

Gynecology Surgical Services

ARRIVAL INFORMATION

Your procedure date:

Your hospital arrival time:

_____am/pm

Traffic/parking can be challenging

Please leave ample time to arrive on time

THINGS YOU SHOULD KNOW...

- Bring your BC Care Card and 1 piece of ID
- If you are not fluent in English, let us know so that we can arrange a translator
- Take medications with a sip of water on the day of surgery
- Leave all valuables and money at home

QUESTIONS??

Phone
604.875.2985

Email
BCWHSSbooking@phsa.ca

BC WOMEN'S
HOSPITAL+
HEALTH CENTRE



PATIENT PRE-OPERATIVE INSTRUCTIONS

- If you are **unwell** (fever, cold, flu) in the days prior to surgery, please advise your surgeon as soon as possible; it is preferable to **reschedule your procedure for when you are healthy**
- You cannot drive for 24 hours after surgery
- You will need to have someone to take you home after surgery
- If you live outside of the lower mainland, please make plans to stay in the lower mainland for at least 24 hours following surgery
- You should plan to have someone stay with you overnight on the day of your surgery

DIRECTIONS TO SURGICAL SUITES

BC Women's Hospital Entrance #93

- Entrance #93 is easiest to access via Willow Street
- Enter through the sliding doors and proceed to the left, past the circular Registration Desk
- Follow overhead signs toward **SURGICAL SUITES**
- Turn right when you come to the end of this curved connector hallway.
- Make a left turn under the **SURGICAL SUITES** sign



Eating and Drinking Before Surgery

Eat as you would regularly the **day before** your surgery

Up to 6 hours before surgery, choose one of the following light snacks to eat:

- 1-2 pieces of white toast + honey or jam + 1 cup of juice



OR

- ½ - 1 cup of white rice + 1 cup of juice



OR

- 1-2 small roti + jam + 1 cup of juice



Do not eat high protein, high fat foods such as: meat, eggs, cheese, fried food, margarine, butter, peanut butter, or nut butters with this snack.



STOP EATING FOOD 6 hours before surgery.

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You can continue to drink clear (see-through) **fluids up to 2 hours before surgery.**

Clear fluid examples are water, clear juice (no pulp), black coffee, or plain tea.

Do not add milk or cream to your coffee or tea.

Up to 2 hours before surgery, we encourage you to **drink 1 ½ cups** (325 mL) **of clear juice.**

Choose either: cranberry juice **or** apple juice **or** white grape juice



Do not drink:
Diet, sugar-free, or low calorie juice.



STOP DRINKING 2 hours before surgery.

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