

## Patient Pre-operative Instructions Letter

Dear \_\_\_\_\_,

You have been scheduled for your (surgery type)

\_\_\_\_\_ at

(site) \_\_\_\_\_ **on** (surgery date MM/DD/YY)

\_\_\_\_\_.

Please report to admitting on the day of your surgery by (time)

\_\_\_\_\_.

### THINGS TO DO NOW

**NOTE:** Please have the following documents and indicated preoperative test results completed by \_\_\_\_\_. Delays in receiving results will delay your surgery.

- (1) Please call our office to confirm your surgery. Failure to do so may result in cancellation.
- (2) Schedule an appointment with your family doctor or primary care provider to complete a History and Physical (H&P). Discuss with them any questions you may have about your care. Have them send the H&P form (enclosed) and any relevant test results to our office by fax or mail as soon as completed.
- (3) Complete the forms in this package indicated by a “✓” below. Return them to our office.
  - a)  *Patient Pre-Admission* form
  - b)  *WRHA Surgery Program – Preoperative Assessment Patient Questionnaire*
  - c)  Signed surgery consent form
- (4)  Review *Advanced Care Planning – Goals of Care* form with your family or health care professional (if marked with a “✓”)
- (5)  Review hospital-specific pamphlet (if marked with a “✓”)
- (6) **If necessary**, after your forms are received, a nurse from the Preoperative Assessment Clinic (PAC) may call you to schedule a PAC appointment. If so, please attend this appointment and bring your medications. Do not be concerned if you do not receive a call from PAC.

### BEFORE SURGERY

- DO NOT consume any food, orange juice, or sports/carbonated beverages after midnight to prevent vomiting during or after surgery. Clear fluids are allowed up to 2 hours before reporting to admitting/registration (e.g. water, apple juice, black coffee/tea with no milk or sugar added).

- If you take medications, you will receive instructions from your surgeon or the Preoperative Assessment Clinic (PAC) prior to surgery on which medications to continue and which to stop.
- If you are sick (e.g. sore throat, fever, cough symptoms) within 1 week of your surgery, contact your surgeon immediately.

## **AFTER SURGERY**

- For day surgery, you must arrange for a responsible adult to accompany you home. They must stay with you for 24 hours from the time you leave the hospital to assist you. Speak with your health care practitioner for more details.