

**PREOPERATIVE INSTRUCTIONS FOR PATIENTS WHO WILL BE HAVING
GENERAL ANESTHESIA OR SEDATION AT FALSE CREEK HEALTHCARE**

Please follow the instructions carefully in the interest of patient safety.

YOU MUST:

- **HAVE NO FOOD OR ANY TYPE OF DAIRY (OR DAIRY SUBSTITUTES) EIGHT (8) HOURS PRIOR TO SURGERY START TIME, THIS INCLUDES CANDY AND GUM**
- **YOU MAY HAVE CLEAR FLUIDS (WATER, CLEAR JUICE WITH NO PULP, BLACK COFFEE OR TEA) UP TO THREE (3) HOURS PRIOR TO SURGERY START TIME**
- A responsible adult must accompany you to and from the center, and you may not travel home via public transit. During COVID-19 restrictions your accompanying adult may not come into the facility but must be available at the time of discharge. A RESPONSIBLE ADULT MUST REMAIN WITH YOU FOR REMAINDER OF THE DAY AND THE NIGHT POST SURGERY
- There are guidelines with respect to the COVID-19 pandemic on a separate instruction sheet
- Wear loose, casual clothing that can be easily put on after surgery
- Do NOT wear jewellery, false nails or make up. Please wear glasses and remove contact lenses prior to surgery
- Contact the FCHC office prior to the day of surgery if your medical condition changes (you have a new cold or fever) or if any chronic, stable medical conditions change. If you have any doubt, err on the side of calling the facility at (1) 604-739-9695
- Make arrangements to stay in the city of Vancouver if you are not from Vancouver or the Lower Mainland area

- Please refrain from smoking (cigarettes, cannabis, and/or vaping) for 12 hours prior to surgery
- Stop all vitamins and supplements one week before surgery unless instructed to take by your surgeon
- On the day of surgery, please take your regular medications, with a sip of water, as advised by your surgeon and/or the FCHC anesthesiologist or RN.
- Please bring all of your medications (in their original pill bottles) to the clinic on the day of surgery
- The Preadmission Nurse will call you 24 hours before surgery to advise you of your check in time and answer any questions you may have with regards to your upcoming surgery.

Failure to follow these instructions may result in the cancellation of your surgery.

Patient Signature

Date
