



We all have a
role in your care.

BE AN ACTIVE PARTNER.



Covenant Health
Grey Nuns
Community Hospital

EXTENDED
DAY UNIT

Patient Information Operative Services

**Welcome to Grey Nuns Community Hospital &
Lakewood Community Health Center**

This patient information booklet is designed to guide you
through your preparation for surgery

Our goal is to answer your questions and help you
prepare for your hospital stay, departure and recovery

We all have a role in your care, be an active partner



Covenant Health
Grey Nuns
Community Hospital

OPERATIVE
SERVICES

GREY NUNS HOSPITAL & LAKEWOOD COMMUNITY HEALTH CENTER



GREY NUNS HOSPITAL

Surgery Center,
Day Surgery and
Over Night Stays

1100 Youville Drive NW



LAKEWOOD COMMUNITY HEALTH CENTER

Pre Admission Clinics

7319- 29 Ave NW





MY NAME: _____

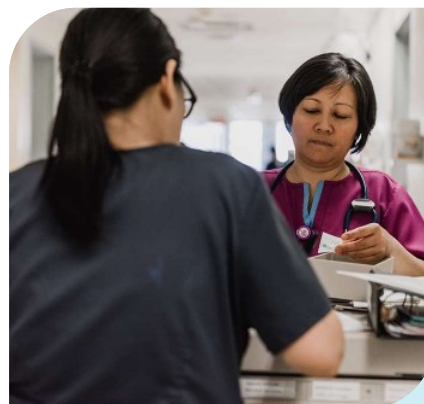
NAME AND CONTACT OF RESPONSIBLE ADULT
DRIVING ME HOME:



This booklet contains general information developed by Covenant Health.

It is not intended to replace the advice of a qualified health-care provider. Please consult your health-care provider who will be able to determine the appropriateness of the information for your specific situation.

Welcome to Operative Services



Our Commitment To Your Safety

At Covenant Health, your safety is our top priority. As you prepare for your surgical or procedural care, we want you to feel informed, supported, and confident in the care you'll receive.

You can expect:

- Identification checks before any treatment, procedure, or medication administration. We may ask you to state your name and date of birth multiple times—this is a vital part of our safety protocols.
- A falls prevention program is in place to help reduce your risk. Please speak with your care team for tips and support.
- Your health care providers will clean their hands with sanitizer or soap before and after providing care. If you're ever unsure, it's okay to ask if they've cleaned their hands.

We are also committed to digital safety. If your care involves virtual consultations or telephone follow-ups, rest assured that Covenant Health uses secure systems to protect your personal health information.

Thank you for choosing Covenant Health.
We are honored to care for you.

PARKING

GREY NUNS HOSPITAL



**Main Lot Address: 1100 Youville Dr NW
Surface Parking Only**

Parking is available outside the main entrance. Pay stations are in the main entrance lobby and just inside the emergency entrance. These machines accept only coins and credit cards. If you need change, a change machine is available near the gift shop in the main lobby.

You may also pay for parking using the Mobile App. To do so, scan the QR code posted on-site to download the app to your phone. Please note that only the app should be used—do not use the website. The app allows you to pay for your parking session and extend it if needed.

LAKEWOOD COMMUNITY HEALTH CENTER



**Vibe Lot 83 - Lot Address: 7319-29 Ave
Surface Parking and Underground Parkade
(Note: Parkade Clearance is 7 feet)**

Entrance and Exit: 28 Ave & 29 Ave

Hours: Surface Lot: 24hrs
Parkade: Mon to Fri (6:00am-9:00pm)

Payment Options: 1. Onsite QR Codes
2. Pay at Station (2 stations, located on main level of CWC building)
3. Pay with Phone: Text Vibe83 to 77500



GENERAL INFORMATION

Pre Admission Clinic Visit (PAC)

If your surgeon asks you to visit our preadmission clinic (PAC), we will call you before your surgery with an appointment date and time. Your appointment may be virtual, by phone, or in person. No matter the type of appointment, you'll need to have a medication list ready and be prepared to go over your medical and surgical history.

Tests ordered by your surgeon should be completed prior to any appointments visit so results are able to be reviewed.

