

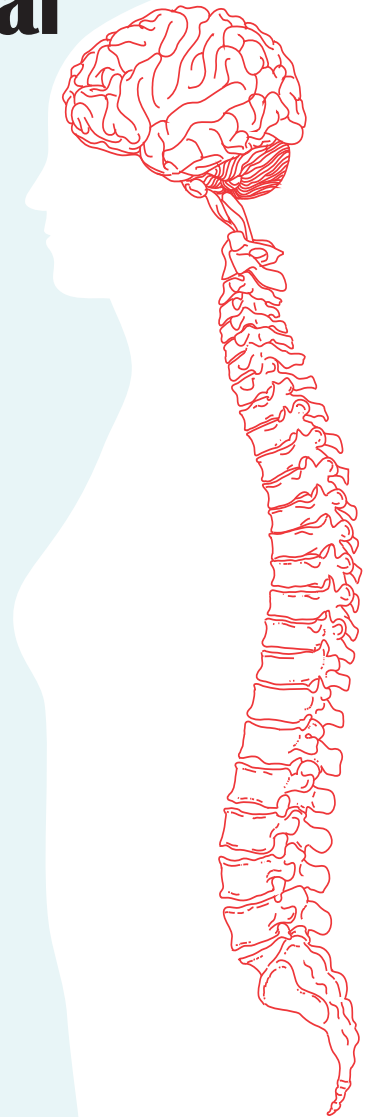
Welcome to the Montreal Neurological Hospital

Pre-Admission Clinic

A Step-By-Step Guide To Preparing for Your Operation

A patient-friendly book for:

This booklet is to help you understand and prepare for your operation. Please review it with the nurse and your family. Please bring it with you on the day of your operation.



Centre universitaire
de santé McGill



McGill University
Health Centre



neuro

Institut-Hôpital
neurologique de Montréal
Montreal Neurological
Institute-Hospital

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Introduction

This guide will help you get ready for your operation. It contains important information for you and those close to you. It is normal to feel nervous about having any type of operation. Learning about your operation and what to expect before, during, and after the operation will help you and your family feel more relaxed.

If you have any questions before you come to the Hospital, you may call the Pre-admission Nurse Clinician at **514-398-1529**.



Before Your Operation

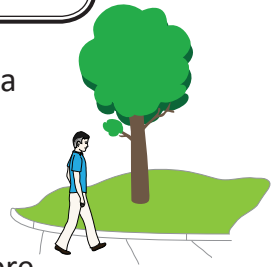
Preparing for Your Operation

- ❑ **Stop smoking.** If you can't stop, try to cut down. Smoking may make your recovery longer and it puts you at higher risk for problems after your operation. See page 25 for more information.
- ❑ **Cut down or stop recreational use of drugs** (ex. marijuana)
- ❑ **Cut down on alcohol.** Do not drink any alcohol for 24 hours before your operation.



If you think you will have trouble stopping any of these activities, please contact the Pre-Admission Nurse Clinician.

- ❑ **Eat a healthy, balanced diet.** You may want to consider taking a multi-vitamin until your operation.
- ❑ **Get plenty of rest.**
- ❑ **Exercise** will help make sure your body is as fit as possible before your operation. If you are already exercising, keep up the good work. If you are not, start slowly adding exercise into your day. Exercise does not need to be hard to be helpful; in fact, a 15 minute walk is far better than not exercising at all.
- ❑ **Plan ahead;** make sure everything is ready for you when you go home after your operation. You may need more help at first from friends or family, with meals, laundry, bathing, cleaning, etc.



Tell the nurse as soon as possible if you have any worries about going home.

One Week Before Your Operation

Your doctor's secretary will contact you with your operation date:



☐ **CONTINUE** taking your usual medications.

STOP the following medications:

Prescribed medications:

- ☐ Asaphen, ECASA, Entrophen
- ☐ Celebrex
- ☐ Coumadin
- ☐ Naproxen
- ☐ Plavix
- ☐ As well as anti-inflammatory medications

(unless your doctor has given you permission to continue to take them.)

