Same Day Admission (in A.M.)

Patient Information Booklet
Pre-Operative Assessment Clinic

Please bring this book to your admission to the Hospital and to all of your appointments

For information call 613-721-2000 extension 2920 between 8:00 am and 4:00 pm Monday to Friday
Your Health Care - Be Involved

- Be involved in your health care. Speak up if you have questions or concerns about your care.
- Tell a member of your health care team about your past illnesses and your current health condition.
- Bring all of your medicines with you when you go to the hospital or to a medical appointment.
- Tell a member of your care team if you have ever had an allergic or bad reaction to any medicine or food.
- Make sure you know what to do when you go home from the hospital or from your medical appointment.

Patient safety is very important to the Queensway Carleton Hospital and this information is provided to patients/families to help inform you of your essential role in your own safety.

The information contained in this booklet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your doctor and healthcare team about your particular health care needs.

Protect Yourself! Clean your hands frequently and ask your health care providers and visitors to do the same. Clean Hands Saves Lives.
Same day admission

1. You will be admitted to Hospital the day of your surgery and will remain at least one night. Your Surgeon will determine the length of stay in Hospital.

Your date of surgery is:


2. The day before surgery, call the Queensway Carleton Hospital, Patient Scheduling Department at 613-721-4840 between 11:00 a.m. and 3:00 p.m. to have your admission time confirmed.

3. On the day of your Pre Op Assessment Clinic we advise you to purchase 2 scrub brushes of Chlorhexidine soap. They can be purchased at the QCH Gift Box on the main floor next to the front lobby.
   Gift Shop Hours
   Monday to Friday 9 a.m. to 4 p.m. and 5 p.m. to 8 p.m.
   Weekends 12 p.m. to 4 p.m.

Preparing for your surgery

You must follow these rules if you are to have your surgery on the scheduled date:

• DO NOT EAT ANY SOLID FOOD AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY OR YOUR SURGERY WILL BE CANCELLED.

• You should drink one cup (250 mLs) 8 ounces clear fluid e.g. apple juice, water or ginger-ale, up until 90 minutes before leaving to come to hospital.

You should take your regular prescription medications with water the morning of surgery. **If you use any inhalers bring them with you. Bring your medications with you to the Hospital.**

You may also be asked to stop taking medications such as Vitamin E, ginkgo biloba, omega, garlic or ginseng at least one week before surgery. These medications “thin” your blood, which could cause excessive bleeding during and after surgery. Check with your Surgeon.

Other pre-operative instructions:
• **Skin preparation:** Stop shaving in the operative area one week (7 days) before your surgery date. Shaving can cause tiny nicks in the skin that may allow germs to enter your body and cause an infection. **Do not use bath scents, powders or body lotions.**

Skin preparation:
1. The night before surgery bath or shower and wash your entire body using the Chlorhexidine soap.
2. The morning of surgery repeat your shower or bath using Chlorhexidine soap sponges.

• If you are a smoker, stop smoking 24 hours before your surgery. We can provide you with smoking cessation support to prevent nicotine withdrawal during your hospitalization.

• The day of surgery, **do not** use any skin products; wear cosmetics, make-up, nail polish, contact lenses and any jewellery. Adhering to the hospitals no scent policy **DO NOT wear any scented products, aftershave, cologne, perfume and deodorant,** as many of our staff/patients experience severe reaction to these products.

• Please bring your Provincial Health Card with you.

• **Do not** bring valuables (i.e. jewellery, credit cards, money) to the Hospital. **WE DO NOT ASSUME RESPONSIBILITY FOR ANY LOST OR STOLEN ARTICLES.**

• **Do not** drive your car to the hospital the day of surgery. You must make arrangements for a drive home after your surgery.

• **NOTE:** If you develop a cold or other illness, notify your Surgeon before your operation.

**Jewellery and body piercing removal prior to surgery**
It is the recommendation of the Queensway Carleton Hospital that all **jewellery,** including **body piercing and wedding rings,** be removed prior to surgery.

The known risks of leaving in jewellery or body piercing in place during surgery may include:

• Injury from a burn if the electro-surgical unit is used during surgery.

• An increased risk of infection if the jewellery is near the surgery site. Jewellery harbours bacteria.
• Possible restrictions of blood flow by the jewellery/body piercing from tissue swelling near the surgical site following surgery.

• An increased risk of injury at the jewellery/body piercing if the jewellery or body piercing becomes tangled in the patient gown or sheets during positioning for surgery or when being transferred to the stretcher after the surgical procedure.

• An increased risk of injury during anaesthetic if the body piercing is in the nose, tongue or mouth (these MUST be removed).

Body piercing can be removed by the “body piercing store”.

If you choose to accept these risks and arrive for your surgical procedure with the jewellery or body piercing in place, there is a possibility that your surgery will be cancelled by the Anesthesiologist or Surgeon depending on the location of the jewellery/body piercing.

