



University of Alberta Hospital

Instructions for Adult Day Surgery Patients

Please call the Operating Room Booking office one working day before surgery* between 1:00pm – 3:00pm for your arrival time.

Telephone: 780-407-6803

*We are closed on weekends and holidays.

Surgery Date : _____

Arrival Time at Hospital: _____

**24/7 Health Advice
HEALTHLink Alberta**

Toll-free: 1-866-408-5465 (LINK)
Edmonton: 780-408-5465 (LINK)
Calgary: 403-943-5465 (LINK)

This pamphlet will give you information to follow before and after your operation.

Patients are cared for in the **Day Ward (5G3)** before and after surgery. This is where you report on arrival.

Surgery is about 2 hours after you arrive and most patients need to stay about 2-4 hours after they wake up. This is only a guideline – everyone is different and some surgeries will require a longer post-surgical stay than others.

Before you come for surgery, your Surgeon will:

- Perform a physical exam and medical history, or ask your Family Doctor to perform one.
- Have you sign an Operative Consent Form.

Do Bring:

- A bag for clothing
- Socks or slippers
- A book to read
- Any forms you were given by the doctor's office (Surgeon or Family Doctor)

Do not bring valuables (including credit cards), jewellery or large sums of money to the hospital.

Important Information

If you are sick, have a fever, or for any reason are unable to keep this appointment, notify your Surgeon's office as soon as possible.

If you are sick the morning of surgery, please call the **Day Ward @ 780-407-8501**.

You are having a general anesthetic. During a general anesthetic food or fluid in the stomach could drain into the throat and then be breathed into the lungs. This may be dangerous to your health.

Do not eat or drink anything after midnight the night before your surgery.

If you were told to take any medication at home before you come to the hospital, use a very small amount of water to swallow it with.

Going Home

- All patients must have a responsible adult take them home. You cannot take the bus home.
- Out of town patients are encouraged to stay in Edmonton overnight.
- Discharge instructions and prescriptions will be given when the patient is ready to go home.
- Do not drive a car, use power tools or sign any legal documents for 24 hours after sedation. Do not plan activities for the rest of the day.
- Inquiries as to whether patients are ready to go home may be made to the **Day Ward @ 780-407-8501**.
- We ask that patients be accompanied by no more than two people.