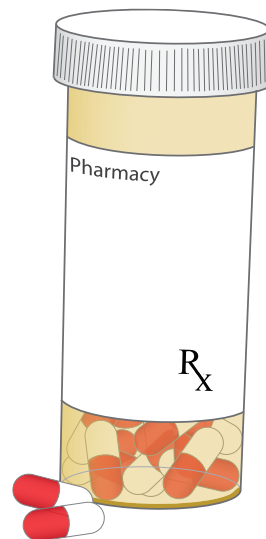
Over the counter medications:

- ☐ Advil, Ibuprofen, Motrin
- ☐ Aspirin , ASA, Acetylsalicylic acid

STOP

STOP taking over-the-counter natural products containing Gingko, Echinacea, Garlic pills, St John's Wort, Kava, Vitamin E and Valerian and Ephedra. Speak with your pharmacist if you are not sure.

You may continue taking your multi-vitamins.



Special Situations: Delaying Your Operation

If you have a fever, are coughing up phlegm, or have ongoing diarrhea, please call your doctor's office as soon as possible or the **Pre-Admission Office** at 514-398-1529.

During weekends and evenings, or if you are unable to reach your doctor, call the **Admissions Office:** (514) 398-1900.



Call within 48 hours of your operation date if:



You have a fever



You are coughing
up phlegm



You have ongoing
diarrhea

Call to reschedule your operation as soon as possible if:



You need to cancel

Things to Bring With You to the Hospital

- ☐ Your Medicare card and the Montreal Neurological Hospital card.
- ☐ This booklet and any pamphlet we have given you related to your operation.
- ☐ Your medication in their original containers.
- ☐ Scan results on CD (MRI, CT etc) taken outside the MUHC.
- ☐ Toiletries: soap, shampoo, tissues, toothbrush, toothpaste, lip balm, mouthwash, comb, and perhaps earplugs.
- ☐ Pajamas, slippers, running shoes and comfortable clothes.
- ☐ If you use a cane, crutches, brace, or sling at home, please bring them to the hospital with your name on them.
- ☐ If you wear glasses, contact lenses, a hearing aid, dentures, or hair piece, please bring the appropriate containers with your name on them.
- ☐ Any items given to you at the Pre-Admission Clinic (neck collar, brace, etc...).
- ☐ CPAP Machine (if you suffer from sleep apnea, or other breathing problems during sleep).
- ☐ Spirometer. See page 19 for more information.
- ☐ If you do not speak French or English, please bring someone to translate for you.

Leave all jewelry and credit cards at home. The hospital is not responsible for any lost or stolen belongings. Be careful with cellular phones, laptops, and tablet computers.

Do not bring a large suitcase as our storage space in the hospital is limited.



The Day Before Your Operation

The hospital's Admissions Office **will always call** you the day before to confirm your operation.

If your operation day is scheduled for:	Admissions Office will call you:
Monday	Sunday between 2 -3 pm
Tuesday - Friday	The evening before, between 5 - 6 pm



IF YOU DON'T RECEIVE A CALL FROM THE HOSPITAL, call the ADMISSIONS OFFICE directly to confirm your operation at 514-398-1900.



If your operation day falls right after a holiday, the Admissions Office will call you, on the holiday, between 2-3 pm.



Please keep in mind that sometimes your operation may need to be delayed or cancelled because emergencies occur. Your doctor will reschedule your operation as soon as possible.

The Night Before Your Operation

It is normal to feel nervous the night before your operation. Being at home is usually more comfortable than being in the hospital. Having family and friends nearby can also help if you are feeling nervous.



Take your **first** shower or bath with the **Pre-Admission soap/shampoo** given to you. Put the soap directly on your skin/head and lather well. Rinse the soap off completely and dry your skin.

- ☐ **Wash from your head (including your hair) to your toes with the Pre-Admission soap/shampoo.** Be careful to not get the Pre-Admission soap in your eyes or ears.
- ☐ Men should shave their face.



Wash head/hair, face, and body with special soap

Special medication instructions



After midnight do not eat or drink anything (including water!)

