ARE YOU READY?

- Have you completed the Admission Record?
- Have you completed and signed the Pre-Anaesthetic Record?
- Health Card
- Bring all your prescription medications in their original containers that you take on a regular basis.
- All jewellery, including body piercings have been removed
- All valuables are left at home
- The name and number of the person who will drive you home

If your first language is not English and you require an interpreter, please arrange to have one accompany you to the hospital. If you are not able to arrange for an interpreter, let us know and we can help arrange one for you.

Preparing for your Cataract Surgery (without General Anaesthetic)

Patient Name: ________________________________

Surgeon: ________________________________

- Day Surgery

Date of Surgery: ________________________________

Time of Surgery: ________________________________

Check in Time: ________________________________

Check in time is three hours before surgery.

Blood Work  ❑ Yes  ❑ No
EKG Required  ❑ Yes  ❑ No

If Yes to either of the above see Page 2.
INFORMATION FOR CATARACT PATIENTS WHO REQUIRE BLOOD WORK AND/OR EKG

Pre-Surgery Tests

- You **may** be required to have your blood tests and **EKG** done prior to surgery at an outside laboratory.
- Your surgeon’s office will advise you of this.
- These tests must be done within 3-28 days before the date of your surgery.
- Testing may be done at any MDS Laboratory.
- Please tell MDS the hospital, date and time of your surgery.

*If you do not tell the lab the hospital date and time of your surgery your results will not be sent to the hospital in time and your surgery may be cancelled.*

MDS LABORATORY LOCATIONS

For Hours of Operation, please call 1-877-849-3637

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911 Queen’s Boulevard, Kitchener, Ontario N2M 1B2
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• Risk of loss of jewellery or precious stones.
• Wound infections.
• Risk of infection related to jewellery near incision site.
• Risk of tearing/injury to jewellery site.
• Risk of injury to the caregiver.
• Risk of site contamination.

All jewellery should be removed before you come to the hospital.

Reminder
Before you come to the hospital:
• Please remove eye makeup

What Else Do You Need To Know?
Leave your valuables, such as jewellery, credit cards and money at home.

Can Family and Friends Visit You At The Hospital?
1 family member or friend is encouraged to be with you before surgery. After your surgery, only 1 visitor per patient.

Please arrange for someone to take you home 45 minutes after your cataract surgery.

If you live outside of the Kitchener-Waterloo area, please bring the results of your blood work with you the morning of your surgery.

You may receive a phone call from the hospital to confirm your surgery and provide you with information related to your surgery.

Please complete the following forms and you must bring them with you the day of your surgery:
• Admission Record (please complete)
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You must also bring the following with you the day of your surgery:
• Health Card
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• Your reading glasses so you can sign your consent for surgery.

Please read this booklet and bring it with you the morning of your surgery.
THE DAY OF SURGERY

Please ask for directions to the Cataract Surgery Registration desk. Please arrive three hours before your surgery.

- For safety and comfort please wear loose fitting, two-piece clothing with a button front top, socks and flat shoes.

- You must arrange for a ride home following surgery. Please tell us the name and contact number of your ride when you come in, and/or you may take a taxi home. If you do not have a ride home, your surgery will be cancelled.

Contact Person
It is very important that you select one responsible member of your family or a close friend as your information contact.

Smoking and Alcohol Use
If you smoke or drink alcohol regularly please eliminate smoking and reduce alcohol use prior to surgery. It is best not to smoke or drink alcohol for at least 12 hours before your surgery.

Eating and Drinking Before Surgery
You may eat up to 6 hours before surgery. You may drink clear fluids up to 2 hours before surgery. A clear fluid is anything you can see through such as water, apple juice, black tea, black coffee.

Do not drink any milk products or put any milk or cream in your tea/coffee. Do not drink any orange juice.

What About Medications?
If you usually take medications in the morning, take it with a sip of water at your usual time, unless instructed otherwise.

If you are a diabetic do not take your diabetic medication unless your surgeon instructs you to. Bring your insulin or diabetic pills to the hospital with you.

If you take aspirin or blood thinners regularly ask your surgeon to confirm if these medications should be stopped prior to surgery and when to restart them.

Do not take herbal medications for 1 week prior to surgery.

OPERATING ROOM POLICY

Jewellery includes any body ornament, such as religious or cultural items; body jewellery; barbells; captive bead ring; or, LaBret.

Wearing body jewellery could result in:
- Burns from surgical equipment.
- Risk of swelling and constriction of fingers and toes.
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