

IMPORTANT INSTRUCTIONS

BEFORE YOUR SURGERY

For your safe treatment, the following instructions must be followed very carefully.

Failure to follow these instructions may result in the cancellation of your procedure.

- **HAVE NOTHING TO EAT OR DRINK, INCLUDING GUM OR CANDY AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY.** It is **ESSENTIAL** that the stomach be empty at the time of the appointment. You may have water up to five (5) hours before surgery. **(Unless otherwise instructed).**
- **Take all your usual medications EXCEPT diabetic medications at the normal time with enough water to swallow them. Bring your diabetic medications with you.**
- **Arrange to have a responsible adult remain with you for the balance of the day and during the night following surgery to help ensure your safety. ON LEAVING THE CENTRE YOU MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT,** who may either drive you home or accompany you home in a taxi. Do **not** use public transportation. It is imperative that this adult can be available at any time during your stay and can accompany you home when requested by the nursing staff.
- A parent or guardian must be present for patients under 18 years of age to provide necessary consent. **Parent or guardian of patients 12 years of age and under must remain at the centre for the duration of the child's surgery**
- Refrain from smoking for at least 12 hours prior to surgery. Do not wear make-up or fragrance (eg. cologne, perfume, after-shave). Wear loose, casual clothing
- Contact lenses and jewellery must be removed before surgery. The Centre is not responsible for lost or stolen articles
- Contact the Kamloops Surgical Centre prior to the day of treatment if your medical condition changes (eg. severe cold, fever, etc.)
- You may need to make arrangements to remain in the city overnight if your home is not in the Kamloops area. Contact your surgeon's office to determine if this is necessary
- You will be assigned a check-in time that is 1 hour before your scheduled surgery



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Anaesthetics and sedatives may disturb your judgement and coordination for several hours. During this period, it is essential that you follow these instructions:

- On arrival home, it is common to feel sleepy. Rest quietly at home for the balance of the day or as instructed by your surgeon
- You may experience some muscular aches in your back or neck area and/or a sore throat or stuffy nose following a general anaesthetic. These symptoms are not serious and will disappear in a short time
- Increase your diet gradually starting with clear liquids
- Avoid alcohol or recreational drugs in any form for 48 hours
- Follow your surgeon's instructions regarding medications
- **DO NOT DRIVE** or operate boats, power tools or machinery for 24 hours
- **DO NOT** enter into any legal contracts for 24 hours
- You will receive instructions specific to your surgery prior to discharge
- Contact your surgeon if you have any problems or questions after you return home
- **If complications arise and you are unable to contact your surgeon, go the nearest hospital Emergency Department**
- If admission to hospital is required within 7-10 days of your procedure, please notify this facility at (250) 314-0076