



**Lakeridge
Health**

In consultation with 
Patient and Family Advisors

Your Guide to Surgery

Your name _____

Please bring your Ontario Health Insurance Plan (OHIP) card and this booklet to all appointments and your hospital stay.

Appointment	Date/Time
Your surgery	
Your pre-surgical screening appointment	
Your appointment(s) after surgery	

Revised July 2026

Visit us at
www.lh.ca/surgery



Welcome

Understanding your surgical journey helps you feel prepared and confident. This guide gives you and your Essential Partner-in-Care (EPC) clear information about your surgery and how to take part in your care.

Question	Who to contact	Contact number
Date and time of surgery	Your surgeon	Your surgeon's office
Information given at your pre-surgical screening appointment	Surgical Booking Office	905-576-8711 ext. 32727
Toll free hospital phone number 1-866-338-1778		

Lakeridge Health Ajax Pickering 580 Harwood Ave. S. Ajax, ON L1S 2J4 905-683-2320	Lakeridge Health Bowmanville 47 Liberty St. S. Bowmanville, ON L1C 2N4 905-623-3331
Lakeridge Health Oshawa 1 Hospital Ct. Oshawa, ON L1G 2B9 905-576-8711	Lakeridge Health Port Perry 451 Paxton St. Port Perry, ON L9L 1A8 905-985-7231
Jerry Coughlan Health & Wellness Centre 1690 Dersan St. Pickering, ON L1X 0E3 905-428-5135	

Lakeridge Health is a scent free environment

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General Information

At the beginning of your care journey, you will be asked to have an Essential Partner-in-Care (EPC) or Substitute Decision Maker (SDM). This person is someone who knows your medical history and can support you. Tell the healthcare team who you want this person to be. We welcome calls for updates from the EPC or SDM. Please ask your healthcare team what the best time is to call.

Involve your EPC by:

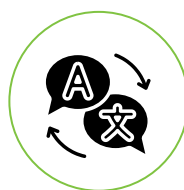
- Bringing them to your appointments.
- Having them listen, discuss, and help ask questions.
- Making sure they know your wishes, treatment decisions, and plans for discharge.

We ask EPCs to follow appropriate hand washing when entering and exiting patient care areas.

Interpretation Services

If you need language interpretation, tell your surgeon's office. We will arrange a trained medical Interpreter in your preferred language, dialect, or American Sign Language (ASL).

Medical information must be interpreted by a professional Interpreter, not by family or friends.



Protecting your privacy

We collect personal information (such as your name, address, health card number, and health history) to provide safe, quality care. We are legally required to keep your information private.

Learn more about privacy at Lakeridge Health:

<https://www.lh.ca/about-us/information-and-privacy-at-lakeridge-health/>

Preparing for surgery

Your surgeon's office will tell you the date and time of your surgery. If there are any changes, your surgeon's office will call you. Make sure they have your correct contact information.

- Identify who can make decisions on your behalf if needed.
- Arrange care for pets and mail while you are in hospital.
- If you are staying in the hospital, plan for discharge by 10:00 a.m. Please have arrangements made for someone to take you home.
- Prepare your home to make it easier for yourself when you return:
 - Make meals ahead.
 - Finish house and yard work.
 - Arrange help for chores
 - Plan transportation for follow-up visits



IMPORTANT INFORMATION

If you are going to be discharged on the same day as your surgery, a responsible adult must take you home and stay with you for 24 hours after your surgery. If you do not have someone available to take you home and/or stay with you, please contact your surgeon's office.

Pre-Surgical Appointment



Please bring all medication in their original bottles.

This appointment is required for your surgery. If you cannot attend, please call the Surgical Booking Office at 905-576-8711 ext. 32727.

The healthcare team will ask for your pharmacy's information, please have it ready.

My pharmacy: _____

My pharmacy's phone number: _____

Telephone consult (20 minutes)

Please be in a quiet, private place and have the following items:

- OHIP card.
- All current medications in the original containers. This includes prescription medications, ointments or creams, puffers, sprays, patches, vitamins, herbal remedies, and eye drops.
- Paper and pen to write down important information.

In-person pre-surgical screening appointment with the nurse (1-3 hours)

This visit takes place approximately one-week prior to your surgery and varies for each patient depending on if you need to have additional tests (e.g., blood work, EKG) or consultations (e.g., anesthesia, medical).

Bring the following items to the pre-surgical screening appointment:

- OHIP card
- Private insurance information
- All current medications in the original containers. This includes prescription medications, ointments or creams, puffers, sprays, patches, vitamins, herbal remedies, and eye drops.
- Contact information for any specialists involved in your care.

