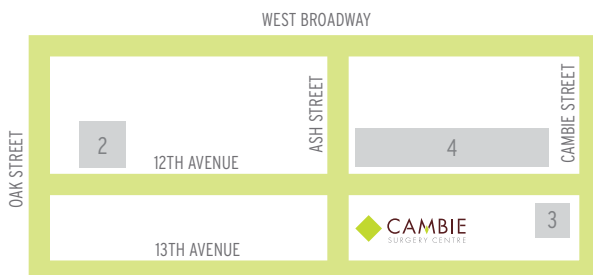


General Instructions

- Please contact your surgeon or the Cambie Surgery Centre if you are: diabetic, on Coumadin, have a Latex allergy, or take any other medications for serious health conditions.
- Have a responsible adult accompany you to and from the Centre, and stay with you for a 24 hour period. Private automobile or taxi is recommended for transportation after surgery, escorted by an adult. Public transportation is not acceptable. A parent or guardian must be present with patients under 18 years of age. If you do not have an adult to accompany you after surgery or stay with you for the next 24 hours (after surgery), please notify the surgeon's office to make arrangements for an escort to be provided (for you).
- Traveling clients please arrive the night before your surgery.
- Make arrangements to remain in the city overnight if your home is not in the Vancouver or Lower Mainland area. We can assist you with the arrangements.
- Wear loose, comfortable clothing.
- Do not wear jewelry or make-up. Contact lenses must be removed before surgery. Please remove all body piercings.
- Cambie Surgery Centre is a scent free environment. Please do not wear any colognes, perfumes or lotions on the day of your surgery.
- Bring an interpreter if you do not speak English.
- Contact your surgeon prior to the day of the surgery if your medical condition changes (i.e. severe cold, fever, etc.)
- Cambie Surgery Centre is located between 12th and 13th Avenues on Ash Street in Vancouver (see map below).



◆ Cambie Surgery Centre
2836 Ash Street
Vancouver, BC V5Z 3C6

2. Vancouver General Hospital
3. Plaza 500 Hotel (parking available)
4. Specialist Referral Clinic and City Square Shopping Mall (parking available)

CAMBIE

SURGERY CENTRE

Phone: 604 874 1349

Fax: 604 874 1549

Toll Free: 1 800 558 1338

www.cambiesurgery.com



Pre Operative Instructions

"The night before your surgery"

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The Cambie Surgery Centre is the first of its kind in Canada. Established by doctors in 1996, it was built to provide the highest quality care for the comfort and convenience of surgical patients.

Our goal is to create a friendly and professional environment where the staff are sensitive to the individual needs of each patient.

In order to maintain a high level of quality care the following instructions have been provided to ensure a safe and successful surgical experience.

No Eating or Drinking

- Nothing to eat or drink after midnight the night before surgery.
- No smoking 12 hours before surgery.
- Gum, mints and candies are not allowed.

Please note: Eating solid food, candies or gum may cause vomiting and inhalation of stomach contents into the lungs while under anesthesia, resulting in life threatening complications.

Medications

Regular prescription medications for hypertension (high blood pressure), heart problems, high cholesterol and any other medical problems (except diabetes) should be taken as usual if taken first thing in the morning. Please dry swallow; if you are unable to do so, please take only a sip of water to help.

Diabetic Patients

Patients on insulin or any other medications to lower their blood sugar are not to take their insulin or medication the morning of surgery. Diabetics who are fainting or feeling any symptoms of hypoglycemia (e.g. weakness, faintness, nervousness or agitation) may drink some sugar containing clear fluids (tea with sugar or honey, or clear fruit drink) or put a teaspoon of honey under the tongue (to prevent hypoglycemia).

**At Cambie Surgery Centre,
WE CARE.**

ASA and Anti-Inflammatory Medication

These medications (if taken) may cause excessive bleeding and bruising before and after surgery.

- **NSAIDS** (non steroidal anti-inflammatory) – Ibuprofen, Naproxen and others, should be stopped 7 days before surgery.
- **ASA** – Aspirin should be stopped 10 days before surgery, unless otherwise instructed by your surgeon.

Please note: Patients on any other anti-coagulants or blood thinners (i.e. Warfarin) should inform the surgeon preoperatively to ensure the proper protocol is established for taking these medications.

All Patients on Prescription Medications

Bring your medications or a list of them with you the day of your surgery. It is very important for the Anesthesiologist and Nurses to be aware of exactly what medications you are on. Anesthetic agents and pain killers given prior to surgery may interact with your medication and cause problems such as a slow recovery, delayed discharge from the Recovery Room and/or other more serious complications.

Recreational Drug and Alcohol Use

People regularly or occasionally using alcohol, marijuana, or any other illegal drugs must not use these substances 24 hours prior to their surgery. These substances may interact with the anesthetic drugs and pain killers given before and after surgery, potentially causing life threatening complications, prolonged recovery or a delayed discharge from the Recovery Room.