Day Surgery Visitor Information

There is a one visitor/support person per patient permitted on Unit 23 due to space limitations. They will be contacted when you arrive back to the unit after your surgery and recovery period with a pickup time. (Please note: All minors must be accompanied by a parent/guardian, ideally the same person who signed the consent for surgery forms).

Hospital Inpatient Visitor Information

Visiting hours are from 9:00 am to 9:00 pm on most inpatient units. Quiet time (patients rest period) is in effect each afternoon from 2:00 pm to 4:00 pm. Visits on the day of surgery are best kept short, rest is important. Please nominate one person to visit and communicate with others. Visitors who are not feeling well are asked to reschedule their visit. More detailed Visitor Information is available on all patient units.

Free internet access is available to patients, families and guests on the AHS "healthspot" network.



Smoking Cessation & Hospital Policy

We are committed to supporting the health and well-being of all by maintaining a tobacco-free environment and promoting smoking cessation. If you smoke, stopping before your surgery can reduce your risk of complications by up to 50%. Even if you're not ready to quit for good, temporarily stopping for a few weeks before and after your surgery can significantly improve your healing and recovery.



During your hospital stay, you may have access to:

- Nicotine replacement therapy (NRT)
- Prescription medications for smoking cessation
- Behavioral counseling and education

Talk to your health care team to learn more about your options. You can also ask for a referral to our Tobacco Cessation Education Team, who are here to support you every step of the way.



Fragrance Policy

Do not wear scented products to the hospital (e.g., perfume, body spray, hairspray, cologne, aftershave, scented lotion). Scented products trigger allergic reactions and breathing issues in the people around you, including other patients and members of staff.



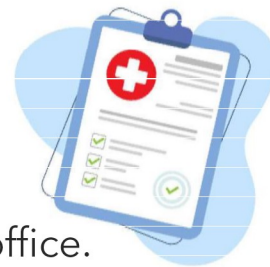
All patients and visitors are asked to go scent-free at all our facilities.

All Jewelry Must Be Removed

Jewelry can interfere with medical equipment and create complications for the surgical team. Please remove ALL jewelry/piercings and leave it at home the day of your surgery.



My Surgery



Surgery Date: _____

You will be given your surgery date from your surgeon's office.

You will receive a phone call from the Pre Admission Clinic (PAC) to confirm your surgery time between 2:00 pm and 3:00pm the day before your surgery. If your surgery is on Monday, you will receive a call the Friday before.

If you have not heard from PAC by 3:00pm please call the following to confirm your time of arrival and surgery time

- > 780.735.7406 between 3:15 - 4:00 pm
- > 780.735.7400 between 4:00 - 8:00pm

Arrival Time: _____ **Surgery Time:** _____

When you arrive at the hospital, go directly to the Extended Day Unit (Unit 23). Take the elevators to the 2nd floor of the main hospital and follow the signs.

DO NOT stop at Admitting, you have already been pre-regi **must** stered. **However, if you are an out of province patient, you stop at Admitting inside the main entrance on arrival.** If you arrive before 7:00am please go through the Emergency front entrance and go to the Emergency Admitting desk.

You have been booked for elective surgery. Sometimes there are unforeseen circumstances that may present a need for *your surgery time to change without notice or to be postponed and then rescheduled*. This could include hospital emergencies or your own illness.

If you experience any of the following, let your Surgeon's office know ASAP!

- > Any **cold, flu, or Covid like symptoms (or any other illness)**
- > Any open sores or skin infections
- > Unforeseen circumstance

Before Surgery

My Role Before Surgery

- Plan ahead (make sure everything is ready for when you go home)
- Quit smoking and stop drinking alcohol as far ahead as possible
- Stay active - walking is a great way to promote circulation, reduce stress and promote a smoother recovery after surgery
- Follow the guidelines for drinking and eating the night before surgery (if you don't, your surgery could be cancelled)
- If you require mobility aids make sure to bring them with you

