

MARCH 2021

CIUSSS de l'Estrie – CHUS

**SURGERY
PREPARATION
GUIDE (Adults)**

**You must bring this
guide with you to all
your appointments.**

DATE OF YOUR SURGERY: _____

HOSPITAL ARRIVAL TIME: _____

LOCATION: _____

Produced by

Centre intégré universitaire de santé et de services sociaux de l'Estrie –
Centre hospitalier universitaire de Sherbrooke

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INTRODUCTION

Your surgery will be performed at one of the facilities of the CIUSSS de l'Estrie – CHUS. The surgery department wishes to support and assist you properly in this process.

This document will be your reference guide.
It is very important to prepare for your surgery for its successful outcome.



PLEASE BRING THIS GUIDE WITH YOU TO ALL YOUR APPOINTMENTS.

GENERAL INFORMATION

PREOPERATIVE ORIENTATION MEETING

The preoperative orientation meeting involves:

- assessing your health status by validating the health questionnaire (see box below);
- briefly going over the proposed surgery;
- reviewing this guide with you and giving you recommendations to follow for your surgery and post-surgery at home;
- performing exams and/or consultations prior to the surgery, where applicable.



Has your surgeon given you the “HEALTH” questionnaire? Please complete it to the best of your knowledge and bring the questionnaire to your preoperative orientation meeting.

You did not receive the questionnaire? You are unable to answer certain questions? Don't worry! The preoperative clinic (pre-admission) nurse will assist you during your meeting.



The preoperative meeting will be scheduled a few days to a few weeks prior to your surgery. You might not have to go to the hospital if you do not have an exam and/or consultation before your surgery. If that is your case, a nurse will telephone you.



If the surgeon gave you a specific surgery guide, read it before your preoperative meeting. Bring it to that meeting. You will be able to ask the nurse your questions.

GENERAL INFORMATION



PREOPERATIVE ORIENTATION MEETING (cont.)

There are two ways the meeting can be held:

AT THE HOSPITAL



ON THE PHONE



Plan to spend 1 to 4 hours (day surgery).

Plan to spend 4 to 6 hours
(surgery with hospitalisation).

Be accompanied by a relative or a friend.

Plan to spend 10 to 30 minutes.

WHAT YOU SHOULD EXPECT

- To meet the nurse from the clinic;
- To potentially meet several professionals: physicians or other workers for a health check-up and needs assessment before, during and after surgery;
- To undergo lab tests (blood sampling) and other tests (X-rays, ecgs, etc.);
- To receive patient education and recommendations for your surgery;
- To sign a consent form for your care, surgery, and anesthesia;
- To discuss your return home after your surgery (discharge).

WHAT YOU SHOULD EXPECT

- To speak to a nurse from the clinic;
- To receive patient education and recommendations for your surgery;
- To discuss your return home after your surgery (discharge).

WHAT YOU NEED TO HAVE READY

- **This preparation guide;**
- The health questionnaire and your surgery guide, if you have received them;
- Your hospital cards and medical insurance card;
- The list of your medications that has been brought up to date by your pharmacist (including over-the-counter medications and natural products);
- All of your current medications in their original containers as well as any inhalers, drops, over-the-counter medications, and natural products so that the nurse can verify them with you.

WHAT YOU NEED TO HAVE READY

- **This preparation guide;**
- The health questionnaire and your surgery guide, if you have received them;
- The list of your medications that has been brought up to date by your pharmacist (including over-the-counter medications and natural products).

GENERAL INFORMATION

HOSPITAL DATE AND ARRIVAL TIME FOR THE SURGERY

You will receive a telephone call to confirm the date of your surgery.

Refer to the above table to find out at what time you need to arrive.

The means of communicating information to you will vary by hospital centre.

 HOSPITALS	 OPERATING PROCEDURE
<p>Hôpital Brome-Missisquoi-Perkins 450-266-4342, press 5 (ext. 35529)</p>	<p>You will be called between 3:00 p.m. and 7:30 p.m. on the day before your surgery.</p> <p>Surgeries scheduled on Mondays: You will be called on Friday between 3:00 p.m. and 5:00 p.m.</p>
<p>Hôtel-Dieu de Sherbrooke 819-346-1110, ext. 21140</p> <p>Hôpital Fleurimont 819-346-1110, ext. 14520</p>	<p>You must call the hospital the day before your surgery between 1:30 p.m. and 3:00 p.m.</p> <p>Surgeries scheduled on Mondays: Please call on Friday between 1:30 p.m. and 3:00 p.m.</p>
<p>Hôpital de Granby 450-375-8000, ext. 62790</p>	<p>You must call the hospital the day before your surgery between 1:30 p.m. and 3:00 p.m.</p> <p>Surgeries scheduled on Mondays: Please call on Friday between 1:30 p.m. and 3:00 p.m.</p>
<p>CSSS du Granit 819-580-0330, ext. 37797</p>	<p>You will be given the information during your first meeting.</p>
<p>CSSS de Memphrémagog 819-843-3381, ext. 2535</p>	<p>You will be called on the day before your surgery. If your surgery is on a Monday, you will be called on Friday.</p>

