



PREPARING FOR SURGERY (*Adults & Children*)

DATE: You have been scheduled for surgery with your surgeon on _____

ARRIVAL TIME: 1 hour before your scheduled surgery time, for pre-operative preparation

ADDRESS: East Coast Surgical Centre 585 Mapleton Road, Suite 102, Moncton NB

PAYMENT DUE: Before the surgery date or as per your consulting Surgeon. Payment made payable to your consulting surgeons' clinic (not ECSC).

East Coast Surgical Centre Phone Number: 506-388-3273

East Coast Surgical Centre Recovery Phone Number: 506-388-3242

MUST BRING THE DAY OF SURGERY (2 pieces of identification)

- Government ID (license or passport)
- Medicare Card (must have in case of emergency care at the hospital)

PHARMACY: Your post-operative medications will be sent to your pharmacy of choice the day before your surgery. Please bring any at-home medications you feel you may need post-operatively. All **out-of-province patients** will have a prescription sent to the pharmacy that you and your surgeon agreed on. You may pick up the prescription on the day of surgery.

PRE-OPERATIVE PHONE CALL:

10 – 7 days prior to your surgery or as soon as ECSC has all the info for the pre-op, you will receive a phone call from an ECSC nurse. During this phone call, preoperative medical questions will be addressed, as well as confirming the surgery you or your child are scheduled to undergo.

CONSENT TO PROCEDURE: Patient consent is required prior to undergoing surgery. A consent form will be provided to you, indicating a surgical procedure agreed upon by yourself and the surgeon.

Parents/Legal are responsible for consenting to the procedure for all patients under the age of 18 years

old. Witness of consent will be acknowledged by a member of the ECSC team to ensure an understanding of the procedure. If at any time you do not understand the language or description, please ensure you notify our nurses or your surgeon.

CANCELTION POLICY: Surgery canceled by request of the patient for a non-medical reason with **less than 2 weeks'** notice will be subject to a cancellation fee of **\$850 to \$1,200 + HST**, depending on the procedure, time allotted for anesthesia and staffing.

ILLNESS: Any **RESPIRATORY INFECTION (COLD, PNEUMONIA, COVID-19)***** must be reported as soon as symptoms develop. If the patient presents to ECSC with respiratory, cold, flu, pneumonia, Covid-19* symptoms, and has not notified East Coast Surgical Centre, **you will be asked to go home without the procedure and the cancelation policy will be applicable.** This is to prevent future complications during and after surgery.

COVID-19 INFORMATION: Covid-19-related information is important to follow. *Update June 20, 2023* ([ASA and APSF Release Updated Recommendations for Elective Surgery After COVID-19 Infection \(asahq.org\)](#))

- Patients who have COVID-19-type symptoms should be screened and, if appropriate, tested before having an elective procedure. Physicians should consider the timing and symptoms of the infection to determine when patients are no longer infectious.
- Elective surgeries should not occur within two weeks of a COVID-19 infection, allowing anesthesiologists and surgeons to assess how severe the patient's symptoms are and to reduce the unnecessary risk of transmitting the infection to healthcare professionals.
- Between two and seven weeks after the patient's COVID-19 infection, anesthesiologists and surgeons or proceduralists should conduct a risk assessment for that patient, including factors such as their age, severity of the infection, and surgical risk.
- If the patient and the surgery are determined to be low risk, the anesthesiologist and surgeon should discuss with the patient about scheduling the procedure between two and seven weeks after the COVID-19 infection. That decision should take into account whether the risk of proceeding exceeds the risk of delay.
- Delay of the surgery beyond seven weeks should be considered if the patient continues to have COVID-19 symptoms.

- Facilities, surgeons, and anesthesiologists should track patient outcomes of elective surgery after COVID-19, including complications and mortality.

FOOD AND DRINK:

- Please do not eat anything 12 hours before your surgery or 8 hours if you are a controlled diabetic
- You may drink a small amount of water, apple juice, or Gatorade up to 2 hours before your arrival time at ECSC
- No chewing gum 2 hours prior to surgery (increase saliva and increase risk of aspiration)
- Failure to comply with Food and drink restrictions prior to surgery will result in the cancelation of your surgery.

MEDICATIONS

ONLY STOP THIS MEDICATION / VITAMIN SUPPLEMENT FOR 2 WEEKS PRIOR TO SURGERY:

Two (2) weeks prior to your surgery date, it is recommended to **STOP** all:

- vitamins/minerals, supplements
- herbal-based medications
- green tea and herbal teas
- protein shakes (any kind)

IMPORTANT . **DO NOT STOP** any If you have been prescribed any medications that may affect blood coagulation (blood thinners); such as NSAIDs (Advil, Naproxen, Aspirin, Heparin, Plavix, Coumadin, etc.), please notify our clinic and appropriate instruction will be given. **DO NOT STOP** any of these medications unless approved by a physician.

DO NOT STOP any other medications or **birth control** (if applicable) measures if not otherwise indicated by your surgeon. If you require medications on the day of your surgery, please only take small sips of water at the time you take your medications.

DAY OF SURGERY MEDICATION: If you are prescribed medication for **ADHD**, please refrain from taking this medication the day of your surgery (decrease the risk of rapid heart rate during surgery).

ONLY STOP THIS MEDICATION FOR 1 WEEK PRIOR TO SURGERY:

- **Rybelsus** (tablets) (increased risk of aspiration due to delaying gastric emptying)

ONLY STOP THIS MEDICATION FOR 1 WEEK PRIOR TO SURGERY:

- **Ozempic injection:** If you are diabetic and you are taking it for glucose control last dose should be a minimum of 1 week before surgery. (Exp: if your injection is each Sunday, you will hold it until you have your surgery this coming week.)

ONLY STOP THIS MEDICATION FOR 2 WEEKS PRIOR TO SURGERY:

- **Ozempic injection (weight loss only):** your last dose needs to be a minimum of 2 weeks before surgery (increased risk of aspiration due to delaying gastric emptying). (Exp: if your injection is each Sunday, you will hold it until you have your surgery this coming week.)

CLOTHING

- Please wear comfortable clothing on the day of your surgery
- Preferably zip or button-up shirt/top
- Do not wear jewelry or makeup **(ECSC will not be held responsible for any lost jewelry)**
- For vaginal reconstruction, full-brief underwear is required (no thongs)

MENSTRUAL CYCLE (Women Only): If you are menstruating on the day of surgery, tampons are permitted and will not interfere with your surgery. You will be asked to remove your tampon, prior to being discharged home. It is your responsibility to provide your own sanitary napkin.

PREGNANCY (Women Only): Elective surgery should not be performed if pregnant due to possible risks of anesthesia and certain medications on an unborn fetus. Risks include but are not limited to, birth defects, miscarriage, and even death. If you believe you may be pregnant, it is your responsibility to postpone your surgery and notify the attending physician and anesthesiologist.

AFTER SURGERY:

- Driving after surgery is prohibited
- Friends and/or family are required to transport the patient home after surgery. This person must be within 30 minutes of the Surgical Centre during your procedure time (adult only).
- A support person is required to stay with the patient overnight, on the day of surgery.

FOLLOW-UP: Your follow-up appointment will be scheduled with your surgeon's office. Please follow your post-operative instructions which will be provided to you prior to your discharge.

FURTHER QUESTIONS OR CONCERNS: Please contact your surgeon's office or as per special instructions given pre-op or post-op.

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