

# Planning for my Day Surgery

Adult Day Surgery Unit  
University of Alberta Hospital



***Disclaimer***

*This is general information developed by  
the University of Alberta Hospital.*

*It is not intended to replace the advice of a  
qualified health-care provider. Please consult your  
health-care provider who will be able to determine the  
appropriateness of the information for your  
specific situation.*

## Adult Day Surgery (ADS)

My name: \_\_\_\_\_

Date of surgery: \_\_\_\_\_

Time of arrival to hospital: \_\_\_\_\_

Name of responsible adult driving me home: \_\_\_\_\_

### **Finding out the time of surgery:**

Please call the Booking Office between 1 -2 p.m. the day before your surgery.



Booking Office 780 407 6803

### **Coming for surgery:**

On arrival time go directly to the Adult Day Surgery/Same Day Admission Unit Reception Desk on Unit 5G3 which is on the 5th floor (See map on page 16).

Adult Day Surgery/Same Day Admission Unit (5G3) is open Monday to Friday at 5.30a.m.



780 407 8501

Welcome to the University of Alberta Hospital. We understand that surgery is a stressful time for you and your family and we hope to give you information that will help you prepare for your surgery.

The Adult Day Surgery Unit staff care for patients who need surgery but who do not have to stay overnight in the hospital. This booklet will give you some

information about preparing for surgery, and your health-care team will give you more specific information. This booklet provides you with a checklist to remind you of the important things to do before your surgery.

It is possible that your surgery may need to be postponed because of emergencies or unexpected delays in the Operating Room. We will let you know if this happens to you.



## Remember:

- Call your surgeon if you are sick with a cold, flu, fever or other illness.
- If you are on blood thinners (anticoagulants, antiplatelets) or aspirin, remember to tell your surgeon because these medications sometimes need to be adjusted one week before your surgery.
- You must make arrangements for a responsible adult to take you home. You must also have someone stay with you overnight. Your surgery will be cancelled if you do not have a responsible adult to take you home even if you are taking a taxi.
- If you live more than 100 km from the hospital, it is strongly recommended that you make arrangements to remain in Edmonton overnight (after surgery) with a responsible adult. If this applies to you, information on low cost overnight accommodations close to the hospital is available at:



780 407 6593

- If you need a medical certificate or insurance form completed: Contact your surgeon's office.
- If pregnancy is possible it is very important to let the staff and surgeon know, so we can do a pregnancy test.
- Patients who smoke are more at risk of serious heart and lung problems during and after surgery. Smokers also have a higher chance of incision infections and may need to stay in hospital longer. This is why it is important that you try to quit smoking for as long as possible before your surgery. At a minimum, you must not smoke on the day of your surgery. You will not be allowed to smoke in the hospital. Many people use this as a

chance to stop smoking. We have many options and supports available to help you quit smoking before your surgery.



### Checklist: Evening before surgery

- Take a shower or bath using regular soap and wash your hair. Do not use scented products. (If you prefer, you can shower in the morning.) It is important to be clean before your surgery.

## Eating and drinking before surgery

You will be given instructions on eating and drinking when you telephone the Pre Admission Clinic for your arrival time.

**Follow instructions carefully or your surgery may be delayed or even cancelled. This is for your safety, to prevent aspiration (food in your lungs). Aspiration is life-threatening.**

### Eating

Eat as you always do the day before surgery.

Your last food before surgery should be a low fat snack. **Don't eat meats, eggs, fried foods, peanut butter or nut butters.**

**Stop eating 8 hours before surgery!** (unless you have done a bowel preparation)

**Eat Snack A OR Snack B – not both**

#### Snack A

- 1 small piece of fruit
- And 1 cup cereal (Corn Flakes or Rice Krispies®)
- And ½ cup skim, 1% or 2% milk

**OR**

#### Snack B

- 1 small piece of fruit
- And ½ cup yoghurt (2% fat or less)

- And 1 slice of toast with jam (no butter, no margarine, no peanut butter or nut butters)

**You must stop eating 8 hours before surgery!**

**Time to stop eating by:** \_\_\_\_\_

**Drinking**

It is important to drink enough fluids with carbohydrate ( sugar) to prepare your body for surgery.

**The evening before surgery:**

- Drink 3 cups of apple juice or cranberry cocktail (not diet or low calorie)

**The morning of surgery:**

- Drink 2 cups of apple juice or cranberry cocktail (not diet or low calorie)

**Stop drinking 3 hours before surgery!**

**Until 3 hours before surgery you can also drink the clear fluids below:**

- Water
- Black tea (no milk or cream)
- Black coffee ( no milk or cream)

**Do not drink alcohol for 24 hours before surgery**

**You must stop drinking 3 hours before surgery!**

**Time to stop drinking by:** \_\_\_\_\_

Some patients may be given special instructions. Make a note of any special instructions you are given.

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## The morning of Surgery: Before coming to the hospital

### MEDICATION INSTRUCTIONS

- Take your usual medications on the morning of surgery (take with a sip of water), unless directed by your surgeon or anesthesiologist not to.

Do NOT take the following medication	

- Other important medication instructions:

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Bring all prescribed medications with you to the hospital including:

- Inhalers (for asthma)
- Nitro spray (for chest pain)
- Insulin (do NOT take the morning of surgery)
- Pills for diabetes (do NOT take the morning of surgery)
- Other: \_\_\_\_\_



### On the morning of surgery DO

- Take a shower or bath using regular soap and wash your hair. (If you did not do last night). Do not use scented products. You may use deodorant unless told otherwise.
- Also follow these important instructions: \_\_\_\_\_

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- Brush your teeth but do not swallow.
- Remove all make-up, nail polish, all body piercing and jewellery.
- Wear loose, comfortable clothing.
- Bring the telephone number (or cell phone number) of the adult who will take you home after your procedure. We will contact that person 30 to 60 minutes before you are ready to leave.



**On the morning of surgery do NOT**

- Do **NOT** wear perfume, lotions, aftershave, or use hair products.
- Do **NOT** bring money, valuables (including phones, iPods, laptops, etc.), watches, jewellery (including wedding bands) or keys to the hospital.
- Do **NOT** bring contact lenses to the hospital.

The University of Alberta Hospital will not be responsible for lost or stolen articles or belongings brought to the hospital. Patients who bring any valuables do so at their own risk.



**Bring the following things to the hospital**

- If you have sleep apnea and **use a machine at night, bring it to the hospital.**
- If your surgeon has ordered crutches, canes, splints or any other devices, have them available to be brought to the hospital following your surgery
- You may wear your Medic Alert bracelet, dentures, glasses, hearing aids and other such aids to the hospital. Bring labeled containers for these items because you will need to remove them for surgery.
- Label all your belongings and bring a bag or backpack for them.



## **Day of Surgery: Coming to the hospital**

You must arrive on time or your surgery may be cancelled. Your arrival time is **NOT** the time of your surgery.

### **Day of surgery: At the hospital**

#### **Adult Day Surgery Unit**

- Only 2 people can accompany you on the day of surgery. The responsible adult who brings you to and from the hospital must be accessible while you are here. The doctor may need to speak with them and they need to be here to take you home in a timely manner. We will call that person when you are ready to go home.
- Please be respectful in your use of cell phones within the hospital and especially when in patient care areas. Use your phone for essential calls only.
- Maps with directions to pick-up a patient from the Surgical Day Care Unit at the end of this booklet. Please give to the person who will be picking you up.
- In order to allow plenty of time for your preparation for surgery you may wait 2 to 3 hours after arriving at the hospital before your surgery will start. You may want to bring something to read.
- You will change into a hospital gown and we will prepare you for surgery.

#### **Operating Room**

- No visitors are allowed in the operating room (Surgical Suite) area.
- You may be brought to the operating room area by stretcher, some patients may walk.
- You may wait in the preoperative holding area a few minutes and the nurse and the anesthetist will come to speak with you.

## After Surgery (PARR and ADS)

- After surgery you will usually recover in the Post-Anesthetic Recovery Room (PARR) before you go to the Adult Day Surgery Unit (ADS).
- No visitors are allowed in the PARR.
- The nurse will frequently check your pulse, blood pressure, oxygen level, breathing, site of your operation and provide pain control.
- Tell your nurse if you have pain, nausea and/or vomiting, itchiness or difficulty urinating.
- Practice your deep breathing by taking a deep breath in through your nose and blow out through your mouth.
- Depending on your condition, you may be given something light to eat or drink before you go home.
- Each person recovers from surgery and anesthetic differently. Your doctor and nurse will decide when you are ready and able to go home.

## Going home after surgery

An anesthetic is a drug that affects you for 24 hours after surgery. You may feel weak, dizzy or slightly nauseated.

For at least 24 hours following your anesthetic, do **NOT**:

- Drive. It is against the law ([You are considered legally impaired](#)).
- Do tasks requiring skill, coordination or judgment.
- Make any binding legal decisions.
- Drink alcohol, it is unsafe.
- Take any medication such as sedatives or tranquilizers unless prescribed by your physician.
- Take illegal “street” drugs.

## My care at home

Follow **ALL** instructions given to you from your doctor and nurse.

### **Pain control**

- Pain is personal. The amount of pain you feel may not be the same as others feel, even if you have had the same surgery.
- Your pain should be controlled enough that you can rest comfortably. The pain should not stop you from deep breathing or coughing, getting out of bed or walking.
- Take the pain medication as prescribed by your surgeon to be sure you can do these things.
- Pain medication can cause constipation. Drink plenty of water and eat foods high in fibre.
- Your prescriptions can be filled at the hospital drugstore or your local pharmacy.

### **Regular medications**

- If you are taking any regular medication, please ask your surgeon if you should continue to take it after your surgery.

### **Follow-up**

- If you have not been given a follow-up appointment with your surgeon before leaving the hospital, please contact your surgeon's office to schedule an appointment.
- A nurse may phone you on the next working day following your surgery to check your progress and answer any questions.
- If you have any urgent concerns please contact your surgeon's office or go to the nearest Emergency Department.

*We hope this information has been helpful to you.*

# Map and Directions

## Address

8440 112 Street NW  
Edmonton, Alberta  
T6G 2B7

## Telephone

Main switchboard	780-407-8822
Admitting	780 407 8422 or 8088
Information	780 407 8407
Pre Admission Clinic	780 407 7396
Adult Day Surgery/Same Day Admit (5G3)	780 407 8501
Booking Office	780 407 6803

## Wheelchair accessible

For more information please contact the facility.

## Other accessibility

Includes: washrooms, drinking fountains, ramps, elevators and doorways.

Designated disabled parking spaces underground (Level O) and on the 4th (weather-sheltered pedway) level of the East parkade.

## Getting there

Bus stops are located on 112 and 114 Streets NW, and an LRT station is located just west across 114 Street NW.

Parking available in a number of parkades and parking lots in the University Hospital area

See Parking Map

### Parking Office

Room 0H1.01, Walter Mackenzie Centre  
 University of Alberta Hospital  
 Business Hours: 8:00 a.m. – 4:00 p.m.  
 Monday to Friday (closed on holidays).  
 Phone: (780) 407-8890

Parking rates apply 24 hours per day, and are in effect for all public parkers, including those with provincially issued placards for persons with disabilities. Public parking is GST exempt

**Not sure how long you'll be at the hospital?**

Choose a "Pay on Exit" parking location and you won't need to worry about your parking permit time running out.

### Parking Passes

Weekly Parking Passes are available at the Parking Office. Cost: **\$40.00**

Patient / Visitor Monthly Passes are available at the Parking Office. An authorization form from the nursing unit or social worker is required. Cost: **\$69.50**

Monthly Passes without an authorization form may be available from the Parking Office. Cost: **\$135.00.**

Alberta Health Services parking receipts showing proof of payment outside of regular business hours (8:00 a.m. – 4:00 p.m. Monday-Friday) may be credited towards monthly passes.

**P1 PAY ON EXIT East Public Parkade: 83 Avenue at 112 Street (entrance off 83 Avenue)**

- Rates: **\$2.00** per half hour or portion thereof  
**\$14.25** for 24 hours (no in and out privileges).
- Disabled parking is located on the 4<sup>th</sup> level of the parkade, adjacent to the pedestrian pedway.
- Height restriction: 2.0 meters (6 ft. 8 in.)

**P2 PAY ON EXIT Public Underground Parking: O Level, Walter C. Mackenzie Centre (entrance off 114 Street)**

- Rates: **\$2.25** per half hour or portion thereof  
**\$21.75** for 24 hours (no in and out privileges).
- **Note:** Entrance to the O Level Underground parking is closed between 21:00 and 06:00 hours.
- Height restriction: 2.0 meters (6 ft. 8 in.)

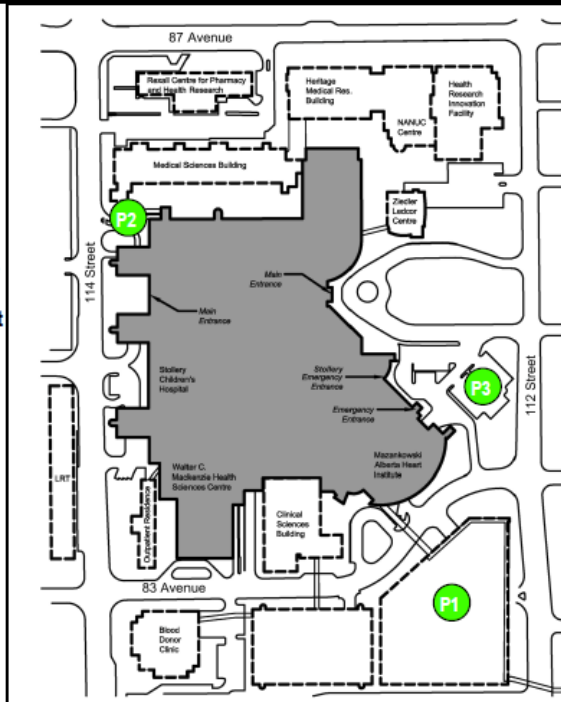
**P3 Emergency Lot: (entrance off 112 Street) Pay for parking upon arrival (Pay & Display machines)**

- Rates: **\$2.25** per half hour or portion thereof  
**\$30.25** for 24 hours

**NOTE:** Pay & Display machines will accept Canadian coins (no pennies), Visa, MasterCard and AMEX payments.

**Parking Meters:** (112 Street around the curved drive and 114 Street near entrances) are in operation 24 hours/day.

- Rates: **\$2.25** per half hour or portion thereof (112 Street and 114 Street locations).
- Meters will accept \$0.25, \$1.00 and \$2.00 Canadian coins **ONLY**.



Rates subject to change.

For 24 hour parking information call 1-855-535-1100

Valid until March 31, 2015



Alberta Health Services



# PUBLIC PARKING RATES

## UNIVERSITY OF ALBERTA HOSPITAL

Alberta Health Services (AHS) will be introducing new public parking rates effective April 1, 2014.

Daily maximum, weekly and monthly parking rates at all facilities across the province will be reduced from previously approved rates because of GST exemptions legislated by the Federal Government. 30 minute parking rates will stay the same as 2013. To address public concerns associated with the cost of parking for long-term patients, AHS continues reduce or hold monthly rates at most facilities.

Health care dollars are used to fund patient care services at the University of Alberta Hospital, not its parking lots.

AHS parking facilities that charge are required to be self-sustaining.

Our parking rates cover costs for repairs to current parking facilities, and also for the construction of new parking facilities to meet increasing demand in communities across the province.

An annual market analysis of national parking rates helps AHS match and compare Alberta communities with other communities of similar size, parking demand and parking market conditions to ensure we offer consistent, fair and equitable parking services and rates.

<b>SHORT-TERM PARKING</b>		
<b>EAST PARKADE, ABERHART CENTRE, KAYE EDMONTON CLINIC PARKADE</b>		
Type	Current	April 2015
Every 30 minutes	\$2.00	\$2.25
Daily Maximum	\$14.25	\$14.25
<b>LEVEL 0 UNDERGROUND</b>		
Every 30 minutes	\$2.25	\$2.25
Daily Maximum	\$21.75	\$21.75
<b>EMERGENCY, KAYE EDMONTON CLINIC FRONT ENTRANCE SURFACE LOTS</b>		
Every 30 minutes	\$2.25	\$2.25
Daily Maximum	\$30.25	\$30.25
<b>LONG-TERM PARKING</b>		
Weekly parking pass	\$40.00	\$40.00
Monthly patient/visitor pass	\$69.50	\$71.00
General monthly pass	\$135.00	\$150.00
















FOR MORE INFORMATION, PLEASE VISIT:  
[WWW.ALBERTAHEALTHSERVICES.CA/5505.ASP](http://WWW.ALBERTAHEALTHSERVICES.CA/5505.ASP)  
 EMAIL: [PARKINGEDMONTON@ALBERTAHEALTHSERVICES.CA](mailto:PARKINGEDMONTON@ALBERTAHEALTHSERVICES.CA)

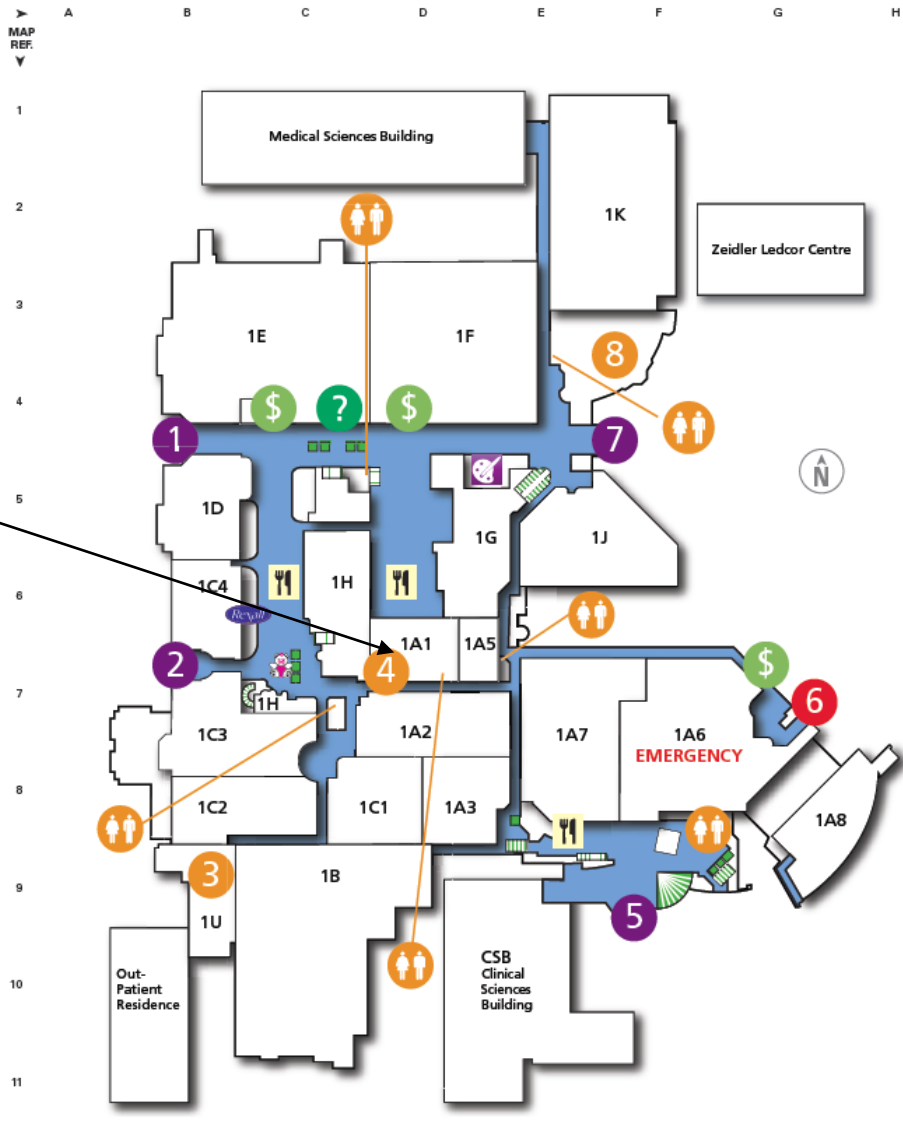


LEVEL

1

Walter C. Mackenzie  
Health Sciences Centre

-  Elevators/Stairs/  
Escalator
-  Public Route
-  Washrooms
-  Information
-  114 St Entrance
-  Stollery Entrance
-  MRI
-  Admitting
-  Mazankowski  
Entrance
-  Emergency  
Entrance
-  112 St Entrance
-  Bernard Snell Hall
-  ATM



**LEVEL 2**

Walter C. Mackenzie  
Health Sciences Centre

-  Elevators/Stairs/  
Escalator
-  Public Route
-  Atrium Area
-  Washrooms
-  Pedway to Parking
-  John W. Scott  
Health Sciences  
Library
-  Faculty of Medicine  
and Dentistry
-  Diagnostic Imaging
-  ATM



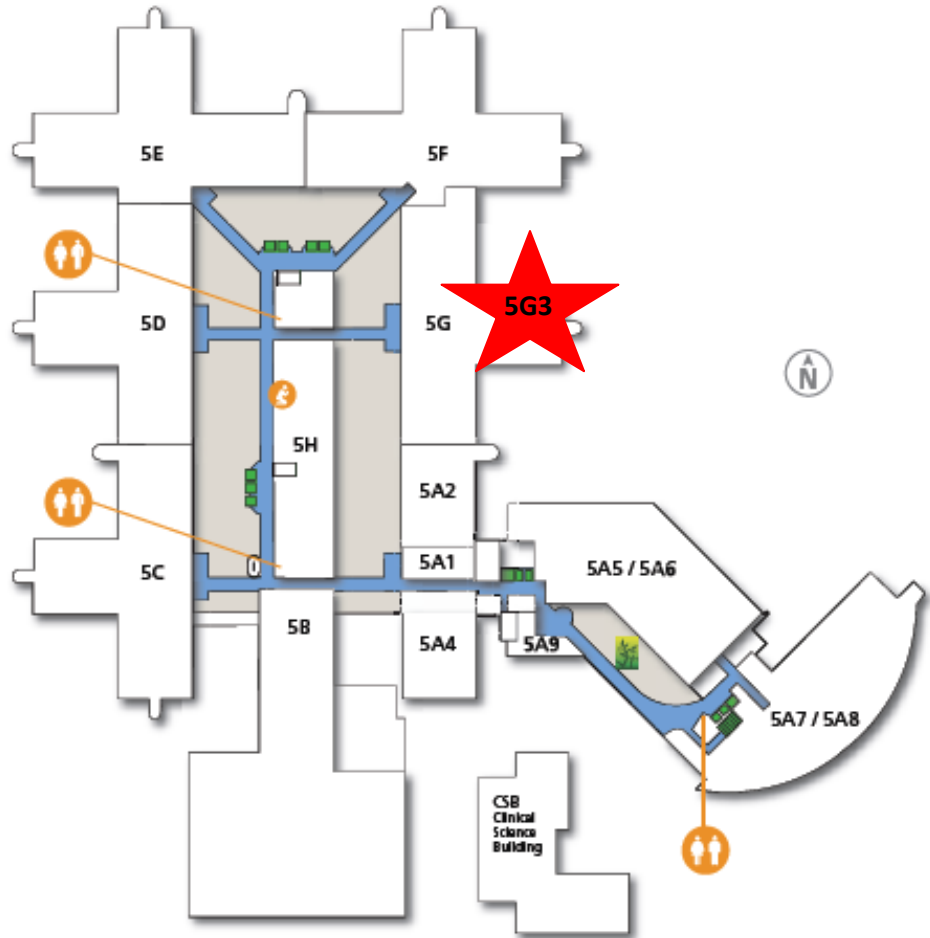


LEVEL

**5**

Walter C. Mackenzie Health Sciences Centre

- Elevators/Stairs
- Public Route
- Atrium Area
- ♿ Washrooms
- ⛔ Chapel/Prayer Centre



**WALTER C. MACKENZIE HEALTH SCIENCES CENTRE**

University of Alberta Hospital • Stollery Children's Hospital • Mazankowski Alberta Heart Institute