



Patient Booklet

Operative Information



Welcome to Grey Nuns Community Hospital

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



About the Hospital

Parking

Parking is available outside the main entrance and meters are in operation 24 hours a day. Weekly and monthly passes are available for purchase from the parking office located in Room 1106 on the main floor. Pay meters accept coins and credit cards. Change machines are available in the main lobby.

You can utilize the  app on your electronic device to search, pay and extend your parking.

Our Commitment to Your Safety

Covenant Health is committed to your safety. Expect that we will check for your identification before any treatment, procedure or medication administration. We may ask you to state your name or date of birth many times during your hospital stay.

We have a falls prevention program in place at Grey Nuns. Ask for more information on how you can help us reduce your risk of falling.

You can expect that your health care provider will clean their hands with hand sanitizer or wash their hands prior to giving you care and again after they have finished your care. It is okay to ask your health care provider if they have cleaned their hands if you are unsure.

Inpatient Visitor Information

Visiting hours are from 9:00 am to 9:00 pm on most 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 as you will need your rest. Visitors who are not feeling well are asked to reschedule their visit. More detailed Visitor Information is available on all patient units.



Day Surgery Visitor Information

Visitors are not permitted on the day surgery unit except in approved, extenuating circumstances. There is no visitor waiting area while you are in surgery. You are encouraged to be dropped off at the front door and proceed to the day surgery unit if you are able to. Your visitor/support will be contacted when you arrive back to unit 23 after your surgery with a pick up time.



Wireless internet access is available to patients, families and guests on the complementary AHS “healthspot” wireless network.

Smoking Policy

Covenant Health strives to positively influence the health of Albertans by providing a tobacco free environment and promoting smoking cessation. You will be advised of smoking cessation resources available to you, including nicotine replacement therapy and behavioral counselling.

Pre Admission Clinic Visit

If your surgeon orders a PAC visit you will be asked to provide information about your general health and a history of your medical problem. You will see a nurse and may see other health professionals such as anesthesiologists, internists, pharmacy technicians and physiotherapists. Tests ordered by your surgeon should be completed prior to your visit so results are able to be reviewed.





My Surgery

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

Surgery Date: _____

You will receive a phone call from the Pre Admission Clinic (PAC) to confirm your surgery time between 2:15 pm and 3:15 pm the day before your surgery.

If you have not heard from PAC by 3:15 pm please call 780.735.7406 between 3:15 -4:00 pm for your time or 780.735.7400 between 4:15-8:15 pm.

If your surgery is on Monday, you will receive a call the Friday before.

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-registered.

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:

- The flu, cold, COVID or other illness
- Open sore or skin infections
- Unforeseen circumstance



Before and During My Surgery

My Role Before Surgery

- Plan ahead (make sure everything is ready for you when you go home)
- Quit smoking as far ahead as possible
- Stay active – walking is a great way
- Cut down or stop drinking alcohol as far ahead as possible
- Follow the guidelines for drinking and eating the night before surgery (if you don't, your surgery could be cancelled)

What to bring:

- Toiletries
- Slippers
- Chewing gum/Hard candies
- Phone charger
- My Goals of Care (green sleeve)
- _____
- _____



We are not responsible for lost or stolen items



The Night Before My Surgery

- See handout 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 Surgery

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

- **DO NOT** wear contact lenses, makeup, nail polish, scents, jewelry or tampons
- Wear comfortable and loose fitting clothing
- 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.**



During My Surgery

The Operating Room

- You will meet your physician team prior to surgery. An operating room nurse will double check your surgical information and take you into the operating room. Monitoring equipment for your heart and breathing will be used by the anesthesiologist during your surgery.

Anesthetics

- You will receive either a General Anesthetic or a Regional Anesthetic by an Anesthesiologist. General anesthesia will keep you relaxed and asleep. Regional anesthesia is a medication given by needle to numb the part of your body where you are having surgery; common types are spinals, epidurals and nerve blocks; you will be awake but may also receive a medication to help you relax.

The Recovery Room

- You will wake up in the recovery room. You will receive oxygen and may have compression stockings on your legs. Nurses will monitor you and when you are ready, you will be taken to your nursing unit.





After My Surgery

4 Things to Remember After My Surgery

1. After my surgery, can I drink?

- Most patients are able to drink after surgery, ask your nurse.
- Do not force yourself to drink fluids. If you feel sick, let your nurse know.

