

Getting Ready for Surgery

**You must come to the Pre-Op visit or your surgery will be rescheduled.
Another patient will be given your surgery date and time.**

This appointment will take about 2 hours.

Follow your regular diet and take the medication you normally do.

Pre-Op Clinic

Level 0, Medical Outpatient Department
West 5th Campus, 100 West 5th St.
Hamilton, ON, L9C 0E3

West 5th Campus Parking is available at the Outpatient Entrance off Fennell Avenue in P1 and P2 or the Main Entrance off West 5th Street in P3 and P4

To Cancel or Change Your Pre-Op Appointment

- Call 905-521-6033. Call as soon as you know you cannot come so we can put another person in your place. Be prepared to leave a message.
- Contact your surgeon for any concerns about surgery or to change the date of your surgery.

What happens in the Pre-Op Clinic Visit?

The staff here will help you prepare for surgery. Most people come 7-14 days before surgery. This visit takes about 2 hours.

The Nurse will review your forms and you may have:

- A weight, height, blood pressure and pulse check
- Blood and urine test
- Heart test (ECG) and x-rays
- Interview with the Anesthesiologist
- Instructions about what food and medication to take and not to take before surgery
- Interview with other members of the health care team
- Other instructions to follow at home

Where to Go on the Day of Your Surgery

For Surgery at St. Joseph's Hospital on Charlton Avenue

Come to the Day Surgery Registration Desk. If you are having a scheduled C-Section, come to the Birthing Unit. Bring the instruction sheets you got in the Pre-Op Clinic.

For Surgery at the King Campus on King Street East

Come to the Surgical Centre Reception Desk on Level 2. Enter through the main doors and turn right to find this area. Bring the instruction sheets you got in the Pre-Op Clinic.

Registering

You and your support person will sit in the waiting room until you are called to register. After you register, you go back to the waiting room until you are called into the unit to get ready for surgery.

We make every effort to make sure your surgery happens at the scheduled date and time. On the day of your surgery, the staff will keep you informed of emergencies or other reasons that may delay or postpone your surgery.

Getting Ready for Surgery

When you are called to go into the unit, you will first go alone. Once you are ready for surgery, your support person will be called in to stay with you until you go for surgery.

You will be asked to change into a hospital gown and go to the bathroom. A Nurse will get you ready for surgery, answer any questions you have and help you relax. You will have a thin tube put into a vein in your arm called an intravenous or IV. This is used to give you medicine and fluids.

The Surgeon (or delegate) will come to see you. The Surgeon (or delegate) will put his or her initials on your skin over the surgical site using a surgical marking pen. This marking washes off over time after surgery.

When you are ready, the Nurse will ask your support person to come to stay with you. Just before your surgery you will go to the Holding Area or straight into the Operating or Procedure Room. Your support person can wait in the surgery waiting room.

If you are going home the same day as surgery, the Nurse will ask for the name and phone number of your driver so he or she can be contacted to take you home.

In the Operating or Procedure Room

Members of the team will introduce themselves to you when you enter the room. They will ask you some safety questions such as, "What is your name?" and "What operation are you having?". This is called a Surgical Time Out and is part of a safety check.

The room is cool and there are a lot of machines and lights. The staff will have operating room clothes and masks on.

Although it is a busy place, there is always a member of the Healthcare Team with you.

If you are having an anesthetic, the Anesthesiologist will start your anesthesia soon after you go in.

After the Operation or Procedure

Most people recover for ½ hour to 3 hours. The time is different for each patient and depends on the type of surgery and anesthetic.

You are never alone while you recover. A Nurse is always nearby to help. You may have some or all of these:

- Oxygen mask on your face to give you oxygen
- Oxygen monitor on your finger to check the oxygen levels in your body
- Heart monitor to check your heart rate
- IV to give you fluids and medicine

The Nurse will check your blood pressure, pulse and breathing every 5-15 minutes. The nurse will also check any incisions.

You will feel drowsy and thirsty. You may have an upset stomach or nausea. This is caused by the medications given during surgery. You may also have some pain or discomfort. The nurse will give you medication to help.

After you recover you will go to a nursing unit to stay in hospital or back to the Day Surgery Unit to get ready to go home.

When you are going home

When you are ready to leave, the Nurse will give you instructions about your care at home. Transportation is not provided by the hospital. You need to arrange for someone to drive you home. The Nurse can contact your driver to pick you up. The hospital discharge time is 11:00 am. If your ride is delayed, you will be asked to wait in our unit lounge or front lobby.

Parking

Charlton Campus: There is an hourly rate for parking with a daily maximum rate. If you visit often you can get a 'reduced rate parking pass' or a 'come and go all day pass' from the Parking Office. The Parking Office is on Level 2 of the Juravinski Tower.

Visitor parking is off James Street South beside the Fontbonne Building. The parking lot off Charlton Avenue East under the main entrance is a premium parking lot and more expensive. You cannot use any coupons, validations or day passes in this premium parking lot.

King Campus: Parking is available at the front of the building. Do not park in the short-term lot as this is very expensive.