GENERAL INFORMATION



At any time during the day, your surgery can be delayed, cancelled, or postponed.

We will do everything possible to prevent delays, cancellations, and postponements. Unfortunately, circumstances can be beyond our control. If that is the case, the nurses will inform you of the steps you need to take.

Notify us at all times if:
(at the number in the preceding table)

ANYTIME IF:

**you notice that your period is delayed
or you believe you are pregnant;
you must take antibiotics prior to your surgery.**

**NOTIFY US THREE (3) DAYS
BEFORE YOUR SURGERY IF:**

**you have a cough, a sore throat, nasal discharge,
fever, nausea, vomiting, or diarrhea.**

YOUR PREPARATIONS

PLANNING YOUR RETURN HOME (DISCHARGE)



PLAN TO HAVE SOMEONE ACCOMPANY YOU.

For a surgery with hospitalization. You will have two hours to leave the room once your discharge has been signed. You must be accompanied.

For a day surgery. The nurse will assess you and will tell you when you can leave. Certain criteria will need to be met based on your surgery. You must be accompanied.



PLAN TO HAVE A FRIEND OR RELATIVE PRESENT AT YOUR HOME.

We recommend that you not remain alone the first few days. You might be subjected to certain restrictions.

You might need help with meal preparations, housekeeping, laundry, etc.

If you have a limited social network, consider the option of going into a convalescent home.



WHEN NEEDED, CALL YOUR CLSC.

You can call your local CLSC to learn more about community outreach services (meals on wheels, Réseau d'Amis de Sherbrooke for transportation, home services cooperative, convalescent care, etc.).



SET UP YOUR HOME.

Prevent risks by clearing walking spaces. Put your rugs and mats away. Depending on the type of surgery you receive, you might have to set up a bedroom on your ground floor, if possible. Put a night table near your bed and armchair to put what you need on it. Purchase a non-slip bath mat.



STOCKPILE.

Make sure that you have enough food at home. Consider purchasing or making your own single serving frozen meals that you can reheat at your convenience. Store your necessities such that you do not need to bend down to get them.

Keep an ice pack or a pack of frozen peas within reach to reduce swelling or control pain.



GET THE FORMS YOU WILL NEED.

When necessary, we will indicate to whom to submit them during your stay at the hospital (salary, disability, employment, or other insurance).

YOUR PREPARATIONS

WHAT TO BRING FOR YOUR SURGERY (in a reusable bag)



- This guide and your surgery handbook (if you have received it).**
- Forms that you will need (salary, disability, employment, and other insurance)
- An up-to-date list of your medications provided by your pharmacist if there have been any changes since your preoperative meeting.



- Hospital cards and medical insurance card
- Reading glasses or contact lenses
N.B.: Remember to bring your eyeglasses case and contact lens solution, if required. You must remove your contact lenses before surgery.

WITH YOUR NAME CLEARLY IDENTIFIED ON THE CASE



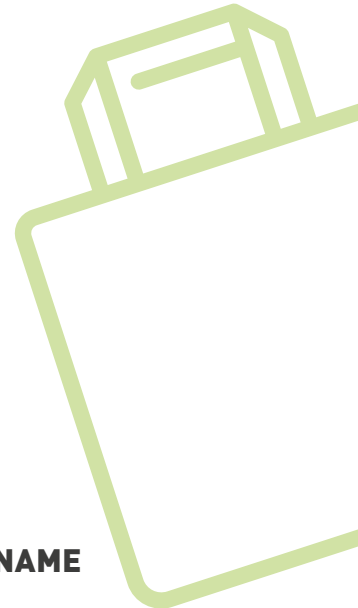
- Hearing aids
- Dentures
- Comfortable, loose clothing
- Shoes that are easy to put on
- Incontinence pants, if required

IF NECESSARY:



- Cane
- Walker
- Crutches

IDENTIFIED WITH YOUR NAME



YOUR PREPARATIONS

WHAT TO BRING FOR YOUR SURGERY (in a reusable bag) (cont.)



