

Please leave all valuables at home: watches, rings, chains, credit cards, and large amounts of money.

The hospital is not responsible for lost valuables.

If you wear contact lenses, remove them and wear your glasses.

Bring to the hospital:

- if you wear glasses, a glass case.
- any insulin or inhalers that you may use.

Do not take any medication, including insulin, unless instructed by the Anesthetist or the Preadmission Nurse.

If you require crutches following surgery, please bring them with you to the hospital.

Wear loose fitting clothing, and comfortable footwear.

Please report to Patient Registration, located in the Polson Tower, at the appointed time.

You will be directed to the Pre-Surgical Screening Unit.

Please check in with the clerk at the Reception Desk at the Pre-Surgical Screening Unit.

It is important to have your driver/escort accompany you for further information.

Patients are discharged at the Polson Tower entrance. A direct phone line is located to the right as soon as you walk through the first set of sliding doors. Your ride can inform staff that they are here.

Unexpected Illness

If you develop a cold, flu, skin infection or any other illness within 1 week of your surgery, **contact your surgeon's office before noon the day before surgery.**

A meeting with an Anesthetist can be arranged before your surgery by asking your surgeon, family physician or the pre-surgical screening nurse.

Vernon Jubilee Hospital is a clean air establishment. There is no smoking on the hospital grounds.

Inquiries

Vernon Jubilee Hospital Admitting Department (250) 558-1378
Pre-Surgical Screening Nurse
. (250) 558-1200
. extension 1255
. or 1333
Pre-admission Inquiries . . (250) 558-1200
. extension 1825
. 7:00 am – 2:45 pm

Please Note:

There may be times when an unplanned emergency occurs. This may result in your surgery being postponed and rebooked at a later date.



Interior Health
For your whole life

PREPARING for DAY CARE SURGERY

Pre-operative Information

Vernon Jubilee Hospital
2101 32nd Street
Vernon, BC V1T 5L2
Telephone (250) 545-2211

Welcome to the Vernon Jubilee Hospital.

The following information will help you prepare for **day care surgery**.

PRIOR TO SURGERY

The Pre-admission form you received at the surgeon's office, should be returned to the Admitting Department within three days.

You will receive notice from the hospital when your surgery has been scheduled.

Leave this pamphlet by your telephone so you can make notes regarding dates and times.

Operation Date:

Report to Hospital at:

Last drink before:

Other appointments:

Do not eat solid food (including creamers, milk substitutes or milk) after midnight the night before your operation.

You may drink only one glass of:

- water or
- **apple juice** (store purchased) or
- **black tea or coffee**

Up until *four hours* before your surgery.

Please follow all instructions to avoid cancellation of your surgery.

Do not chew gum, eat candy or smoke after midnight.

Infants age 12 months or less:

- No solid food after midnight the night before the operation.
- May breast or formula feed up to ***six hours*** prior surgery or
- One glass of store purchased apple juice up until ***four hours*** prior to surgery.

It will be necessary to plan your discharge before you have your surgery.

BEFORE COMING TO HOSPITAL, PLEASE ARRANGE FOR:

- An escorted ride to and from the hospital.

You will not be allowed to drive a vehicle for 24 hours following an anesthetic as active reflexes and judgment may be impaired.

- A responsible adult to stay with you following discharge and overnight. If you do not have anyone to help you on discharge, you must discuss this with the Pre-surgical screening Nurse.
- An interpreter if needed.
- A care giver if disabled.

THE DAY BEFORE SURGERY

Call the Vernon Jubilee Hospital **(250) 558-1378 between 12:00 noon and 2:00 pm** to confirm the time of your surgery.

If your surgery is scheduled for Monday call Friday to confirm.

The reporting time may be as early as 6:15 am so please make suitable arrangements if you are from out of town.

THE MORNING OF SURGERY

Have a bath or shower.

Remove **all** make-up, jewellery **(including all piercings)** and nail polish.