Preparing for your Same Day Surgery at TEHN Surgical Centre (20 Wynford Drive)

YOUR SURGERY DATE IS: _____

APPOINTMENT CANCELLATION: If you are symptomatic and/or rescheduling your surgery for any reason, please notify your surgeon's office.

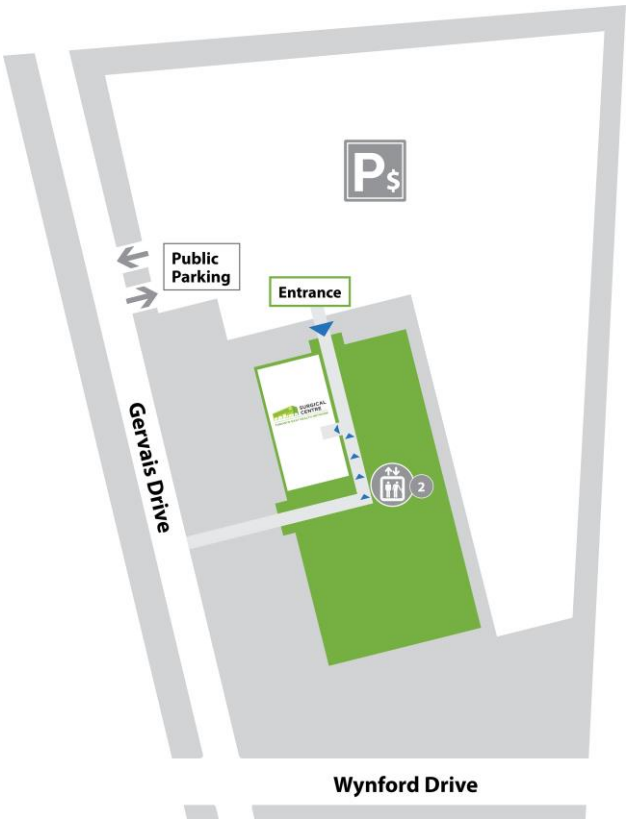
THINGS YOU SHOULD KNOW BEFORE YOU VISIT

We have moved! Your surgery will occur at the TEHN Surgical Centre (20 Wynford Drive, Suite 201 A/B), located in Toronto near Don Mills Rd. and Eglinton Ave East.

Remove and leave ALL jewelry/piercings at home, these items cannot be worn during surgery (your surgical procedure could be cancelled if not removed). Please remove nail polish and shower/bathe either the night before or the morning of your surgery.

You MUST have someone escort you home after your surgery. You CANNOT call an uber/taxi to take you home if you do not have an escort. The Surgical Centre is accessible via public transit (TTC subway and bus), close to the Don Valley TTC Station. **The parking lot at 20 Wynford Drive has a grace period of 15 minutes, after which you will be charged $3.00 each half hour with a maximum of $6.00 per day (per entry). Parking can be paid by credit or debit only**. The Surgical Centre does not reserve parking for patients; **parking is limited and not guaranteed**. The Surgical Centre will not reimburse parking fees and accepts no responsibility for loss, theft or damage to vehicles or contents. If you are interested in alternative paid transportation options, please speak to your surgeon.

MAP OF TEHN SURGICAL CENTRE



WHAT TIME SHOULD I ARRIVE FOR MY SURGERY?

- For your surgery arrival time, please call the Admitting Department the evening prior to your surgery at (416) 469-6381 between the hours of 3 pm to 10 pm. The admitting clerk will tell you what time to arrive at the surgical centre so that staff can prepare you for your surgical procedure.
- If your **surgery is on a MONDAY**, please call on the Friday (3 pm to 10 pm) prior to your surgery.

YOU MUST BE AT THE SURGICAL CENTRE AT THE RIGHT TIME, OR YOUR SURGERY MAY BE CANCELLED.

Immediately notify your surgeon if you or your household contacts are experiencing any of the following symptoms:

- Fever
- New or worsening cough
- New or worsening nasal congestion
- New or worsening shortness of breath
- Nausea, vomiting or diarrhea
- Sore throat

Please note that if you present any of these symptoms prior to the surgery, your surgery might be postponed.

STOP THESE MEDICATIONS BEFORE SURGERY

For the following blood thinners, you will be advised at your PAC (Preoperative Assessment) appointment when to stop:

- Dabigatran (Pradaxa)
- Rivaroxaban (Xarelto)
- Apixaban (Eliquis)
- Edoxaban (Lixiana)

14 days before surgery:

- **STOP** Ticlopidine (Ticlid)
- **STOP** herbal medicines/herbal teas/herbal supplements

7 days before surgery (or as instructed by your doctor):

- **STOP** Aspirin, Clopidogrel (Plavix), Vitamin E & Multivitamin

5 days before surgery:

- **STOP** Warfarin (Coumadin) and Ticagrelor (Brilinta)

3 days before surgery:

- **STOP** all Anti-inflammatory/NSAID medications. **Note:** Celecoxib (Celebrex) and Acetaminophen (Tylenol) may be taken
- **STOP** Dapagliflozin (Forxiga), Empagliflozin (Jardiance), Canagliflozin (Invokana)
- **STOP** recreational cannabis (marijuana). Medical cannabis (marijuana) may be taken on day before surgery

Night before surgery:

- **STOP** alcohol the night before surgery (increases bleeding)

Day of Surgery

- **STOP** GLP-1 RA diabetic or weight loss medication such as Semaglutide (Ozempic, Wegovy, Rybelsus), Liraglutide (Saxenda, Victoza), Dulaglutide (Trulicity)
- If you are taking a GLP-1 RA diabetic or weight loss medication, please see the table on the next page for specific **fasting instructions**

PLEASE FOLLOW THE INSTRUCTIONS ON THE MEDICATION LIST PROVIDED DURING YOUR PREOPERATIVE ASSESSMENT (PAC) APPOINTMENT (if applicable).

