

Preparing for Surgery

Quick Reference Checklist

Check off as you complete each item

My Surgery Date _____ Check-in Time _____ Surgery Time _____

Read 'Preparing for Your Surgery and Your Hospital Stay' booklet along with any other materials related to my surgery.

| | | | |
|---|---------------|----------|--------------------------|
| Pre-Admission Clinic | Date and Time | Location | <input type="checkbox"/> |
| Appointment with anesthesiologist | Date and Time | Location | <input type="checkbox"/> |
| Appointment with other specialists | Date and Time | Location | <input type="checkbox"/> |

Before Surgery I need to do bowel preparation
Date, Start Time, and Type of Preparation:

Stop solid food as directed on Bowel Preparation sheet

Around 8:00PM, drink **2 to 3 cups** (500-750 mLs) of clear juice (apple, grape, or cranberry)

I do not need bowel preparation
No food after midnight (12:00AM)

Clean my skin as instructed by the Pre-Admission Clinic nurse.
If I did not get any specific instructions, take a shower or bath with soap and water tonight or in the morning. Wash my hair.

Day of Surgery Clean your skin as instructed by the Pre-Admission Clinic nurse
If I did not get any specific instructions, take a shower or bath with soap and water. Wash my hair.

4 hours before my surgery time
Drink **1 ½ cups** (375 mLs) if clear juice (apple, grape, or cranberry)

Bring to the hospital:
BC CareCard with Photo Identification **or** BC Services Card
'Preparing for Your Surgery and Hospital Stay' booklet
Gum (if having abdominal surgery)