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| Patient Name:  **Surgery Date & Arrival Time:** Please call Registration at 604-875-2424 ext. 7214 if you are running late.    When you receive an anesthetic it is very important that your stomach is empty. This is to prevent vomiting or choking when the anesthetic is starting. Your surgery will be cancelled or postponed if you do not follow these fasting instructions.    **Stop eating 6 hours prior to arrival ( ).** After this time drink **only** water or clear (see-through) apple juice.  We recommend that you drink 1.5 cups of clear (see-through) apple juice 2 hours prior to arrival ( ). **Stop drinking after this time.** | |
| Note: You must have a ride home and someone to stay with you overnight at home.  We can not discharge patients home alone by taxi/Uber. | |
| Call the Pre-Anesthesia Clinic at 604-875-2278 as soon as possible if you:   * feel sick or unwell * have had a recent change in medical condition, e.g., diagnosed with sleep apnea * have questions about medications or surgery instructions * do not have a ride home or someone to stay with you overnight * would like to connect with an [Indigenous patient navigator](http://www.bcwomens.ca/our-services/indigenous-health-services/indigenous-health) | |
| **Location**  BC Women’s Hospital 4500 Oak Street, Vancouver  [Entrance 97 or 93](http://www.bcwomens.ca/Parking-and-Directions-Site/Documents/CW_Campus_Wayfinding_Map.pdf) (Note: use Entrance 97 if arriving before 7am)  Follow the signs to BC Women’s Surgical Suites on the first floor | **Parking**  [Paid parking](http://www.bcwomens.ca/our-services/directions-parking#Parking) is available outside entrances 97 and 93 |

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| Note: You will be admitted overnight and discharged home the next day before 10am. Please ensure you have a ride home.  We can not discharge patients home alone by taxi/Uber. | |
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**PREPARING FOR SURGERY**

* Shower the day before **and** the day of surgery with soap and water
* If you are having a laparoscopic surgery, clean your belly button with soap, water and a washcloth or Q-tip
* Avoid shaving the surgical site for at least three days before surgery
* Remove **all** nail polish and jewelry
* Wear glasses instead of contact lenses
* Do not bring any valuables. You may bring your cell phone if you wish
* The hospital is a scent-free environment. Please refrain from wearing any scented products. This applies to both patients and visitors

**WHAT TO BRING**

* Picture ID such as Care Card, BC Services Card, driver’s license, or passport
* A list of prescription medications you take at home (including dose & frequency)
* CPAP/BIPAP machine, hearing aids and/or glasses if you use these at home
* An IUD if you are having one inserted
* Bag(s) to store **all** your belongings, including shoes and jacket

**MEDICATIONS**

* Most medications are safe to take with a sip of water on the day of surgery
* Please take all medications on the day of surgery unless told otherwise by your anesthesiologist or surgeon
* [Include patient-specific instructions here as needed]

**CARE AFTER SURGERY**

* You will receive discharge instructions before leaving hospital
* You can not drive for 24 hours after surgery
* If you live outside the Lower Mainland, please make plans to stay in the Lower Mainland for at least 24 hours after surgery

**LANGUAGE BARRIERS**

* Interpreters are available by iPad on the day of surgery

**HELPFUL LINKS**

[BC Women’s Gynecology Surgical Services](http://www.bcwomens.ca/our-services/gynecology/gynecologic-surgical-services)

[Tell us about your hospital experience](http://www.bcwomens.ca/about/accountability/patient-experience)

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*Automatic reply:*

This email is NOT monitored. **Please do not reply to this email**. We will not read or reply to your message. Instead, please call one of the following:

**Registration** at 604-875-2424 ext. 7214 if you:

* are running late or lost
* have questions about your surgery date/time and what to bring to your appointment

**Pre-Anesthesia Clinic** at 604-875-2278 if:

* + you are currently feeling sick or unwell
  + you have questions about medications
  + there’s been a recent change in your medical status, e.g., recently diagnosed with sleep apnea
* you do not have a ride home or someone to stay with you overnight

**Your surgeon’s office** if:

* you have medical questions regarding surgery