THE DAY/NIGHT BEFORE SURGERY

	If you are NOT on GLP-1 RA (most patients)	If you take GLP-1 RA: Semaglutide (Ozempic, Wegovy, Rybelsus, Liraglutide (Saxenda, Victoza), Dulaglutide (Trulicity))
Fasting	**No Food** - Do not eat anything after midnight to ensure an empty stomach for surgery. If you eat, your procedure will be **cancelled**.	**No Food** - Do not eat anything for **24 hours** prior to scheduled arrival time.
Drinking clear liquids before arrival time	**Allowed until your scheduled arrival time (½ cup)** – Apple juice, water, black coffee/tea without milk, ginger ale, etc. **Do NOT have orange juice.**	**Allowed up to 2 hours before scheduled arrival time (½ cup)** - Apple juice, water, black coffee/tea without milk, ginger ale, etc. **Do NOT have orange juice.**
If Diabetic (Blood Sugar Below 5.0 mmol/L)	**Can drink ½ cup clear apple juice** - If blood sugar is below 5.0 mmol/L, drink to raise it to at least 5.0 mmol/L (allowed until your schedule arrival time).	**Can drink ½ cup clear apple juice** - If blood sugar is below 5.0 mmol/L, drink to raise it to at least 5.0 mmol/L (allowed up to 2 hours before scheduled arrival time).

WHAT TO BRING/NOT BRING ON THE DAY OF SURGERY

Please BRING these items to the Surgical Centre	*Please DO NOT BRING*
○ Ontario Health Card. ○ Secondary Insurance Information. ○ **ALL** medications that you are currently taking including inhalers (puffers) and eye drops. ○ A clean pair of socks. ○ Storage cases for glasses/contacts/hearing aids, which should be removed before surgery. ○ Reusable bags for your belongings. ○ Reusable water bottle.	○ **Valuables** – the Surgical Centre does not take responsibility for lost or stolen items. ○ **Jewelry/body piercings** – remove and leave **ALL** jewelry/piercings at home, these items **cannot** be worn during surgery. **NOTE:** your surgical procedure could be cancelled if not removed. ○ **Personal items** – any extra belongings that are not required for this visit should be left at home or with your escort (if possible).

If you are not able to communicate in English and are unable to provide your own interpreter, the Surgical Centre will have translation services available to translate on your behalf.

Toronto East Health Network has been working closely with Ontario Health to explore earth-friendly initiatives. Two of the change ideas decided upon are called **BYORB** (Bring Your Own Reusable Bags), and **BYORWB** (Bring Your Own Reusable Water Bottle). We are requesting patients bring:

- **2 or 3 reusable bags** for your belongings, big enough for your shoes, clothes and jacket.
- **Reusable water bottle:** the water bottle should be **empty** and **not made of glass.**



THE DAY OF SURGERY

- On the morning of surgery, take all your routinely prescribed medications (with sips of water) unless your physician instructs you otherwise.
- Do **NOT** take any medications that have been stopped (refer to the "STOP THESE MEDICATIONS BEFORE SURGERY" section of this pamphlet).
- Do not take your diuretics (water pills) or pills for diabetes. If you are a diabetic on insulin, please refer to the instructions you received during your preoperative assessment appointment.

Check In

- Enter 20 Wynford Drive and follow the signage to the second floor.
- Upon arrival to the Surgical Centre, you will register. After you have registered, you will take a seat in the waiting room until you are taken to the pre-op room.

Pre-operative (before surgery)

- To prepare you for your surgical procedure, your nurse will ask some questions, perform a set of vital signs and start an intravenous (IV).
- You will be asked to remove **ALL** your clothing and dentures. You will be provided with a hospital gown and disposable footwear. You will then be asked to wait in the Surgical Pre-operative waiting room until it is time for your operation.

Post-operative (after surgery)

- Following a short stay in the Recovery area, your escort or family member will be contacted to give them an estimated time for your discharge. They will then arrive at the Surgical Centre to take you home.

Discharge Information

- Your surgeon and the healthcare team will assess you, review your post-operative instructions (with you and your escort/family member) and give you a doctor's prescription (if ordered by your surgeon).

Note: You should not drive for 24 hours and you should arrange to have someone stay with you the first night after surgery.

VISITOR POLICY (Adults)

Pre-Operatively: If you need assistance for mobility and/or require translation preoperatively, one (1) escort/family member may accompany you to the **waiting room on the 2nd floor.** Space in our waiting room is prioritized for patients only.

Post–operatively for Day Procedures*:* Your escort or family member will be contacted when you're ready for discharge. The escort or family member will receive instructions as to the location for your pick-up and they will be able to participate in your post-op instructions.

IMPORTANT PHONE NUMBERS	
Admitting Department	(416) 469-6381
TEHN Surgical Centre *(20 Wynford Drive)*	(416) 469-6580 ext. 2180
Pre-operative Assessment Clinic (PAC) *(located in T1 at Michael Garron Hospital)*	Phone: (416) 469-6580 ext. 2813 Fax: (416) 469-6560