IF YOU NEED TO BE HOSPITALIZED, PLAN TO BRING:

- Dressing gown (recommended)
- Slippers with **ANTI-SLIP** soles
- Toothbrush and toothpaste
- Soap, shampoo, antiperspirant
- Comb and/or brush
- Facial tissues



IN SOME CASES, YOU MUST ALSO BRING:

- CPAP or BiBAP (**OBLIGATORY** if you have one; **otherwise, your surgery will be cancelled**).
- Your urine sample taken on the morning of the surgery if instructed by the nurse. Urine analysis cups are available in pharmacies for a minimal fee.
 - Required Not required
- Sanitary pads only, **no tampons**.



DO NOT BRING ANY MEDICATIONS.

Except your inhaler and exceptional medications, if applicable.

LEAVE YOUR VALUABLES AT HOME.

The hospital is not liable for your money or possessions.

YOUR PREPARATIONS



PHYSICAL ACTIVITIES



Exercising before your surgery can make a significant difference in your recovery. Controlling your weight and incorporating an exercise program in your daily or weekly routine can help you greatly. If you already exercise, keep up your good habits. Otherwise, start and gradually add exercises to your routine.

Exercises do not have to be difficult to provide benefits. Walking for 15 minutes daily is a good start.

NUTRITION AND DIET



Eat balanced meals (as recommended by *Canada's Food Guide*). Avoid fast food restaurants.

MEDICATION



Stop taking or using natural products **14 days before your surgery.**

Stop taking the following medications _____ **days before your surgery.**

Stop taking the following medications _____ **days before your surgery.**

ALCOHOL, TOBACCO, AND DRUGS



Stop drinking alcohol **48 hours before your surgery.**



Stop smoking _____ days before your surgery.

NEED HELP?
Visit Jarrete.ca

Stop taking drugs _____ days before your surgery.



WARNING/CANNABIS

Inhaling cannabis smoke before surgery can lead to oxygenation and/or ventilation problems under general anesthesia. Cannabis smoke can cause bronchial hyperreactivity with an accrued risk of bronchospasm or laryngospasm.

YOUR PREPARATIONS

PREOPERATIVE HYGIENE



Wash with a mild soap and with your regular shampoo the night before your surgery.

Take care to thoroughly wash your navel with soapy water and cotton swabs.

PRE-OP SHAVE

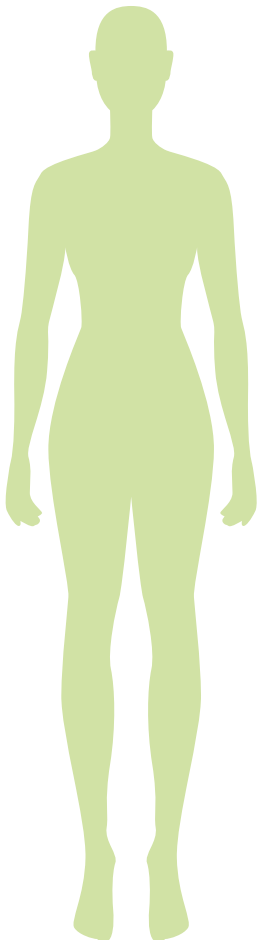
- There is no need to shave.
- The surgical site will need to be shaved.
 - Staff will shave the surgical site at the hospital.
 - You must shave at the sites instructed.
The nurse will indicate where you need to shave, if required.



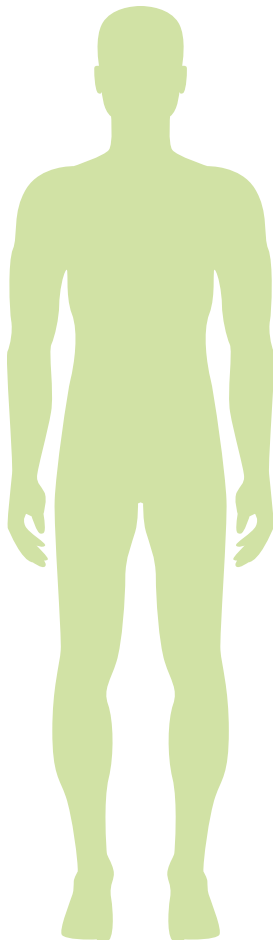
RISK OF INFECTION

Do not use a razor with a blade. Use an electric razor.