During this appointment, the nurse will:

- Review your health history and current medications.
- Take your vital signs and record your height and weight.
- Collect a swab if you meet criteria for Antibiotic Resistant Organisms
- Review instructions for surgery.

If you have any questions about your surgery, please contact your surgeon's office.

Arriving at Lakeridge Health

Arrive on time and proceed to surgical registration.

Ajax-Pickering:

Pre-Op Clinic:

Enter through the East entrance take the stairs or elevator to the ground floor to the Ambulatory Care Clinic.

Day of Surgery:

Enter through the West entrance and follow the signs for Day Surgery Registration.

Bowmanville:

Enter through the main entrance and take the B elevators to the Surgical Registration office located on the first floor, in room N-101.

Jerry Coughlan Health & Wellness Centre:

Upon arrival, take the elevator to the 3rd floor and turn left. Enter the Day Surgery door.

Oshawa:

From the main lobby, take the escalator or elevator to the second floor. The Surgical Registration desk is located through the doors to the right.

Port Perry:

Enter through the Emergency Department entrance and go to the Day Surgery Registration desk or enter through the main entrance and use the surgical registration kiosk in the lobby.

Keeping you safe

During your surgical visit, you will be asked several times:

- Your name.
- Date of birth.
- What procedure are you having done.
- If you have allergies. If yes, you will be given a red alert armband.
- Last time you ate or drank.

Prior to entering the operating room your surgeon may mark the surgical site, this is hospital policy. A safety checklist is completed in the operating room.

Before your surgery

Before your surgery

- Stay active. You can exercise up to the day before your surgery.
- Eat well. Healthy eating will help your body heal.
- If you smoke, consider quitting at least a few weeks before your surgery, or cut down on the number of cigarettes you smoke per day. This will help to improve your healing and reduce your risk of infection after surgery.
- Be honest with your health care team about your alcohol/cannabis use.
- Please disclose any recreational drug use with your healthcare providers. If you have engaged in recreational drug use in the last 14 days (i.e., cocaine, heroin, street drugs or opioids), please be aware that these drugs can increase the risk of surgical complications up to and including death. All information shared with your health care team is kept confidential.
- Schedule a dental check-up to make sure all your dental needs are taken care of within six weeks of your surgery, when possible.
- Speak to your family doctor about getting the flu shot if it is flu season.
- Avoid manicures/pedicures, including gel and acrylic nails for one week before your surgery.



IMPORTANT INFORMATION ABOUT YOUR MEDICATIONS

Medications can affect surgery. Prescribed medications such as heart, blood pressure, and lung medications (including inhalers) are often continued as prescribed.

During your pre-surgical screening appointment, a member of the healthcare team will let you know which medications to take on the day of your surgery.

If you are taking any medications, check with your family doctor or surgeon for instructions on continuing or stopping any medications in the days/weeks leading up to your surgery.

- Stop herbal/naturopathic medications 7-10 days prior to surgery.
- For GLP-1 oral medications i.e.: Rybelsus (semaglutide) or Wegovy or GLP-1 injections i.e.: Semaglutide (Ozempic), dulaglutide (Trulicity), Mounjaro you will be instructed on when to stop the medication before surgery by your pre-op nurse or anesthetist.
- For blood thinning medication (i.e.: Aspirin, Warfarin, Coumadin, Plavix, Apixaban & Xarelto), please contact your surgeon's office regarding when to stop the medication before surgery and when to re-start after surgery.

Your surgery

Eating and drinking before your surgery

After midnight:

- NO solid food
- NO milk products
- NO soups or broths
- NO energy drinks such as Monster, Red Bull, Alani
- NO alcohol
- NO gum or candy
- NO drinks coloured red or purple
- NO meal replacements or smoothies
- NO honey



Between midnight and 3 hours before your surgery, you may drink clear fluids. Please only drink the fluids listed below and stop 3 hours before your surgery time.

- Water
- Black coffee or tea (sugar and sweetener are okay but NO milk or cream)
- Sports drinks such as Gatorade or Pedialyte as long as they are not red or purple. No energy drinks
- Carbonated beverages such as ginger ale or cola
- Pulp free fruit juice (NO orange juice)

Clear fluids improve blood pressure, decrease nausea and vomiting and decrease anxiety (especially if your surgery is later in the day).

