few days.

Engaging in leg and foot range of motion exercises can aid in circulation and reducing the risk of post-operative blood clotting.

It's important to abstain from alcohol or cannabis/marijuana for at least 24 hours following your surgery.

Similarly, avoid operating heavy machinery, driving or making legal decisions during this 24-hour period post-surgery.

Specific written discharge instructions about your surgery will be provided to you. Additionally, these instructions are accessible on our GBGH website under 'Program's and Services' and select the 'Surgical Services' tab.

Notes:
