

Planning for my Inpatient Surgery

Same Day Admission
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.*

Same Day Admission (SDA)

My name: _____

Date of surgery: _____

Time of arrival to hospital: _____

Name of responsible adult driving me home: _____

Please bring this booklet to the hospital on the day of your surgery.

Finding out the time of surgery:

Please call Pre Admission Clinic between 2-3p.m. the day before your surgery.



Pre Admission Clinic 780 407 7396

Coming for surgery:

If your arrival time is before 6.00 a.m. 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).

If your arrival time is after 6.00 a.m. go to Admitting (1H1) on the ground floor to register prior to reporting to the Adult Day Surgery/Same Day Admission Unit Reception Desk on Unit 5G3

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 /Same Day Admission Unit staffs care for patients who are admitted to the hospital on the same day as their surgery. After surgery, you will be admitted to an inpatient unit where you will stay in the hospital for one day or more after surgery as decided by your doctor and health-care team. This booklet will give you some information about preparing for surgery, and your health-care team will give you more specific information. There is 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.
- 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!

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! (unless you have done a bowel preparation)

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.

✓ 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 anesthetist not to.

Do NOT take the following medication	

- Other important medication instructions:

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: _____

- 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 your primary contact person



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.
- Bring a copy of your personal Directive and or green sleeve with current goals of care order if you have one.
- You may wish to bring a copy of this booklet.

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.

Adult Day Surgery/Same Day Admission (5G3)

- Only 2 people may 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.
- 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.
- You will not know your room number until it is assigned later in the day. Please leave your suitcase and personal things with your primary contact person until your room is assigned.
- Your primary contact person will be asked to look after all your valuables while you are in surgery. If you are alone your belongings will be sent to the inpatient unit later in the day.
- The University of Alberta Hospital will not take responsibility for any lost or stolen articles.

Operating Room

- No visitors are allowed in the operating room (Surgical Suite) area.
- You will be brought to the operating room area by stretcher.
- You may wait in the preoperative holding area a few minutes and the nurse and the anesthesiologist 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 your inpatient room.
- 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.
- Pain is personal. For more information. The amount of pain you feel may not be the same as others feel, even if you have had the same surgery.
- Each person recovers from surgery and an anesthetic differently, your doctor and nurse will decide when you are ready to go to your room.

After surgery: My inpatient room

- Your primary contact person will be able to visit you when you are settled in your inpatient (ward) bed.
- Visiting hours on most units are from 11 a.m. to 8 p.m. No more than two visitors are allowed at one time. Specialty units often have different rules. Check with the nursing station to confirm visiting times.
- Your suitcase and personal belongings can be brought to your room at this time.
- 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. It is important to tell your nurse if you are experiencing pain.
- You will need to practice deep breathing and coughing. This exercise is done every hour for the first day and every 4 hours for the next 1 to 2 days. Take a deep breath in through your nose and blow out through your mouth. Repeat this 5 times. On the 5th breath, cough 2 to 3 times gently. If you have a chest or abdominal incision, support it with a pillow.
- Leg exercises: These exercises are done 4 to 5 times a day until you are walking. Point your toes towards your head, then towards the foot of the bed 5 to 10 times. Make your feet go around in circles 5 to 10 times. Bend and straighten one leg and then the other leg 5 to 10 times.

My care at home

Your surgeon and health-care team will decide when you are ready to go home.

Before leaving the hospital, please ensure you have received the following instructions from your doctor or nurse before you to home.

- What medication to take after your surgery (how often, when and why)
- How to care for your incision and any tubes or dressings.
- What activities or exercises you can do and when you can do them (i.e. drive the car).
- What, if any, diet restrictions you need to follow.
- The date and time of your next appointment with the surgeon.
- When to call your surgeon or your family doctor.
- Please make preparations to leave the hospital by 10 a.m. on the day of discharge home.

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

***We hope this information has been helpful to you.
Your surgical, anesthesia and nursing team.***

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.

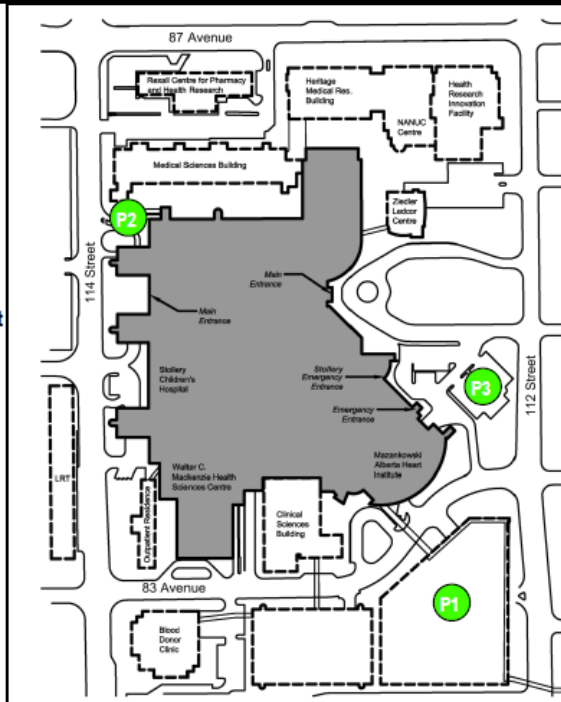
Parking Passes

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 4th 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.

SHORT-TERM PARKING		
EAST PARKADE, ABERHART CENTRE, KAYE EDMONTON CLINIC PARKADE		
Type	Current	April 2015
Every 30 minutes	\$2.00	\$2.25
Daily Maximum	\$14.25	\$14.25
LEVEL 0 UNDERGROUND		
Every 30 minutes	\$2.25	\$2.25
Daily Maximum	\$21.75	\$21.75
EMERGENCY, KAYE EDMONTON CLINIC FRONT ENTRANCE SURFACE LOTS		
Every 30 minutes	\$2.25	\$2.25
Daily Maximum	\$30.25	\$30.25
LONG-TERM PARKING		
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
 EMAIL: PARKINGEDMONTON@ALBERTAHEALTHSERVICES.CA