If you take any GLP-1 receptor agonists for diabetes or weight loss (such as Ozempic, Wegovy, Mounjaro, Trulicity, Rybelsus), the guidelines for eating and drinking are different than listed above. Please follow the specific instructions provided by your pre-op nurse or anesthetist.

If you take other medications in addition to a GLP-1, that you have been instructed to take on the day of surgery, take them with a sip of water.

Lakeridge Health provides water to drink after your surgery. Please bring a small bottle or can of juice, pop or electrolyte drinks from home if you wish to drink something other than water.

IMPORTANT INFORMATION



If you are having bowel surgery, your surgeon may ask you to stop eating sooner. Please follow their instructions about food and bowel prep but continue to drink clear fluids as directed above. If you have any questions, please contact your surgeon's office.

If you are ill on the day of your surgery do not come to the hospital. Call your surgeon's office directly. If you are unable to reach your surgeon's office, call the hospital and ask to be transferred to the Operating Room desk.

Personal Care

Morning of surgery

- Remove nail polish, jewelry and body piercings (tongue rings, belly rings, etc.). Leave jewelry at home.
- Brush your teeth and use mouthwash.
- If you are menstruating, please wear a pad on the day of surgery. No tampons or menstrual cups.
- Trim facial hair, unless there are religious exemptions.



Do not shave the area of the body where your surgery will be done.

Do not use a rough scrub brush and do not scrub your skin.

Do not get any soap in your eyes, ears and mouth.

Do not wear makeup or apply any deodorants, creams, lotions, powders, or perfumes.

Cleaning your skin before surgery

Before your surgery, you must shower or bathe at home to clean your skin and reduce your chance of infection after your surgery.

Your surgeon may ask you to buy chlorhexidine gluconate (CHG) antiseptic soap (also known as Stanhexidine, Endure 420 Cida-Stat or Chlorhexidine Wash 2%). You can buy this at most pharmacies and do not need a prescription.

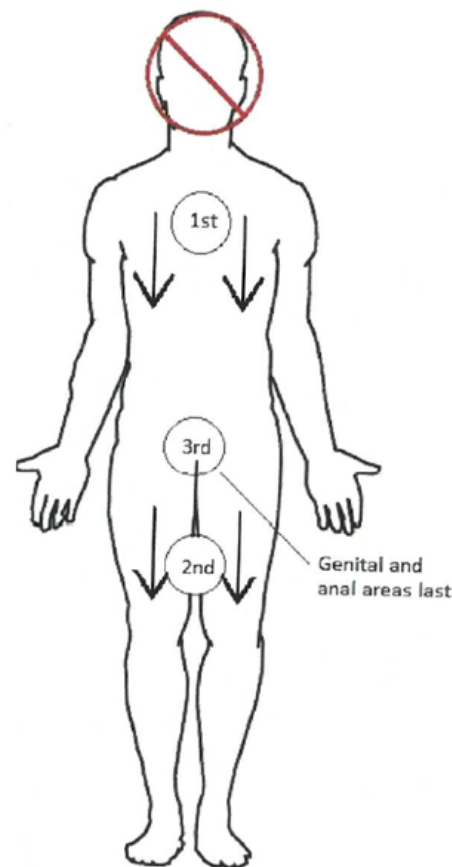
If you are allergic to any of these products, do not use them and tell your surgeon or nurse right away.

When do I use CHG?

You will use CHG 2 times – 1 on the night before your surgery and 1 on the morning of your surgery.

How to use CHG

1. Remove all jewelry and body piercings. Clean your belly button with a cotton swab.
2. Use your regular soap and shampoo to wash your face and hair. Rinse. Do not wash your head, hair or face with CHG.
3. Use a soft and clean wash cloth for each shower. Wet a clean washcloth and apply CHG cleanser to the cloth.
4. Use half of the CHG cleanser for the first shower and half for the next one.
5. Wash your entire body, including your back, from neck down, washing your genital and anal area last.
6. Use warm water to thoroughly rinse the cleanser.



What to bring the day of surgery



Do not bring valuables such as jewelry, large amounts of cash, or credit cards. Lakeridge Health is not responsible for lost or stolen items.

Item	Same-Day	Overnight
Your OHIP card.	✓	✓
Insurance information.	✓	✓
Phone/tablet and chargers.	✓	✓
Contact information for the person who will drive you home and emergency contact person if different.	✓	✓
Loose clothing and closed toe, closed heel shoes or slippers.	✓	✓
CPAP machine (if you use one). Please bring it with you at the time of your surgery.		✓
Any medical equipment that you need after surgery such as support stockings, mobility aids, braces. Please have your EPC bring them after your surgery.	✓	✓
Medications in their original containers.		✓
Toiletries.		✓
Glasses, hearing aids, dentures and the cases they come in.	✓	✓
Label all belongings with your full name.		