The Day of Your Operation

The Morning of Your Operation

At home:

- Take a **second** shower or bath using the other half of the bottle of the **pre-admission soap** given to you, to wash your body.
- Dry off with a clean towel.
- Put on clean and comfortable clothes.
- Remove all jewelry, including body piercings and leave at home.



DO NOT:

- Put on any creams, deodorant, lotions or perfume.
- Wear make-up or nail polish.
- Put any hairspray, gels, mousse in your hair.
- Shave the area to be operated.

Take **only** the following medications (with sips of water)



Do not take the following medications



Arriving at the Hospital

Please go to room.....
for 6:30 AM the morning of your operation.



A member of the healthcare team will greet you when you arrive and show you where to wait for your operation.

A member of the nursing team will help you get ready for the operation.
He or she will:

- Ask you a list of questions.
- Have you change into a hospital gown.
- Make sure your personal belongings are in a safe place.
- May help you put on special leg stockings to help blood circulate better in your body. They prevent blood clots from forming in your legs. You may remove them before leaving the hospital.



You may also meet with one of the resident doctors. He or she will ask you questions about your medical history .



On the morning of your operation a family member can leave a cellular telephone number at the nursing station. Your family members can then feel free to leave during your operation.

In the Operating Room

Once it is time for your operation, you will be brought to the Operating Room, where you will be met by nurses and an anesthesiologist. You will be asked again about your health.

You may find the operating room to be very cold and very bright. The nursing staff will cover you with warm blankets for your comfort. The anesthesiologist will put a needle in your arm to start an intravenous (IV). You may have an oxygen mask put on your face. You will be asked to breathe slowly and deeply. Try to stay as calm and relaxed as possible. The anesthesia will take effect very quickly and you will fall into a deep sleep.



Waiting



The Recovery Room (Intensive Care Unit) is on the 4th floor, room 492. They will have the cellular phone number of your family member and will call when you have been settled there after your operation. Please note that some hospital areas will not provide optimal cellphone reception.

Family and friends can wait for you in a waiting room on the 4th floor, room 445. They can also wait in the family TV room, room 346, in the Patient Resource Centre, room 354, in the Café Vienne on the 3rd floor or at the Cafeteria of the Royal Victoria Hospital on the 3rd floor of the S building. They also can leave the hospital. One family member can call the Recovery Room at 514-398-1921.

We ask that you bring a maximum of 2 family members or friends with you, as space is limited in the waiting area.

The Recovery Room/ICU has open visiting hours. This means that you may visit at any time, **except** during the following hours:

From 07:00-08:15

From 15:00-16:15

From 19:00-20:15

From 23:00-00:15

These are shift change times for the staff and they need to talk about the care of each patient. For the privacy of the patients, visitors should not be present.

After Your Operation

Your recovery starts right away.

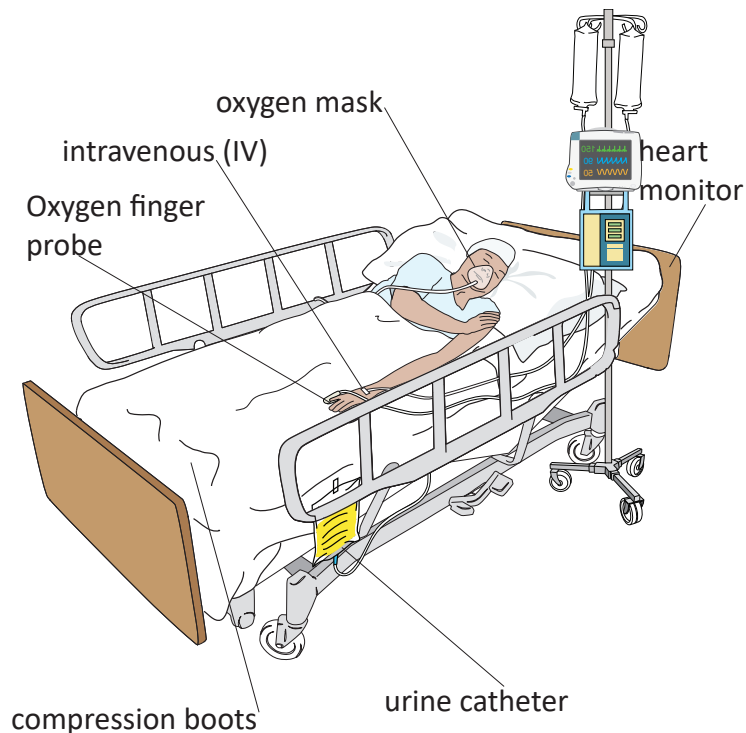
You will wake up in our Recovery Room on the 4th floor. This is also our Intensive Care Unit (ICU). All patients at the Montreal Neurological Hospital are transferred to this ICU to be watched closely for a short time after their operation. The length of time you will stay in the recovery room can vary. Usually your stay is 1-2 hours, but some surgeries will require that you stay overnight.