Front



Back



Even if you do not need to shave, the nurse may ask you to shave your beard. That will depend on the type of anesthesia chosen by the anesthesiologist.

NOTES

YOUR PREPARATIONS



PREOPERATIVE DIET

Among the four (4) following options, please follow the one taught by the nurse.

OPTION 1

THE DAY BEFORE YOUR SURGERY

Eat and drink normally until midnight.

AFTER MIDNIGHT

Stop all eating and drinking. NO liquids and NO food.
OTHERWISE, YOUR SURGERY WILL BE CANCELLED.



WARNING!

For the three (3) following options, you must stop drinking liquids one (1) hour before arriving at the hospital.



YOUR PREPARATIONS

PREOPERATIVE DIET (cont.)

□ OPTION 2

THE DAY BEFORE YOUR SURGERY

Eat and drink normally until midnight.

AFTER MIDNIGHT

Stop eating foods.

You can continue drinking the beverages suggested below.

NO dairy products, **NO** juice with pulp, **NO** nutritional supplement drinks.

SUGGESTED BEVERAGES (NOT DIET)



- Regular, sparkling, or sweetened water
- Sports beverages such as Gatorade® and Powerade®
- **PULP-FREE** lemonade



- **PULP-FREE** fruit juice
- Commercial iced tea
- Tea or coffee, **NO** milk and **NO** cream

1 HOUR BEFORE ARRIVING AT THE HOSPITAL

Stop drinking beverages and chewing gum.



YOUR PREPARATIONS



PREOPERATIVE DIET (cont.)

□ OPTION 3

THE DAY BEFORE YOUR SURGERY

Eat and drink normally until midnight.

AFTER MIDNIGHT

Stop eating foods.

You can continue drinking water or the beverages suggested below.

NO dairy products, **NO** juice with pulp, **NO** nutritional supplement drinks.

SUGGESTED BEVERAGES (NOT DIET)

- Commercial iced tea
550 ml (2 $\frac{1}{4}$ cups)
- **PULP-FREE** lemonade
500 ml (2 cups)
- **PULP-FREE** orange juice
500 ml (2 cups)
- Cranberry juice
325 ml (1 $\frac{1}{3}$ cups)
- Apple juice
450 ml (1 $\frac{3}{4}$ cups)



1 HOUR BEFORE ARRIVING AT THE HOSPITAL

Choose one of the beverages suggested above and drink the amount indicated within 10 minutes. Then stop drinking and chewing gum.



YOUR PREPARATIONS

PREOPERATIVE DIET (cont.)

□ OPTION 4

THE DAY BEFORE YOUR SURGERY

Eat and drink normally until midnight.

AFTER MIDNIGHT

Stop eating foods.

You can continue drinking the beverages suggested below.

NO dairy products, **NO** juice with pulp, **NO** nutritional supplement drinks.

SUGGESTED BEVERAGES (NOT DIET)



- Regular, sparkling, or sweetened water
- Sports beverages such as Gatorade® and Powerade®
- **PULP-FREE** lemonade



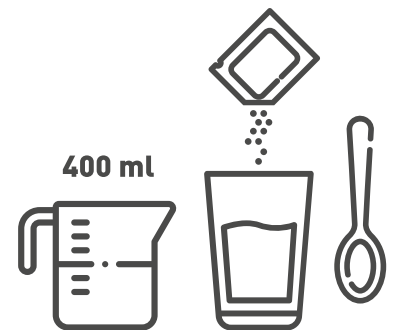
- **PULP-FREE** Fruit juice
- Commercial iced tea
- Tea or coffee, **NO** milk and **NO** cream

1 HOUR BEFORE ARRIVING AT THE HOSPITAL

Drink the PREcovery® mix within 10 minutes. Then stop drinking and chewing gum. The nurse gave you the PREcovery® package during the preoperative orientation meeting.

PREcovery® mix

Mix the package contents in 400 ml of cold water until the powder is completely dissolved. (Do not prepare the mix in advance.)



DIETARY RECOMMENDATIONS



Some patients are assigned a diet based on their health condition. If that is your case, we will indicate which diet to follow.



ON THE DAY OF YOUR SURGERY

HOSPITAL ARRIVAL TIME



Follow the instructions for your arrival time at the hospital. **DO NOT ARRIVE EARLIER.** There will be a waiting time, which varies on a case-by-case basis.

Make sure your surgery has not been cancelled before allowing your companion to leave.

