Mykola Khokhotva MD, FRCSC   General Surgeon

Lennox & Addington County General Hospital, 8 Richmond Park Dr, Napanee Ontario

Office telephone: 613-354-8240   Website: napaneesurgery.ca

PATIENT INSTRUCTIONS FOR OUTPATIENT SURGICAL PROCEDURES

Your operation is scheduled on _____ Surgery time is not yet set.

(1) Four business days before your surgical date you will be advised by telephone of the time you should arrive at the hospital for your operation. If your surgery is on a Tuesday, the call will be made on the preceding Wednesday. If you do not receive this call, please call 613-354-3301 ext. 231 before 3pm. **Make sure we have your phone number.**

(2) Have a good night's sleep. Take a bath or shower the evening before. Do not wear makeup, perfumes, or other scented products. Do not bring valuables. Wear comfortable loose clothing.

(4) You may drink **clear** liquids up to 2 hours before arriving. Do not have solid food or dairy products for at least 8 hours before your surgery.

(5) Expect to spend several hours at the hospital on the day of your operation. After you recover from the anesthetic, an adult must be available to accompany you home in a car or taxi, stay with you, and check on your condition frequently for at least 12 hours after you return home. Parking at the hospital is free.

(6) **You must not drive for 24 hours after receiving sedation or general anesthesia.** Avoid activities that require alertness (such as cycling, use of power tools, etc.) or make important decisions for 24 hours after the procedure.

(7) Take all of your usual medications on the morning of surgery except:
- ❑ Plavix(Clopidogrel) – Stop 7 days before the procedure
- ❑ Brilinta (Ticagrelor) – Stop 7 days before the procedure
- ❑ Coumadin (Warfarin) – Stop 5 days before to the procedure
- ❑ Pradaxa (Dabigatran) – Stop 2 days before the procedure
- ❑ Xarelto (Rivaroxaban) – Stop 2 days before the procedure
- ❑ Eliquis (Apixaban) – Stop 2 days before the procedure
- ❑ Lixiana (Edoxaban) - Stop 2 days before the procedure
- ❑ Aspirin (ASA) – continue low-dose aspirin; it does not need to be stopped
- ❑ **Diabetes medications – hold on the day of the surgery; check your blood sugar regularly**.

IF YOU NEED TO RESCHEDULE YOUR SURGERY, PLEASE NOTIFY OUR OFFICE AT LEAST 10 BUSINESS DAYS IN ADVANCE - 613-354-8240.