

PATIENT INSTRUCTION SHEET

Name: _____
Male Female
J #: _____
DOB: _____
Address: _____

Telephone: _____
OHIP #: _____

PRE-ADMISSION CLINIC VISIT

To better prepare you for your surgery, your surgeon has booked a Pre-Admission Clinic appointment for

at _____

(Date)

(Time)

The Pre-Admission Clinic is located on the 2nd floor of the Barnicke Wing. If you need to change your appointment, please call 416-530-6504 between the hours of 7:00 a.m. and 3:00 p.m, Monday through Friday. Please note, there is no voicemail.

Depending on your surgery, your visit will include a Nursing assessment, consultation by Anaesthesiologist, Internal Medicine consultation, assessment by Physiotherapy, Occupational Therapy or other Allied Health care staff, as well as blood tests, ECG, and x-ray tests.

The following instructions apply only for your Pre-Admission Clinic visit and are different from the instructions for the day of your surgery.

- Please eat your meals as you usually do on the day of your Pre-Admission appointment.
- **Take all your usual medications as you normally take.**
- **Your visit may take several hours.** This is because you will be seeing many members of your care team, who will help you get ready for your surgery. The main aim is to make your surgery or procedure as safe as possible and avoid delays or complications.

Please bring:

- All your medications (including puffers) in the correctly labeled container, as well as an up-to-date medication list, if you have one.
- Your Ontario Health Card and any information on your semi-private/ private insurance coverage. (It is your responsibility to check your semi-private/ private insurance coverage includes).
- Phone numbers for your pharmacy, family doctor and specialist doctors.

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ON THE DAY OF YOUR SURGERY

You are scheduled for surgery on _____ at _____
(Date) (Time)
 with _____
(Name of Surgeon)

On the day of your surgery please arrive at the Day of Surgery Registration Area on the 2nd Floor of the Barnicke Wing at _____.

The Pre-Admission/ Day of Surgery Registration Area opens at 6:00 a.m. Monday to Friday. Patients 17 years of age and younger register on the Paediatric Unit, 3rd Floor of the Our Lady of Mercy Wing.

- Unless directed to do otherwise, **do not eat or drink anything after midnight** on the night before your surgery. This includes gum or candy.
- Please take only the medications that you were instructed to take on the morning of your surgery; you may have sips of water with your medications.
- **Bring all your medications with you**; this includes your puffers/ inhalers.
- Patients with obstructive sleep apnea must bring their CPAP machine if they have one.
- Call your surgeon if you develop a cold, flu or infection.
- Please bring your Ontario Health Card and semi-private/ private insurance documents with you. It is your responsibility to check your semi-private/ private insurance coverage.
- If you are undergoing cosmetic (delisted) surgery OR are not covered by Ontario Health Insurance, you must make arrangements to pay in advance by contacting Patient Accounts at 416-530-6498 or 416-530-6489.

BEFORE YOUR SURGERY, WHILE YOU ARE STILL AT HOME

- Have a bath or shower
- Wear loose, comfortable clothing and shoes with low heels
- Remove make-up, lipstick and nail polish from fingers and toes
- Remove all jewelry including earring, rings, watches and body piercings
- Do not use perfumes or any scented products
- Do not tie long hair in a bun; please keep your hair loose
- Leave wallet, credit cards (unless staying overnight and planning on purchasing television or telephone services), purse and items of value at home. Bring no more than \$20.00 for personal expenses

IF YOU ARE STAYING IN HOSPITAL:

You may want to pack in a SMALL BAG:

- Nightgown or pajamas
- Toothbrush and toothpaste
- Brush and comb
- Box of tissues
- Shaving supplies

Discharge time from the in-patient surgical units is 10 a.m.

Please make arrangements accordingly.

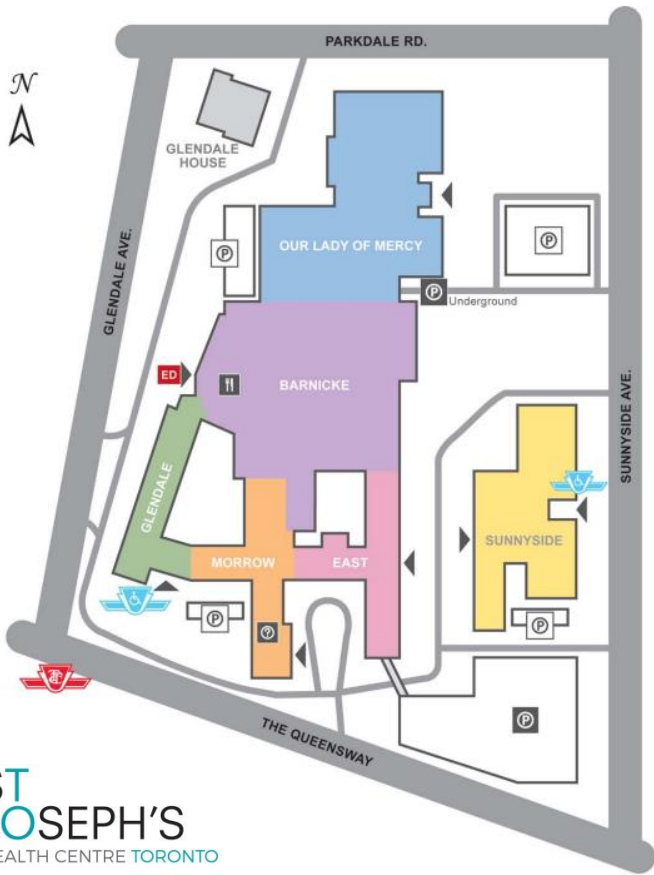
IF YOU ARE GOING HOME THE SAME DAY (SAME DAY SURGERY):