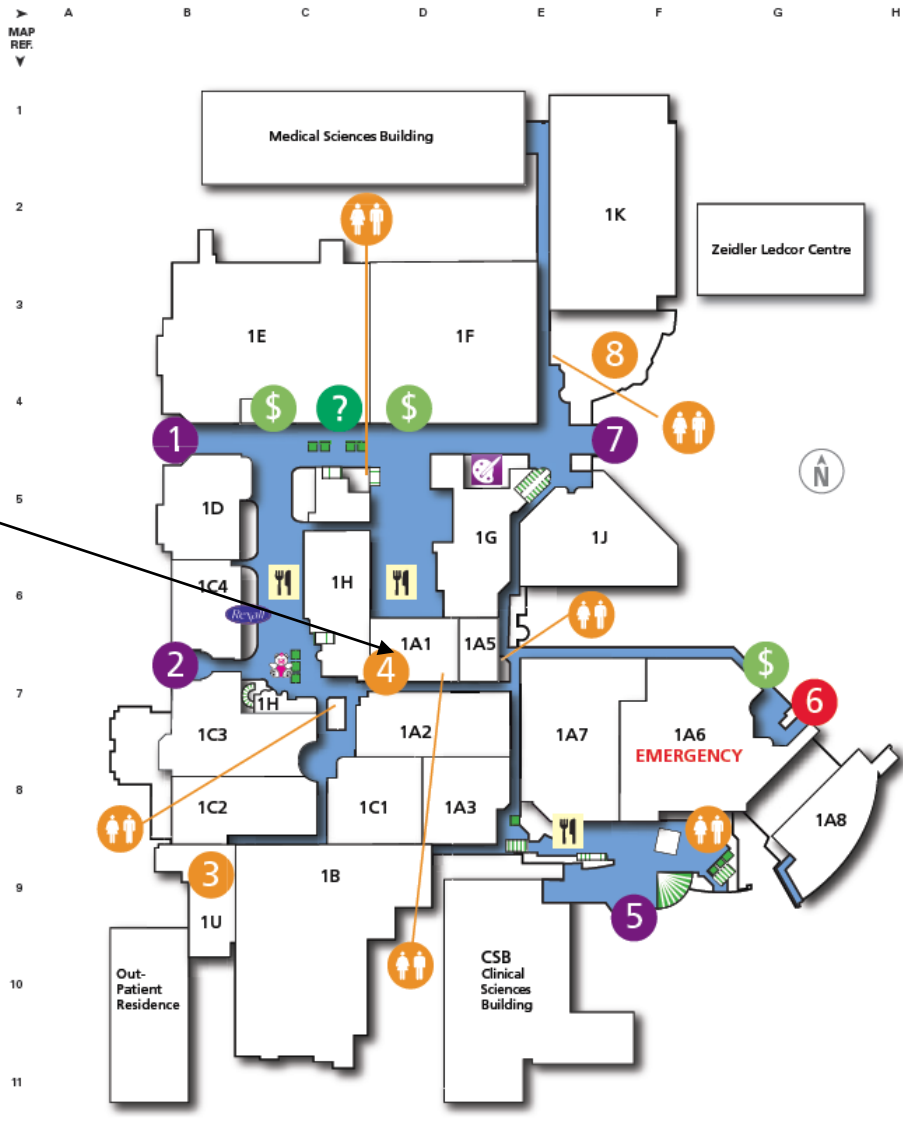


LEVEL

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

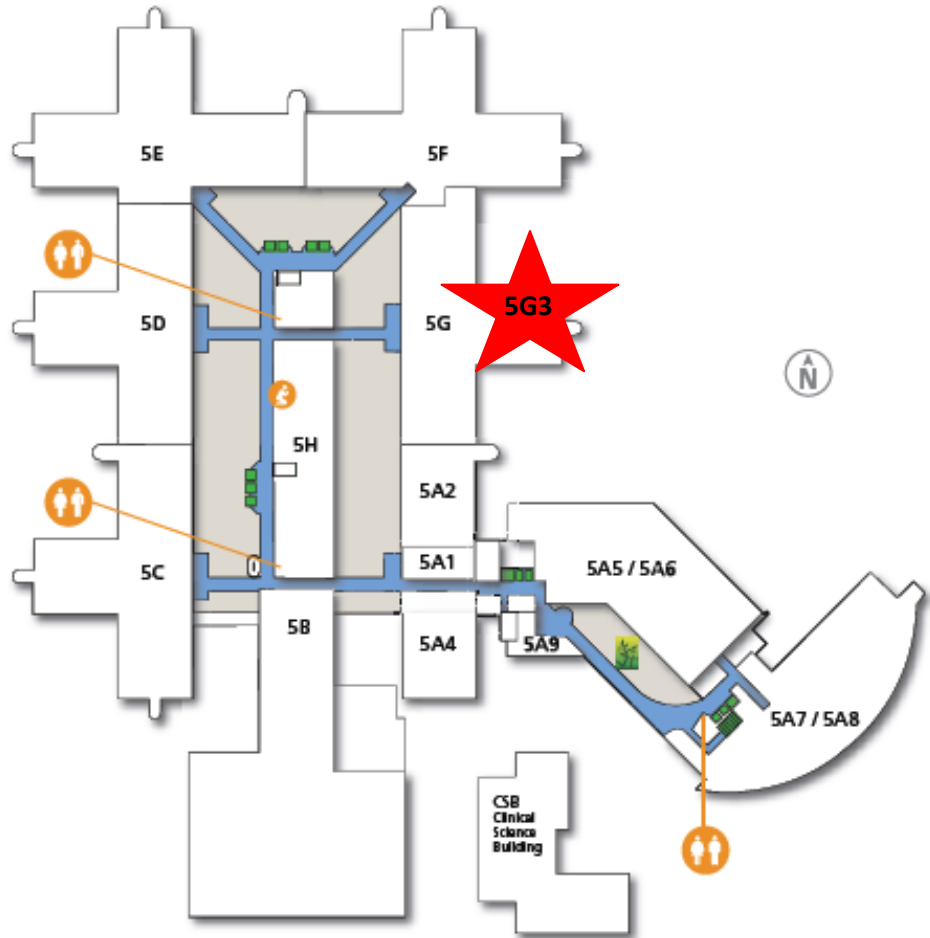


LEVEL

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