What to Bring - DAY SURGERY PATIENT

- ☐ "My Goals of Care" (green sleeve)
- ☐ Jewelry removed, Makeup Free and Showered/Clean
- ☐ Hearing Aids, Glasses, Phone & Phone Charger
- ☐ Loose clothing to wear home (no jeans or belts, bring oversized t-shirt and sweatpants, and zipper or button up hoodie/jacket)
- ☐ Grocery size bag for storing belongings (no backpacks or suitcases)

What to Bring - OVERNIGHT SURGERY PATIENT

- ☐ "My Goals of Care" (green sleeve)
- ☐ Jewelry removed, Makeup Free and Showered/Clean
- ☐ Hearing Aids, Glasses, Phone & Phone Charger
- ☐ Loose clothing to wear home (no jeans or belts, bring oversized t-shirt and sweatpants, and zipper or button up hoodie/jacket)
- ☐ Small overnight bag with personal belongings (loose clothing, toiletries, slippers, chewing gum/hard candies)



DO NOT BRING!

- × Money and Credit Cards
- × Electrical Items (e.g. hair dryer)
- × Scented Products
- × Any Jewelry and Piercings

**We are not
responsible for
lost or stolen
items.**

Night Before & Day of Surgery

The Night Before My Surgery

- **See following pages for Eating and Drinking instructions**
 - Bathe or shower and wash your hair the night before or morning of surgery including cleaning inside your belly button
 - Do not shave around surgical site or limb
 - Other preparations: _____
- _____
- _____

The Day of My Surgery

Some medications, like blood thinners and herbal supplements, may interact with anesthetics used in surgery. Interactions could lead to dangerous side effects such as excessive bleeding. **It is important to tell your team about all medications and supplements you take.** They will tell you which ones are safe to continue and which you will need to stop.

**Take ALL of your regular morning medications (including chronic pain medications if prescribed) with a SIP of water
EXCEPT:**



Eating & Drinking Before Surgery

Eating and Drinking Before Surgery: Patient Questions and Answers

Why do I need to follow instructions about eating and drinking before surgery?

It is important to follow the instructions for what to eat and drink before your surgery and when to stop. When food is in your stomach too close to your Surgery Time, you may vomit. If this happens, the vomit could spill into your lungs (aspiration) and affect your breathing as well as cause damage to your lungs.



Aspiration during surgery is dangerous and can cause death.

What happens if I eat past the 8-hour limit or drink past the 3-hour limit?

If you eat or drink past the recommended time limits, there is a chance your surgery will be cancelled and rescheduled. This is to ensure your safety during the surgery.

What food should I avoid for my final snack before surgery?

Avoid fatty foods in your final snack such as

- Meat
- Eggs
- Fried food
- Margarine or butter
- Peanut butter
- Other nut butters

Why do I need to eat a final snack and drink clear fluids before surgery?

Eating and drinking the right things before your surgery helps your body get ready for surgery, stay hydrated and have enough energy after surgery.

What types of fluids should I avoid before surgery?

- Orange juice or juice with pulp
- Dairy products/milk
- Coffee or tea with milk or cream
- Alcohol for at least 24 hours



STOP all alcohol AT LEAST 24hrs and recreational drug use 48hrs or longer to prevent serious complications like anesthesia interactions, aspiration, increased bleeding, impaired healing and infection.

Eating & Drinking Before Surgery

Non Diabetic Patients



Follow these instructions carefully or your surgery may be cancelled. This is for your safety to prevent food or fluid from going into your lungs (aspiration). *If you have any questions, please call* _____ at () _____ - _____

(Department Name)

Surgery Time

☐ AM

Get your Surgery Time 1-2 days before your surgery.

☐ PM

Call: () _____ - _____

Surgery Time minus 8 hours

1

Eat an optional final snack 8 hours before Surgery Time.

You may eat a final snack as long as it is at least 8 hours before your Surgery Time.

Suggested final snacks are either



- 1 small piece of fruit and 1 cup cereal with ½ cup milk, or
- 1 small piece of fruit and 1 slice of toast with jam and ½ cup yogurt

STOP eating after the final snack.

Surgery Time minus 3 hours

2

Drink clear fluids until 3 hours before Surgery Time.

Clear fluids are water, apple juice, cranberry cocktail, black coffee or plain tea.