The doctors will usually talk to you and your family after the operation. Family visits will be limited during the first half hour while you are in the recovery room.

You may have:

- ☐ Oxygen finger probe to monitor oxygenation
- ☐ Heart monitor with ECG wires for monitoring
- ☐ A urine catheter (tube), to collect your urine (not always).
- ☐ Special compression boots which fit over your stockings to help good blood flow in your body (not always).

Your heart rate, blood pressure and breathing will be checked very often. Your nurse will check your bandages (dressing) and ask you about your pain. He or she may ask you questions like your name and today's date.



Taking Care of Your Pain

Pain control begins right after your operation has ended.

Pain relief is important because it helps you:



Breathe more easily



Move more easily



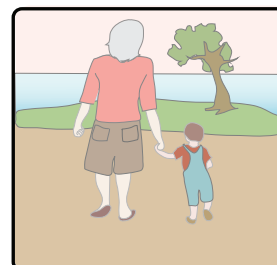
Eat better



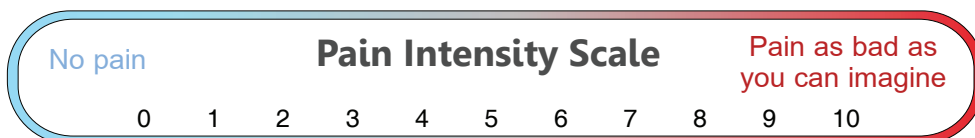
Sleep well



Recover faster



Do things that are important to you



You will be asked to rate your pain on a scale from 0-10. Our goal is to keep your pain score **below 4/10**.

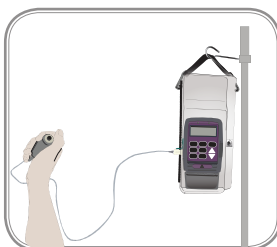
Do not wait until the pain gets too bad before telling us.

You will not become addicted to the pain medication given to you for the pain from your operation.

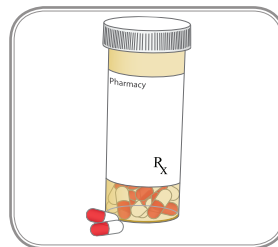
You will receive pain medication. This is given in a variety of ways:



Intravenous
(at first)



PCA (patient controlled
analgesia) pump



Pills

Questions for your treatment team:



**Always tell the nurse if your pain is more than 4 on the pain scale (where 0 is no pain and 10 is pain as bad as you can imagine).
This will help the nurse decide how to best manage your pain.**

Breathing exercises every hour:

- Deep breathing and coughing exercises, and the inspirometer will help to prevent pneumonia.

How to use your inspirometer:

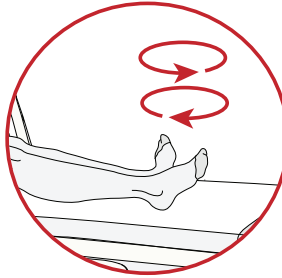
- 1.** Put your lips tightly around the mouthpiece. Breathe in deeply (pull like drinking with a straw) and try to hold up the red ball for 3 seconds.
- 2.** Remove the mouthpiece, breathe out completely and rest for a few seconds.
- 3. Repeat this exercise 10 times every hour** from the time you wake from your operation until you are out of bed and walking in the hallways.
- 4.** Cough up secretions/phlegm to prevent pneumonia.