2. How long do I need my IV?

- Your IV can usually be stopped after you are drinking well.
- Ask your nurse if you've had enough fluids to stop your IV.

3. When can I get up?

- Most patients can walk after surgery with help from your nurse.
- Try to take a **very short walk** or **sit in a chair** the day of surgery.

4. Can I eat today?

- Most patients are able to eat after surgery. Start with small amounts of food.
- Choose what you want to eat from your meal tray and don't feel you have to eat it all.
- If you start to feel sick, let your nurse know.
- Chewing gum helps to settle your stomach and decrease gas pain.



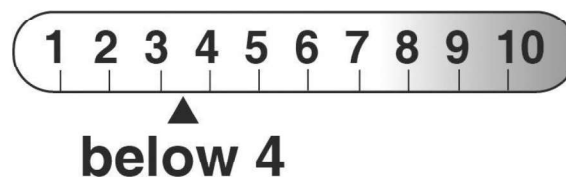


Managing My Pain and Nausea

It's important that your pain and nausea are managed after surgery. Along with taking pills, you may also get medicine by injection, IV, or epidural.

Managing pain and nausea helps you recover sooner because you can breathe more easily and move more freely.

Your nurse will ask you to rate your pain and nausea from 0 (no pain) to 10 (the worst pain you can imagine). Tell your nurse if your pain reaches 4/10 or your nausea reaches 2/10. The medicine or epidural will be adjusted as needed to assist in your comfort.



Mobilizing and Exercising After My Surgery

After surgery many people want to stay in bed and move as little as possible. Doing this makes you lose muscle and puts you at higher risk for complications.

Moving after surgery is extremely important. It helps you to regain your muscle strength and helps your breathing and digestion and can decrease post-operative gas pain. Aim to try and spend 6-8 hours out of bed starting the day after your surgery. Your nurse will teach you how to get out of bed properly, to not injure your surgical site.

Your nurse will teach you about two types of exercises to help you after your surgery:

- Deep Breathing and Coughing Exercises
 - This will help keep your lungs expanded and clear after surgery
- Foot and Ankle Exercises
 - This will help your muscles to stay strong and reduce swelling. It also lowers your chance of a blood clot.



Planning to go Home

Your surgeon will inform you if you will be a day surgery or admitted to the hospital. Any teaching handouts or pamphlets are guidelines only. If you have any questions regarding how many days you will be in hospital, please follow up with your surgeon.

Checklist for going home

Before you are discharged from the hospital, your nurse will go through discharge teaching and instructions with you. The teaching that will be reviewed is on:

My Discharge Teaching Checklist

- Signs of Infection
- Wound Care/Dressing Change/Cast Care
- Hygiene
- Diet and Hydration
- Bowel and Bladder
- Activity
- Pain Management
- Prescription(s)
- Follow -Up Appointments



Planning for your discharge

Day Surgery

- 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 after your surgery
- Your driver must be ready to pick you up when we call
- We strongly suggest that if you live out of town, you plan to stay in Edmonton the first night after your surgery

Same Day Admit (Inpatient)

- 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

Guidelines to follow after a general anesthetic

The drugs given to you during surgery can stay in your body for 24 hours after surgery. As they can alter how you think and do things, for 24 hours **DO NOT:**

- Drive a vehicle or use power tools
- Return to work or school
- Drink alcohol
- Decide on any legal or money matters



My Questions

Questions that I have after reading this booklet:

How to find answers to my questions:

Pre Admission Clinic.....780.735.7406

Unit 23 Extended Day Unit.....780.735.7400

Covenanthealth.ca/hospitals-care-centres/grey-nuns-community-hospital

ERAS information: go to www.albertahealthservices.ca/eras

For additional resources go to www.myhealth.alberta.ca under “Health information and tools” to find information on the following topics:

- **Health A-Z;** General Health Information
- **Healthy Living:** Resources for living a healthy lifestyle
- **Tests and Treatments:** Easy to understand information about tests and treatments
- **Medications:** Easy to understand medication information
- **Find Healthcare:** Locating hospitals and programs in Alberta
- **Health Alerts:** Health alerts provincially and around the world
- **Patient Care Handouts:** Handouts and information on over 2600 topics 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.