



## My checklist #2

### What instructions do I follow before my surgery?

#### When to get to the hospital

Please come to the hospital about 2 hours before your scheduled surgery time. The surgeon's office will inform you of the exact time you should arrive. For example, if your surgery is scheduled at 8:00 am, you need to be at the hospital at 6:00 am.

#### Eating and drinking

Do not eat solid foods after midnight (12:00 am) the night before your surgery.

You can drink clear fluids up to 5 hours before your surgery time. Clear fluids include clear, non-alcoholic beverages such as any juice without pulp, broth, tea or coffee without milk, ginger ale or Jell-O.

**You may receive different instructions.** Your Pre-Admission Clinic team will talk to you about when to stop eating and drinking before your surgery.

### Other important instructions

- Do not smoke or drink alcohol for 24 hours before your surgery day.
- Do not use any recreational drugs (such as marijuana or cocaine) for 3 days before your surgery.
- If you have been told by the anesthetist, nurse or pharmacist to take a medication on the morning of surgery, take it at home with a sip of water.
- Remove all nail polish, acrylic and shellac nails, jewelry, contact lenses and body piercings at home before your surgery.
- Brush your teeth or rinse out your mouth, but do not swallow any water.

- Shower and shampoo your hair on the night before your surgery.
- Wash your skin the night before surgery and the morning of your surgery. If your surgeon asked you to use a specific cleaning solution or protocol when bathing (such as soap and water or chlorohexidine) make sure to follow the instructions.
- Do not use lotions, moisturizers or make-up on the day of your surgery.
- **UHN is a scent-free hospital. Do not wear perfumes, colognes or other scented products. Other patients and staff may have severe allergic reactions.**
- Follow all special instructions and preparations explained to you during your Pre-Admission Clinic visit. Your surgery could be cancelled if you do not follow the instructions. Please call your surgeon if you have questions.

## What if I feel sick?

Call your surgeon's office as soon as possible if there is a change in your health before your surgery. See page 9 for a complete list of symptoms.

## Need more information?

Automated Surgery Helpline **Toronto Western Hospital:**  
Phone 416 603 5211

For **Toronto General Hospital** or **Princess Margaret** patients:  
Phone your surgeon's office.