

# What To Do To Get Ready for Your Operation



Operation is scheduled for:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Please come to the Admitting Department at the Thunder Bay Regional Health Sciences Centre at the following time: \_\_\_\_\_

## Preparation:

- The patient should bathe or shower the evening before the scheduled operation.
- Tie up long hair in elastics without metal parts.
- Remove make-up, nail polish or jewellery prior to coming to the hospital.

It is very important to have an empty stomach prior to surgery. This procedure will be canceled or delayed if the following requirements are not followed:

- No food or milk products 8 hours before procedure.
- May have 4 oz. clear fluids (apple juice, water or breast milk) 4 hours before procedure.
- Infants may have up to 6 oz. formula 6 hours before procedure.

## Medication:

- If patient is on puffers (for asthma), bring them with you, even if they are used infrequently.
- If patient is on medication that is regularly taken, please bring the medication to the hospital with you (i.e. Digoxin, Aldactazide).

## Other:

- Two adults are allowed to accompany the patient to the Operating Room.
- Parents will be informed where to wait for their child to return from the Operating Room.
- It is recommended that two adults are available to take the patient home.

\*\* If you have any questions or concerns, talk to the nurse. We can help you understand, prepare and support you and your child during this procedure.

## Contact Numbers:

Paediatric Outpatients  
(807) 684-6520 ext. 3

Paediatric In-patient (Unit 1B)  
(807) 684-6514