If you choose to accept these risks and decide to keep your jewellery/body piercing for the procedure and the surgery proceeds, it will be documented on your chart that you were aware of the risks and that you will assume the responsibility for any negative outcome.

**Arrival at Hospital**

1. Report to Admitting Department at the main entrance. Bring your Provincial Health Card with you.

2. From Admitting, you will be taken to the Day Surgery Unit.

3. You may be accompanied to the Day Surgery Unit by one care partner, who may remain with you until you go to surgery.

4. You will be required to change into a hospital gown.

5. A Nurse will complete your preparation for surgery.

6. An Operating Room Nurse or a Ward Assistant will accompany you to the Operating Room.

7. You will talk to your Anesthesiologist about types of anesthesia for your procedure and your Surgeon in the Day Surgery Unit. The Nurse, Anesthesia Assistant or Anesthesiologist will start an intravenous by inserting a small needle into your arm or hand.
After surgery
1. After your surgery, you will go to the Recovery Room for monitoring.
2. The Nurse will frequently check your blood pressure, pulse and operative site.
3. You will have an intravenous (IV).
4. You may have an oxygen mask on temporarily.
5. If you feel any pain or nausea, inform the Nurse. You will be given medication to help this.
6. You will be transferred to your room when the Nurse determines it is safe to move you.
7. Your family will be able to visit you after you are admitted to your room. They can also bring any extra personal toiletries and clothing at this time.

Leg exercises
You may be drowsy after the surgery, as you become more alert we will encourage you to exercise. The following leg exercises will help to prevent complications. Point your toes towards your head, then towards the foot of the bed. Make your feet go around in circles 5 times. This is done 4-5 times a day until you are walking.

Deep breathing and coughing exercises
Take a deep breath in through your nose and blow out through your mouth. Repeat this 3 times. On the third breath, cough 2 to 3 times. This is done every 2 hours for the first day and then every 4 hours for the next 1-2 days.

Protecting your skin from pressure ulcers
During and after your surgery, you are at risk for developing a pressure ulcer (bed sore). A pressure ulcer is a sore that develops, usually over the tailbone and the heels, and develops from sitting and lying in the same position for long periods of time or from sliding down in bed. Some of the key things that can be done to help prevent these sores are: avoid sitting in bed with the head of the bed more than 30 degrees for long periods of time, reposition yourself or ask for help, about every 2 hours, and use pillows under your legs, so your heels “float” off the bed.
Return appointment reminder

DATE: ______________________
TIME: ______________________

LOCATION:
☐ Admitting Department QCH
☐ Doctor’s Office
☐ Other: ______________________

Post-operative dressing

1. You will probably need some sterile gauze dressings and tape at home after your surgery that you will need to purchase at a drug store.

2. We suggest that you get a small package of sterile 4” X 4” gauze pads and a roll of tape at the drugstore before your surgery.

   We advise you to purchase these supplies before your surgery.

3. If you are having a gynecological surgery, you should buy some sanitary pads for when you return home.

4. Other: ______________________

If you have any questions about the dressing type you need to purchase, please check with your Nurse in the Pre-Operative Assessment Clinic.

Discharge from the Hospital

Discharge time is 10:00 a.m. You must make your arrangements for your drive home before you are admitted to the hospital.
Pain scale ruler

What is a pain scale ruler?
A pain scale ruler is a simple tool to measure how much pain you are having. Each Nurse will use this ruler to measure your pain.

Why do we measure your pain?
We measure your pain frequently so that we can be sure your pain medication is working.

What does a pain scale ruler look like?
One side of the ruler has numbers from 1 to 10. The other side has colors from white to deep red (shown here in shades of grey).

How does our pain scale ruler work?
Our ruler measures pain in two ways – by number or colour.

By number: the ruler is numbered from 0 to 10, with 0 being no pain and 10 being the most severe pain you can imagine.

By faces: the faces are coloured and range from happy, with 0 being no pain as shown with a clear face to sad with 10 being the most severe pain you can imagine as shown with a deep red face. (Shown in this example as shades of grey).

The Nurse will show you the ruler and ask you to choose a number or colour.
Mission, Vision & Values

OUR VISION
We will be the community hospital of choice, recognized for our exemplary patient care, people and performance in an environment of innovation and strategic partnerships.

OUR MISSION
As a patient and family-centred hospital:

■ We provide a broad range of acute care services to the people of Ottawa and the surrounding region.
■ We respond to the needs of our patients and families through our commitment to exemplary performance, accountability and compassion.
■ We partner with other health care and community service organizations to ensure coordinated and integrated care.
■ We actively promote a learning environment in which our staff, physicians, students and volunteers are progressive and responsive.
■ We are an active teaching partner with colleges, universities and other healthcare programs.

Our Cornerstone Programs are:
■ Emergency Services
■ Medical Services
■ Surgical Services
■ Geriatric Services
■ Acute Rehabilitation Services
■ Childbirth Services
■ Mental Health Services

OUR VALUES
■ Accountability
■ Innovation
■ Respect