

PRINCE GEORGE GENERAL SURGERY

ELECTIVE SURGERY PREPARATION

SURGERY LOCATION: University Hospital Northern British Columbia (UHNBC)

SURGERY SCHEDULING:

- Surgeries at UHNBC are scheduled by the OR Booking Office, according to the wait time targets set by the British Columbia Ministry of Health for each diagnosis/surgery type; surgeries are not scheduled by your surgeon
- The OR Booking Office will contact you directly when your turn comes to be booked for surgery, and they will arrange certain appointments and procedures that are related to your surgery (such as a lymph node mapping, tumour localization, pre-operative consults for complex medical conditions)

SURGERY PREPARATION:

- Smoking: try to decrease or quit smoking because it will decrease the chance of surgical complications, wound complications, and heart/lung complications
- Diet and exercise: try to eat a healthy diet and increase your physical activity because it will decrease the chance of surgical complications, wound complications, and heart/lung complications
- Regular medications:
 - The pre-surgical screening office will give you instructions on how to manage your home medications in the days before surgery
 - If you have more complex medical issues the anesthesia doctors will give you instructions on how to manage your home medications in the days before surgery
 - Make sure you have enough of your regular medications at home to prevent shortages during your post-op recovery
 - Make sure you have some simple pain and nausea and constipation medications at home to help you through the post-op recovery

DAY BEFORE SURGERY: Do not eat anything after midnight

DAY OF SURGERY:

- Follow the medication instructions of the pre-surgical clinic/the anesthesiologist
- At 4 AM take your allowed morning medications with a small sip of clear fluid
- Do not drink anything after 4 AM
- Bring the following to the hospital with you:
 - Your home medications and inhalers
 - Your CPAP/BIPAP machine
 - Your phone and charger

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AT 250-645-4728