Patient tracking

Your Essential Partner-in-Care (EPC) can follow your progress on the patient tracking screen (as seen in the picture below) in the designated waiting area. Text message updates to your EPC can be sent on the day of surgery. Please ask the health care team for more information when you are registering on the day of your surgery.

11221034	Proc	LHO ENDO 03 (5104A)	00814319	All done!	LHO F6 SHORT STAY	00735197	All done!
11244790	Pre Proc	LHO ENDOSCOPY	00775894	In recovery room	PACU/ECT Bay 10	292741	All done!
11270394	All done!	LHO ENDOSCOPY	00621169	All done!		01000990	All done!
11270640	All done!	LHO ENDOSCOPY	353072	All done!		00868923	All done! 353-03
00549758	All done!	6599-01	425182	In recovery room	LHO MAIN OR	00746336	Proc LHO OR 10
119056	Holding	LHO SAME DAY SURGERY	00980496	Holding	LHO SAME DAY SURGERY	11242124	All done!
11127817	Proc	LHO OR 06	00463586	Pre Proc	LHO SAME DAY SURGERY	00698498	All done!
213856	All done!	6599-02	211504	In Phase II/ Day Surgery. WAIT FOR A CALL.	LHO SAME DAY SURGERY	00639090	In Phase II/ Day Surgery. WAIT FOR A CALL. LHO SAME DAY SURGERY
123936	All done!	6603-04	11217250	In recovery room	PACU Bay 02	00783847	In recovery room PACU Bay 13
00990324	In recovery room	PACU Bay 06	00825185	Proc	LHO OR 12	005468	Proc LHO OR 14
11194842	In recovery room	LHO MAIN OR	00618263	All done!		01038233	Pre Proc LHO SAME DAY SURGERY
11261400	All done!	6617-01				00992857	Proc LHO MAIN OR
00760743	All done!	7119-01				11115066	Holding LHO SAME DAY SURGERY
183447	In recovery room	PACU Bay 05					

After your surgery

You will go to the Recovery Room, then to Day Surgery or the inpatient unit.

- You may have an oxygen mask on your face.
- You will have your vital signs monitored (respirations, heart rate, blood pressure, oxygenation, and temperature).
- Any dressings or casts will be checked.
- You will be assessed for pain and nausea.

There are no visitors allowed in the Recovery Room.

Your personal belongings will be returned to you.

You will be assisted with your personal care as needed but will be encouraged to do as much as possible with consideration to your limitations.

An Essential Partner-in-Care is welcome to visit you on the inpatient unit after the healthcare team has completed their initial assessment.

For 24 hours after an anesthetic, you must not:

- Drive a motor vehicle or operate heavy machinery. For some surgeries your surgeon will advise you when you are safe to drive.
- Make any financial/legal decisions.
- Drink alcohol or use recreational drugs.

We ask that visitors:

- Choose hospital-friendly gifts, balloons (nylon only) or unscented small plants.
- Consider sending well wishes by using our free email service 'Email a Patient' at www.lh.ca
- Stay home if they are sick.
- Be considerate of other patients in shared spaces (i.e., hospital rooms.) They may be asked to leave the room for privacy reasons.

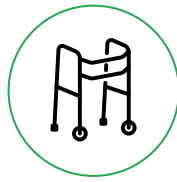
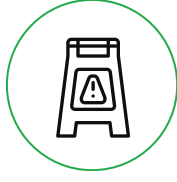
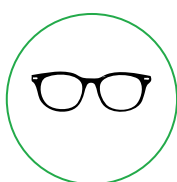
Please visit www.lh.ca for our most current Visiting Guidelines.



Preventing a Fall

You can lower your risk of falling by:

- Wearing your glasses and hearing aids.
- Moving slowly from a sitting to standing position.
- Asking your health-care team for help when needed.
- Looking for a clear path and watching for wet floor signs.
- Exercising (as appropriate) to improve your strength and balance.
- Using the cane, walker, or wheelchair as prescribed for you and keeping it within reach at all times.
- Wearing well-fitted shoes or socks with non-slip soles.
- Learning about your medications and the side-effects they can cause, and taking your medications as prescribed.



Managing Your Pain

Pain is normal after surgery. Tell your healthcare team if your pain is not controlled.

