

## Preparing for your Ophthalmology Day Surgery at the Michael Garron Hospital

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Dear Patient,

Due to COVID-19 pandemic, we have changed some policies that will impact you during your surgical visit. Rest assured, we are committed to providing you with a safe environment and have taken every precaution to do so.

### **THINGS YOU SHOULD KNOW BEFORE YOU VISIT**

**4 days BEFORE your surgery:** ALL patients will receive a call from our Surgical Nurses to Screen patients for symptoms and/or risk of COVID-19. Immediately notify your surgeon if you or your household contacts are diagnosed with COVID-19 or develop 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
- Known COVID-19 positive

**Please note that if you present any of these symptoms, you might be asked to do a COVID test prior to your surgery.**

**YOUR EYE SURGERY DATE WILL BE ON: \_\_\_\_\_**

## **COVID FAQs**

### **Why get vaccinated?**

The primary benefit of vaccination against COVID-19 is to protect yourself and those around you from COVID-19 infection and reduce the chances of severe illness, hospitalization and death if infections do occur.

### **How do the vaccines work?**

COVID-19 vaccines teach our immune system to make antibodies that protect us from the COVID-19 virus. These antibodies provide protection from getting, spreading, and becoming severely sick with COVID-19. Vaccine doses are given using a needle in your upper arm and it takes at least two weeks after getting a vaccine dose to be protected. None of the vaccines contain the COVID-19 virus so you cannot be infected through vaccination.

### **How else can I prevent a COVID-19 infection?**

While vaccination against COVID-19 decreases your risk of getting being infected and becoming sick, it does not change your risk of exposure to the COVID-19 virus out in the community. You can decrease your risk of exposure by avoiding the “Three C’s” outlined by the World Health Organization:

- Crowded spaces
- Close-contact settings
- Confined and enclosed spaces

As always, wearing PPE (including face masks) and practicing diligent hand hygiene with alcohol-based hand rub will also decrease your risk of infection.

### **Why is this important prior to your surgery?**

We want you to be as healthy as possible heading into your surgery. Getting COVID immediately prior to surgery may be associated with a higher risk of complications from your surgery. Lastly, if you do get COVID we may have to delay your surgery which could have implications on your health in other ways.

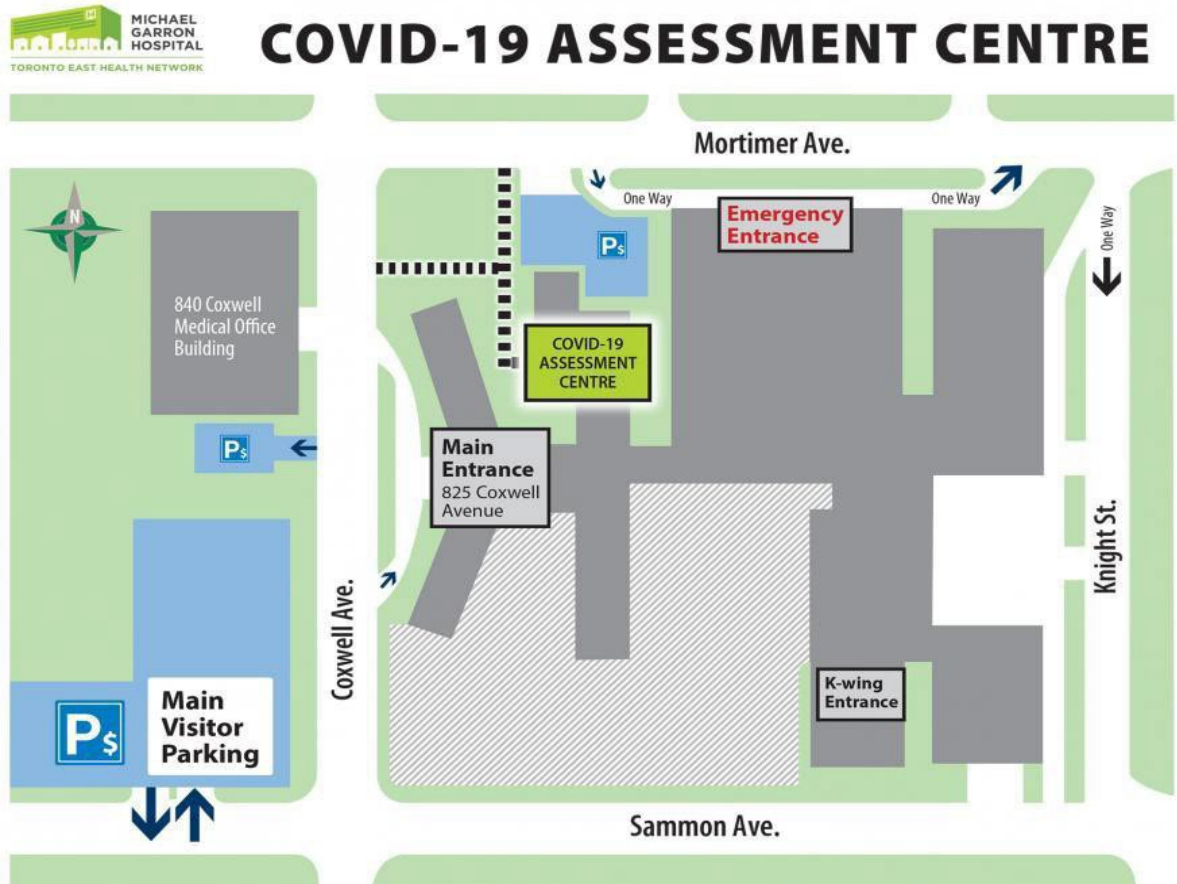
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html>

