

Patient guide

Your surgery, from beginning to end

Your surgery

Day : _____ Month : _____ Year : _____

Time of surgery : _____

Time of arrival at the hospital : _____

Before surgery

1. Notify your surgeon as soon as possible if you have to cancel or postpone your surgery.
2. Contact your surgeon if you have any viral symptom, or a positive COVID-19 test result.
3. You will not be able to drive a vehicle for the 24 hours following your surgery.
4. You have to be accompanied back home and someone should stay with you for the 24 hours following your surgery.
5. If you will need mobility equipment (walker, crutches, sling, brace, specialized shoe, etc.) after your surgery, get them before the day of your surgery.

The day before surgery

1. The Admitting office will call you on the business day preceding your surgery, between **2 p.m. and 5 p.m.** to inform you of the time at which you must report for your surgery.
2. You must fast from 11 p.m. onward.
Do not eat any solid food.

You may drink **water** or apple juice **only**
 - up to **2 hours before** your surgery,
 - for a **maximum of 1 cup** (250 ml)Do not smoke or drink alcohol.
3. Take a shower or a bath with the antiseptic body cleanser. Follow the skin disinfection instructions included in your pre-admission kit.
4. Have a good night's sleep.

The morning of your surgery

*If you expect to be late the morning of your surgery, notify us at **613-748-4946**. Stay on the line until you speak to a clerk.*

At home

1. Take a shower or a bath with the antiseptic body cleanser.
2. Do not wear any:
 - jewelry, body piercing,
 - perfume, make-up,
 - nail polish (hands and feet),
 - deodorant, cream, lotion, hairspray,
 - contact lenses
3. Take your usual medications unless otherwise instructed by your surgeon or specialist.

If you use inhalators (pumps), use them according to your prescription and bring them with you to the hospital.

4. Prepare a large reusable bag (such as a duffel bag) labeled with your name, in which you will put your personal belongings, including:
 - Your dentures, glasses, hearing aids and/or sleep apnea machine (CPAP) in their containers, if you wear them.
 - A reusable water bottle and a snack for after your surgery.
 - Your clothes and shoes.
5. Do not bring any valuables or money. You will only need your health card.

At the hospital

1. Report to the Operating Room reception, **room 2A105**.
2. Designate one person only to receive information about your hospitalization.



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