Q. How much pain can I expect after my surgery?

A. Everyone experiences pain and discomfort differently. Effective pain management is important. We will help you have as little pain as possible after your surgery.

Q. Why is it important to manage my pain?

A. Pain management will promote healing from your surgery, reduce complications and prevent the development of chronic or long-term pain syndromes.

Q. How will my pain be managed?

A. You will receive pain medicine by mouth or IV. Your pain can also be managed with music therapy, hot or cold therapy, and repositioning.

Q. How can I keep in control of my pain?

A. Ask for pain medicine when you begin to have pain. Do not wait until your pain becomes severe. Take your pain medication regularly so you are ready for physiotherapy, walking, changing dressing (bandages) or going to the bathroom. Depending on the pain medication you are taking, it can take up to 30 minutes to start working.

Recovery exercises

Your surgeon may prescribe compression aids to help prevent blood clots. Begin these exercises right after surgery. They will increase circulation in your legs and feet to prevent blood clots complications with your breathing.

1. Deep Breathing Exercises: Take slow deep breaths, in through the nose and out through the mouth 10 times every hour when awake.
2. Ankle Pumping: Move your feet up, down, and in circles 10 times every hour when awake.



3. Buttock Contractions: Tighten your buttock muscles and hold for a count of 5 seconds 3 to 5 times every day.



Going home

Same day or over-night admission:

- You will be monitored until you are ready to be discharged. You will receive an After Visit Summary with discharge instructions and prescriptions if needed.
- Your Essential Partner-in-Care will be notified when you are ready to be discharged.
- You will be taught how to care for your dressing and incision.
- Use your CPAP machine for the first 24 hours after surgery or longer if have sleep apnea.
- Arrangements for Home Care or other community services will be made by your healthcare team as necessary and in collaboration with you and your Essential Partner-in-Care.

Remote Surgical Monitoring

Following surgery, you may have questions or concerns about your recovery. Your hospital team may connect you to the Telehomecare Remote Surgical Monitoring program on the day that you leave the hospital.

This program will allow you to have your health and wellbeing monitored remotely by a registered nurse. Remotely monitoring your condition can be used to:

- Assess your symptoms and track any changes as you recover in the comfort of your home.
- Monitor your progress and answer questions that you have about your symptoms.
- Keep you connected with your hospital team in case you experience problems during your recovery.

The Remote Surgical Monitoring (RSM) team will work with you to ensure that you are comfortable and confident in managing your recovery and will help detect any potential health problems early.

How does it work?

A member of the hospital team will refer you to the RSM program before you leave the hospital. Once your referral has been processed, you will receive a text on your smart device. This is your invitation to download the RSM App.

Follow the instructions when prompted and you'll be all set! If you have any difficulty with downloading the app, a member of the RSM team will contact you by phone to guide you through the steps. If you have not been contacted by the RSM team within 24 hours of going home, please call **1-800-263-3877**.

Symptoms to look out for when you get home

Call your surgeon or go to the nearest Emergency Department if you have any of the following symptoms:

- Fever over 38°C (100°F)
- Vomiting or constant nausea
- Redness, swelling, odour, or pus at incision
- Uncontrolled pain
- No bowel movement after 7 days
- Chest pain or shortness of breath
- Swelling in arms or legs



Parking

Pay parking is available at all hospitals. Take a ticket to park. Pay at the pay stations located at the entrance. Pay at exit by Tap only option.

For parking questions please contact Impark at parking@lh.ca

For parking at Jerry Coughlan Health & Wellness Centre, instructions are posted throughout the parking lot and there is a machine to pay for parking in the front lobby. Parking is provided by Indigo.

We want to hear from you

At Lakeridge Health, we want to hear from patients about what went well and what could be improved.

You may be asked to take a survey. The survey is anonymous and takes 5 minutes to complete. Your healthcare team will provide you with a link to the survey.

If you have additional feedback you would like to share:

- Ask to talk to the Unit Coordinator or Manager of the area where you are receiving care.
- If you wish to speak with someone about your care experience, visit:
www.lh.ca/patient-visitors/patient-and-visitor-experience/share-your-experience/

MyChart Central East Ontario

MyChart is a free, secure, online tool that allows you to:



View your medical information, test results and more on your phone, tablet, or computer.



See your upcoming hospital appointments, get reminders for your appointments, and complete check in steps before you arrive.



Have access to your healthcare history, prescribed medications, and much more.

Please speak with your health-care team if you would like to get an activation link to sign up for MyChart.