<https://www.toronto.ca/home/covid-19/covid-19-vaccines/covid-19-about-the-vaccines/>

<https://www.toronto.ca/home/covid-19/covid-19-reduce-virus-spread/>

LOCATION & Contact for MGH COVID-19 Assessment Centre – 825 Coxwell Avenue – Entrance is off of Mortimer Avenue, west of the Emergency Department. NOTE: the COVID-19 Assessment Centre cannot be accessed from inside the Hospital. Please see map below.

If you need to cancel or rebook COVID-19 appointment, you can email [covidbooking@tehn.ca](mailto:covidbooking@tehn.ca) or call the booking line at 416-469-6858 between the hours of 11a.m. – 645p.m.



- The **day before** surgery, please call the Admitting Department at **(416) 469- 6580 ext. 6381**. The admitting clerk will tell you what time to arrive at the hospital so that the staff can prepare you for your procedure.
  - **If your procedure is on a Monday:** Please call **after 3 p.m.** on the **Friday** prior to surgery; you can also call on the weekends.
  - **If your procedure is any other day of the week:** Please call between 3 p.m. - 10 p.m. the day before your surgery.
  - You will be told to arrive 60 minutes prior to your appointment for surgery. **NOTE: If you arrive more than 60 minutes prior to your appointment for surgery, you will be asked to return to your car until 60 minutes before your appointment.**

- Escorts/family members bringing you to your appointment will not be able to accompany you throughout your surgical visit. They may bring you up to the **J6 Ophthalmology Suite** but then will have to go back down to wait in the car/elsewhere. Exceptions will be made for those who have mobility challenges or require translation. We will contact your escort/family member when you are ready to be discharged. You will be picked up by your escort/family member at the **J6 Ophthalmology Suite**.
- Total duration will be 1.5 to 3 hours for your surgery visit.
- Please wear a mask to your appointment. You must put the mask on before you enter the building. Cloth masks are acceptable, however upon arrival you will be provided a medical grade mask that should remain in place for the duration of your stay / visit to the hospital. Once you leave the hospital you can return to using your cloth masks,
- Once the mask is in place, please avoid touching your mask or face.
- Do not wear disposable gloves as they provide a false sense of security and need to be sanitized with hand sanitizer. The hand sanitizer erodes the plastic, rendering plastic gloves useless.
- Avoid using cash. Credit and debit payments are preferred to minimize contact.
- Perform hand hygiene frequently, washing your hands for a minimum of 15 seconds.