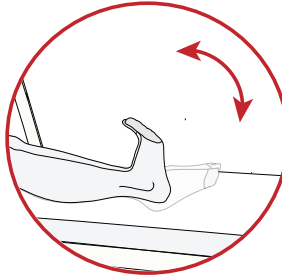
Inspirometer

Leg exercises

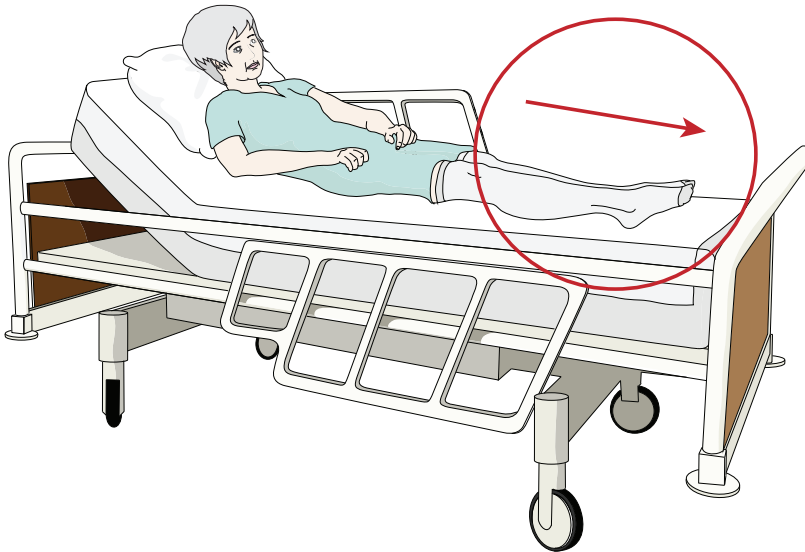
- These will help blood circulation in your legs.
Repeat these 4 to 5 times every 30 minutes while you are awake.



Rotate your feet to the right and left.



Wiggle your toes and bend your feet up and down.



Stretch your legs out straight.

In Your Hospital Room

For a speedy recovery:

- Good control of your pain
- A balance of activity and rest
- A healthy diet with lots of water
- Going to the bathroom

Good control of your pain:

- You should expect to have some pain after your operation. This is normal and the healthcare team will work with you to make sure your pain is well controlled.
- You will be encouraged to take regular pain medication **before** your pain gets too strong.
- You should tell your nurse if your pain medication is not helping.

A balance of activity and rest:

- Soon after your operation your doctor and nurse will tell you how to start moving to help you recover faster.
- You should move your feet and legs often while you are in bed to keep your blood circulating.
- You will most likely need the assistance of your nurse when you get out of bed the first few times.
- You will normally start walking the first day after your operation. The team will guide you as to how much you should do.


A healthy diet with lots of water:

- Drink 6 to 8 glasses of water each day
- Eat foods with a high fiber content to help prevent constipation.
- Eat foods with a high protein content to help close/heal your incision (wound).

Going to the bathroom:

- You should tell your nurse if you are having trouble urinating or moving your bowels.
- You can help by getting out of bed as soon as possible and moving around often.
- You may have to take laxatives especially if you are taking regular medication for pain.
- If you have a urine catheter (tube), it will normally be removed the day after your operation.

The Day You Leave the Hospital

You will stay in the hospital for  nights.

- ☐ Arrange to have a ride home on this day.
- ☐ You are expected to **leave your room by 9:30-10:00 AM** unless medical reasons state otherwise.
- ☐ If you are being admitted and leaving the hospital on the same day of your operation.
 - You are expected to leave the room as soon as medically ready (manageable pain level, able to drink and urinate).
 - You must have someone take you home and stay with you for the first 24 hours after your operation.
 - You cannot leave the hospital alone, and/or take a taxi home by yourself.



The nurse will give you an envelope. In it, you will find a:

- Follow up appointment with your surgeon.
- Prescription for any new medication you need (your usual medications cannot be renewed by us).
- Copy of the referral transmitted to your CLSC for changing your bandages and or removing your stitches or staples.