JEWELS AND COSMETICS



NO rings, chains, earrings, or piercings.

NO makeup, nail polish, moisturizing cream, or perfume.

MEDICATION



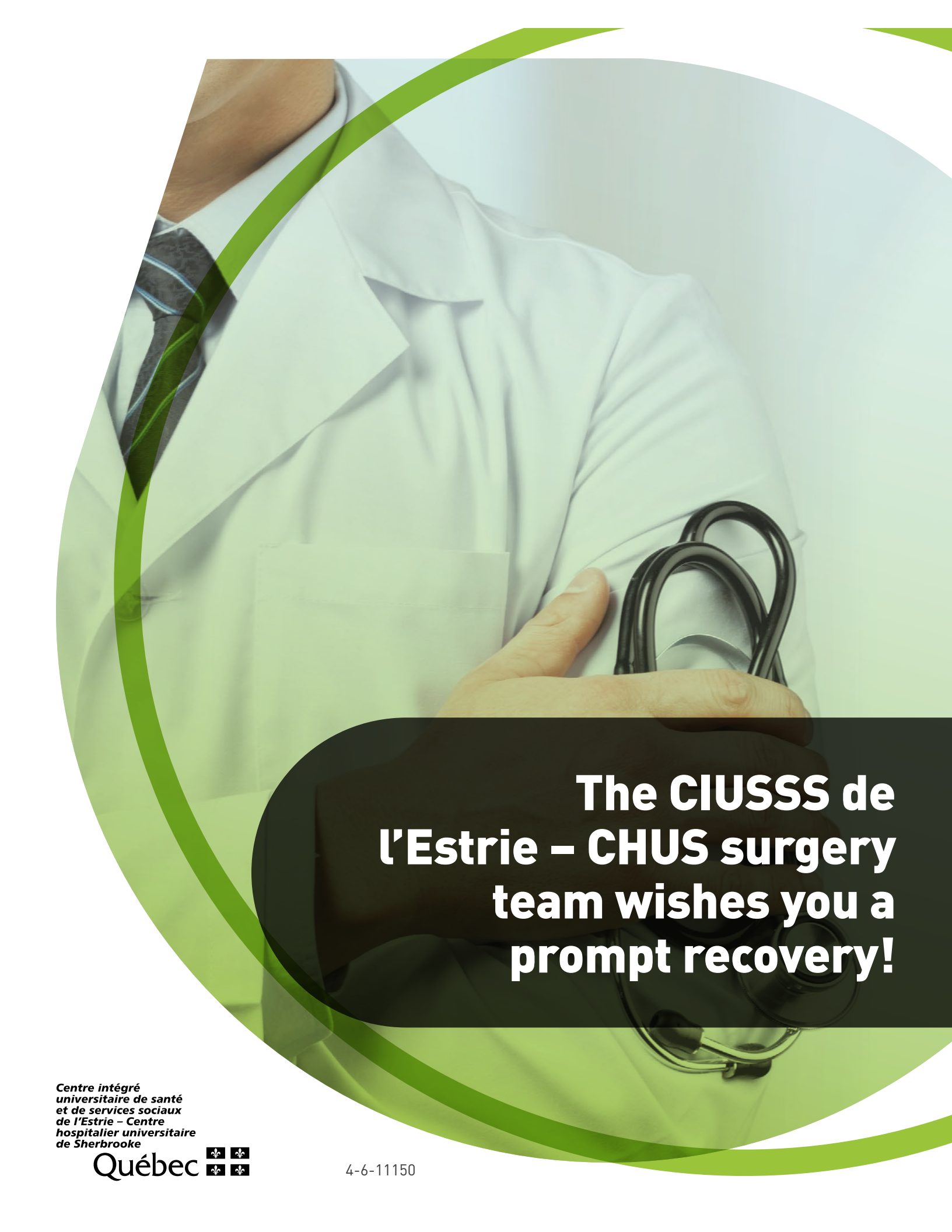
Take your usual medications, **except those interrupted as outlined on page 12 as well as the following:**

MENSTRUATION, URINE TEST (in certain cases)



If you have your period, do not use tampons; instead, use a sanitary pad and notify the nurse.

If requested, bring a morning urine sample in a sample cup purchased in advance at the pharmacy.



**The CIUSSS de
l'Estrie – CHUS surgery
team wishes you a
prompt recovery!**

*Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie – Centre
hospitalier universitaire
de Sherbrooke*

Québec 

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