
PREPARING FOR YOUR SURGERY

Location:

Eagle Ridge Hospital
475 Guildford Way
Port Moody, B.C.

Pre-admission clinic: 604 469-3184

Main Hospital: 604 461-2022

- Eat healthy: vegetables, fruit, lean protein, iron, calcium.
- Exercise: Strengthen your muscles, get in shape.
- Reduce alcohol: No more than one standard drink per day.
- Quit smoking. Do not smoke for 24 hours before surgery
- Stop herbal supplements or vitamins 7 days 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

- Plan to arrive to the hospital 2 hours before your surgery time.
- Complete blood work, ECG's, etc. (if needed) at least 3 weeks before surgery.
- Attend your pre-admission clinic appointment (if contacted)
 - 604 469-3184 for preadmission nurse
- Buy soap or sponges: **4% or 2% Chlorhexidine Gluconate** at the drugstore.
- **Do not shave the area of your surgery for 7 days before surgery** e.g. for ACL do not shave legs.
- Organize walking aids (Crutches, wheelchair as required) and bring to hospital

Plan to have someone take you home from hospital and be there to help you for 24 hours. If plans are not made, your surgery may be cancelled

DAY BEFORE SURGERY

- Follow any special instructions given to you by your surgeon
- Change all bedding to clean sheets.
- **STOP EATING SOLID FOOD MIDNIGHT THE NIGHT BEFORE**
- **May drink small amounts (up to 250ml) of clear fluids up to 5 hours before surgery (7up, water, apple juice) NO DAIRY, NO COFFEE, NO TEA, NO JUICES WITH PULP, NO ALCOHOL**
- No chewing gum or candy
- First use regular soap and shampoo on face and hair. Rinse after using. Then use **Chlorhexidine** solution to wash entire body from the neck down. Apply the solution as you would a body wash and rinse after using. Dress in clean clothes.
- Remove all nail polish and/or false nails.

DAY OF SURGERY

- Repeat **Chlorhexidine** body wash and dress in clean comfortable clothing.
- Brush teeth, tongue, and roof of mouth. Rinse with mouthwash.
- Take prescription medications with a sip of water in the morning.
- Do not put any other products onto your skin (skin lotion, make-up, cologne, deodorant).
- Remove all jewelry and piercings. Leave valuables at home.
- Remove Contact lenses (bring glasses if necessary)
- Bring your BC Care Card (BC Services Card) and photo ID to hospital.
- Bring medicines in original containers
- If you have sleep apnea bring your CPAP machine or dental device to hospital
- Show up to hospital two hours before your surgery time.

WHERE TO GO THE DAY OF SURGERY

- Patient parking is available on the North Side (behind) the hospital by the ER (emergency department)
- Please come through the Main Patient Registration Entrance doors (not ER)
- Turn Right at the end of the hallway, follow the signs to Daycare Surgery and register at Patient Registration