Do **not** add milk or cream to your coffee or tea.



STOP drinking 3 hours before Surgery Time.

Surgery Time minus _____ hours

3

Arrive at _____ Hospital.

(Facility Name)



Eating & Drinking Before Surgery

Diabetic Patients



Follow these instructions carefully or your surgery may be cancelled. This is for your safety to prevent food or fluid from going into your lungs (aspiration). *If you have any questions, please call* _____ at () _____ - _____

(Department Name)

 :

Surgery Time

☐ AM

Get your Surgery Time 1–2 days before your surgery.

☐ PM

Call: () _____ - _____

 :

Surgery Time minus 8 hours

1 Eat an optional final snack 8 hours before Surgery Time.

You may eat a final snack as long as it is at least 8 hours before your Surgery Time. Take your diabetes medications as advised.



Suggested final snacks are either

- 1 small piece of fruit and 1 cup cereal with ½ cup milk, or
- 1 small piece of fruit and 1 slice of toast with jam and ½ cup yogurt

STOP eating after the final snack.

 :

Surgery Time minus 3 hours

2 Drink sugar-free clear fluids until 3 hours before Surgery Time.

Sugar-free, clear fluids are water, black coffee or plain tea.

Do **not** add milk or cream to your coffee or tea.

STOP drinking 3 hours before your Surgery Time.



EXCEPTION: HYPOglycemia or LOW Blood Sugar: Continue to test your blood sugar (BG) as you normally do, or as instructed by your health care provider. Treat a BG below 4.0 mmol/L with Dextrose Tablets (4) or 2/3 cup clear sugar fluids (apple juice or regular soda pop) and re-test in 15 minutes. If BG remains below 4.0 mmol/L, repeat treatment. **Tell your health care provider about the low blood sugar.**

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Surgery Time minus _____ hours

3 Arrive at _____ Hospital.

(Facility Name)

Night Before & Day of Surgery

- **DO NOT** wear contact lenses, makeup, nail polish, scents, jewelry, body piercings or tampons
- Wear comfortable and loose fitting clothing (no jeans or belts)
- You may brush your teeth and/or rinse your mouth
- Be prepared to walk to the Operating Room (if able) without glasses, contact lenses, body piercings, jewelry, watch, dentures, prostheses or a tampon
- **Except in special circumstances family members are not permitted into the operating room and/or holding area.**

SPECIAL INSTRUCTIONS / NOTES:



Discharge Home

DAY SURGERY PATIENT

- You must make plans before surgery to have a responsible adult take you home, even if you travel by taxi or bus. If you do not arrange to have someone take you home your surgery will be cancelled. Traveling by motorcycle is not acceptable.
- You must have a responsible adult stay overnight with you at home after your surgery
- ***Your driver must be available all day. They must be able to return to the unit within one hour when we call them.***
- We strongly suggest that if you live out of town, you plan to stay in Edmonton the first night after your surgery.

OVERNIGHT SURGERY PATIENT

- Please be prepared to notify the person who will be picking you up, either the night before or morning of, when you will be discharged
- You may take a taxi home as an alternate option, however using public transportation is prohibited



Helpful Resources

Pre Admission Clinic _____ **780-735-7406**
Unit 23 Extended Day Unit _____ **780-735-7400**

Website Links:

[Grey Nuns Community Hospital | Covenant Health](#)

[Enhanced Recovery After Surgery \(ERAS\) | Alberta Health Services](#)

[MyHealth.Alberta.ca](#)

- **Health A-Z:** General Health Information
- **Healthy Living:** Resources for a healthy lifestyle
- **Tests & Treatments:** Easy to understand information about tests and treatments
- **Medications:** Easy to understand medicine information
- **Find Healthcare:** Locating hospitals and programs in Alberta
- **Health Alerts:** Health Alerts Provincially and around the world
- **Patient Care Handouts:** Handouts and information related to care, anatomy, and surgeries



Call Health Link by dialing 811 for quick and easy advice from a registered nurse 24/7. They will ask questions determine symptoms and determine the best care for you. Remember, **in a medical emergency, always call 911** or visit the nearest emergency department.