## **THE NIGHT BEFORE SURGERY**

Can I **EAT** before my surgery?

- **NO** - Do not eat any food after midnight. If you eat your procedure will be cancelled.

Can I **DRINK** before my procedure?

- You can drink **WATER ONLY**. No other fluid can be consumed or your surgery will be cancelled. **STOP** drinking 2 hours before your scheduled arrival time.
- If you have diabetes AND your blood sugar is below 5.0 mmol/L, you may have a half cup of clear apple juice in order to raise it to at least 5.0 mmol/L. **STOP drinking 2 hours before your arrival time.**

## **THE DAY OF SURGERY**

On the morning of surgery, take all of your routinely prescribed medications including blood pressure medications (with sips of water), unless your physician instructs you otherwise.

If you have Diabetes **and require INSULIN**, please follow the dosing instructions you received during your Preoperative Assessment Clinic (PAC) appointment **OR** the information sheet that you received from your physician's office.

## 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 G6 surgical suite.

Space in our waiting rooms is prioritized for patients. If space permits, we will support the presence of patient escorts in the waiting room. Patient escorts may be asked to wait outside if the waiting room reaches maximum capacity.

**Post – Operatively for Day Procedures:** Your escort/family member will be contacted when you're ready for discharge. The escort/family member will receive instruction as to location for your pick up and be able to participate in your post op instruction.

## Preparing for the Day of your Surgery:

Please **BRING** these items to the hospital with you:

- The **Original copy of your Pre-op Health History Patient Questionnaire** if not already returned to surgeon's office.
- Ontario Health Card
- All medications that you are actively taking, including ALL your eye drops (prescribed by the Ophthalmologist).
- If you are not able to communicate in English and unable to provide your own interpreter, MGH has a phone service available to translate on your behalf.
- **Escort:** You **MUST** have a responsible person to escort you home. **NOTE:** your eye surgery will be cancelled if you do not have a responsible person to take you home after your surgery.
- Storage case for your eye glasses.
- Contact lenses should be removed pre-operatively.

Please **DO NOT BRING:**

- Any **valuables** - the hospital does not assume responsibility for lost or stolen items.

**Once you have arrived at the hospital and have been screened for COVID-19, please proceed to Central Registration.**

Enter the hospital through the doors located on Coxwell Avenue where you will be screened for COVID-19. Then go to the **Admitting Registration Department**, located on the main floor, G Wing.

After you are registered, take the G/H wing elevators to the 6th floor. Once you get off the elevator follow the **J-wing** and "**Ophthalmology Suite**" signs or **Green Dots** on the floor.

## Ophthalmology Suite - J6

Your preparation, eye procedure, recovery and discharge will occur in the **J6 Ophthalmology Suite**. You will probably be at the hospital for 1.5 - 3 hours.

A nurse will prepare you for your procedure.

- **Please wear a short-sleeved shirt.**
- The nurse will check your vital signs and blood sugar (if applicable), ask you questions, start an intravenous in your arm and give you eye drops.
- The Ophthalmologist will “freeze” your eye using drops, so you will not feel the procedure on your eye.
- The Anesthetic Assistant will administer medication to relax you before the procedure begins.

### After your Procedure - Discharge:

When you are ready to go home, your nurse will review your discharge instructions.

Please read all these instructions carefully. If you have any questions, please ask the nurse or call your Ophthalmologist’s office.

You will be given a follow-up appointment with your Ophthalmologist, usually the same day or the following day. Please bring your eye drops to this appointment.

Do **NOT** drive a car for at least 24 hours following your eye surgery.

<b>IMPORTANT PHONE NUMBERS</b>	
Pre-operative Assessment Clinic (PAC)	(416) 469 – 6580 ext. 2813 Fax (416) 469 – 6560
Pre/Post-Operative Day Surgery Unit	<b>G6</b> (416) 469 – 6580 ext. 6564 <b>J6</b> (416) 469-6580 ext. 2991
Surgical Waiting Room (temporarily closed due to Pandemic)	(416) 469 – 6580 ext. 2343