You must not drive or operate complex machinery for 24 hours after your surgery.

Responsible adult must pick you up and take you home after your surgery.

Failure to comply with this instruction will result in your surgery being cancelled.

St. Joseph's Health Centre is not responsible for money, valuables and/ or other personal property i.e. eyeglasses, dentures, or hearing aids. If staying overnight, please ask someone to bring your overnight bag in after your surgery. We do not lock these belongings up.



Directions to St. Joseph's Health Centre

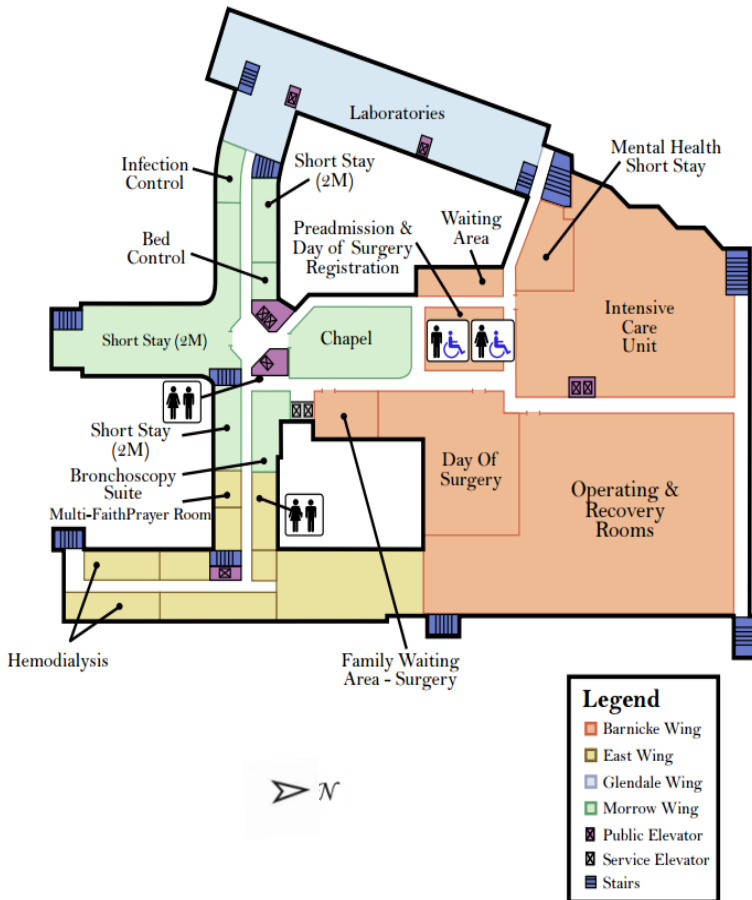
TTC Subway: To Dundas West Station: Take 504 (King) Streetcar to Marion Street. Walk downhill to Sunnyside Avenue OR take 504 (King) Streetcar to Queen St. and transfer to 501 (Queen) Streetcar and go west one stop.

By Car from the West: QEW to Park Lawn Rd., go north to the Queensway, turn east (right) past High Park to Sunnyside Avenue.

By Car from the East: QEW West to Dunn Ave. exit, proceed to Jameson Ave., north on Jameson to King Street, turn left on King Street, turn left onto The Queensway at Roncesvalles Ave., turn right at intersection of Sunnyside and Queensway.

***Parking garage located on N/W corner of The Queensway/Sunnyside Ave.**

ST JOSEPH'S
HEALTH CENTRE TORONTO



Directions to Pre-Admission/ Day of Surgery Registration

Pre-Admission/ Day of Surgery Registration is located on the second floor and accessible by the Morrow Wing elevators. Wheel Trans and wheelchair access is available at the Tranquility Garden entrance off The Queensway.