



## Getting Ready

- [Preparatory tests](#)
- Make a [list of medications](#) taken by the patient
- Make sure the Health Insurance Card is valid – [additional information](#)
- Make sure the hospital card is valid – [additional information](#)
- Make sure the patient health booklet is up to date
- Put the patient's name on the items that will be brought in – [What to bring](#)
- Plan to return home by car or taxi if possible
  - Use of public transportation is not recommended
- Since bringing along siblings is not permitted:
  - Arrange a babysitter for siblings
- Plan to spend the entire day at CHU Sainte-Justine
- Maximum of 2 companions:
  - 18 years and older

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## 15 days before

Stop using [these products](#) (unless otherwise advised by a doctor):

- Medications containing acetylsalicylic acid (ASA)
- Antihistamines
- Natural health products
- Homeopathic products
- \*For ENT interventions: ibuprofen



**For pain or fever: acetaminophen**

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## 10 days before

Stop drinking alcohol

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## 3 days before

- If the patient shows [signs of infection](#).

### **For any other questions in the 72 hours before the intervention**

Contact the Admitting Office of the Operating Block at 514 345-4931, ext. 2331



## 24 hours before the intervention

Stop smoking and using cannabis or being under the influence of any other drug

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## Day before the intervention

- Between 3:30 p.m. and 6 p.m.  
CHU Sainte-Justine will phone you to provide you with information about:
  - Fasting
  - Bathing
  - Arrival time
- Make sure personal items to be brought in are labelled (or place them in a clearly labelled bag) with the patient's name
- Take a shower or a full bath with chlorhexidine

## For any questions on the day before the intervention

Contact the Day Surgery Unit at 514 345-4931, ext. 4734.

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## Day of the intervention or procedure

- Take your regular medication, unless advised otherwise by a doctor
- Follow the fasting instructions received from the Admitting Office of the Operating Block
- If not done the day before, take a shower or a full bath with chlorhexidine
- Brush your teeth (without swallowing the water containing toothpaste)
- Don't wear contact lenses
- Don't wear metal barrettes
- Tie back long hair with a metal-free elastic band
- Don't wear jewelry (including earrings)
- Don't wear piercings
- Don't wear makeup
- Don't wear false eyelashes
- Don't wear nail polish or false nails

# CHECKLIST

Adults



- If you have your period on the morning of the intervention:
  - Wear a sanitary napkin
  - Wear cotton underwear
  - Don't wear a tampon
- If you think you might be pregnant:
  - Notify the nurse or doctor
- Bring personal items, which must be clearly labelled
- Report to the Day Surgery Unit reception desk at the scheduled time

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## Have with you

- Health Insurance Card
- Hospital card
- Health booklet
- List of medications taken by the patient
- Current medications
- Clearly labelled personal items