Provide the address where the CLSC should come to see you if this is different from your home address.

Getting Help: Who and When to Call

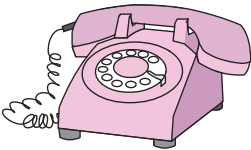


Problems do not happen very often but it is important that you know what is normal and what is not.

Seek medical attention if you have any of the following symptoms:

- Your incision(s) (wound) becomes warm, red, you see pus or any leaking coming from it.
- You have a fever (greater than 38°C/100,4°F)
- You cannot drink fluids or keep them down.
- Your pain gets worse and it is not relieved by the medications

Call your doctor's office or the hospital unit from where you were discharged:



Telephone:

Neuro Patient Resource Centre

The Neuro-Patient Resource Centre is here for you.

If you have questions about neurological conditions, neurosurgery and other treatments, medical tests, depression and anxiety, care giving or grieving we can help.

If you are at the Neuro and you need to use a computer, get on the wireless internet, send a fax, use the phone, make photocopies or print something, we can help.

If you are looking for places to stay while visiting the hospital, want to know about community groups and services, reliable websites or other resources within or outside the hospital, we can help.

Visit us in Room 354

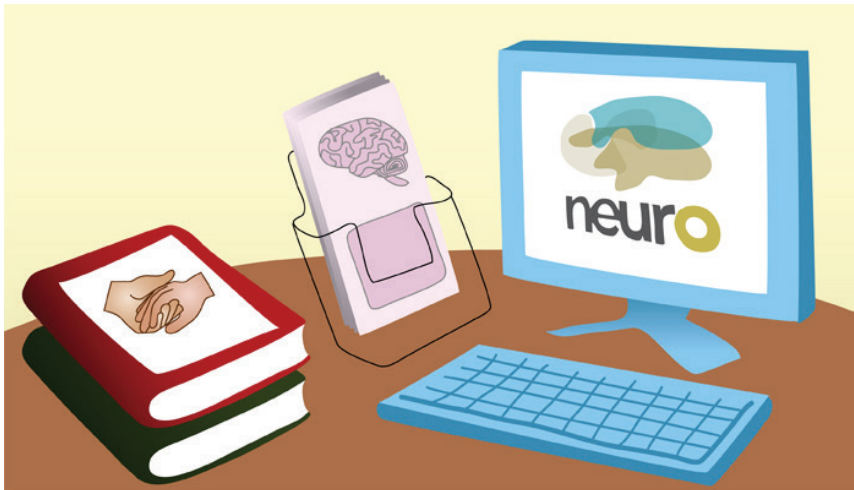
Call us at 514-398-5358

E-mail us at infoeuro@muhc.mcgill.ca

Visit our website at: www.infoeuro.mcgill.ca

Fax us at 514-398-5275

Like us on Facebook: facebook.com/infoeuro



Important Telephone Numbers

For questions or concerns you have before your operation, call us from Monday to Friday between 8 AM - 4 PM:

Pre-Admission Clinic:514-398-1529

For questions or concerns you have after your operation, call:

Your doctor’s office:

The last nursing station to look after you in the hospital (after hours only):

.....

Other important telephone numbers:

- Hospital main number:.....514-398-6644
- Admissions office, room 165C:514-398-1900
- Parking office-3465 Durocher, 1st floor:514-398-4559
- Security Services, 1st floor :514-398-5542
- Patients’ Committee:514-398-5358
- Ombudsperson/Complaints commissioner: 514-934-8306
- Neuro Foundation office:514-398-1958
- Recovery Room/ICU:514-398-1921

Suggestions To Help You Stop Smoking

There are 4 phases of quitting:

- Preparing to quit
- Choosing a quit date
- Coping with withdrawal
- Fighting relapses.

- Stop smoking now and you will already be on your way to quitting.
- Take it one day at a time. Think of yourself as a non-smoker. Be proud of what you have already done.
- Ask your family and friends not to smoke around you.
- Get a family member or a friend to stop smoking at the same time.
- Join a stop-smoking group and kick the habit with other people.
- Speak with your doctor or pharmacist about aids to help you quit such as the nicotine patch.

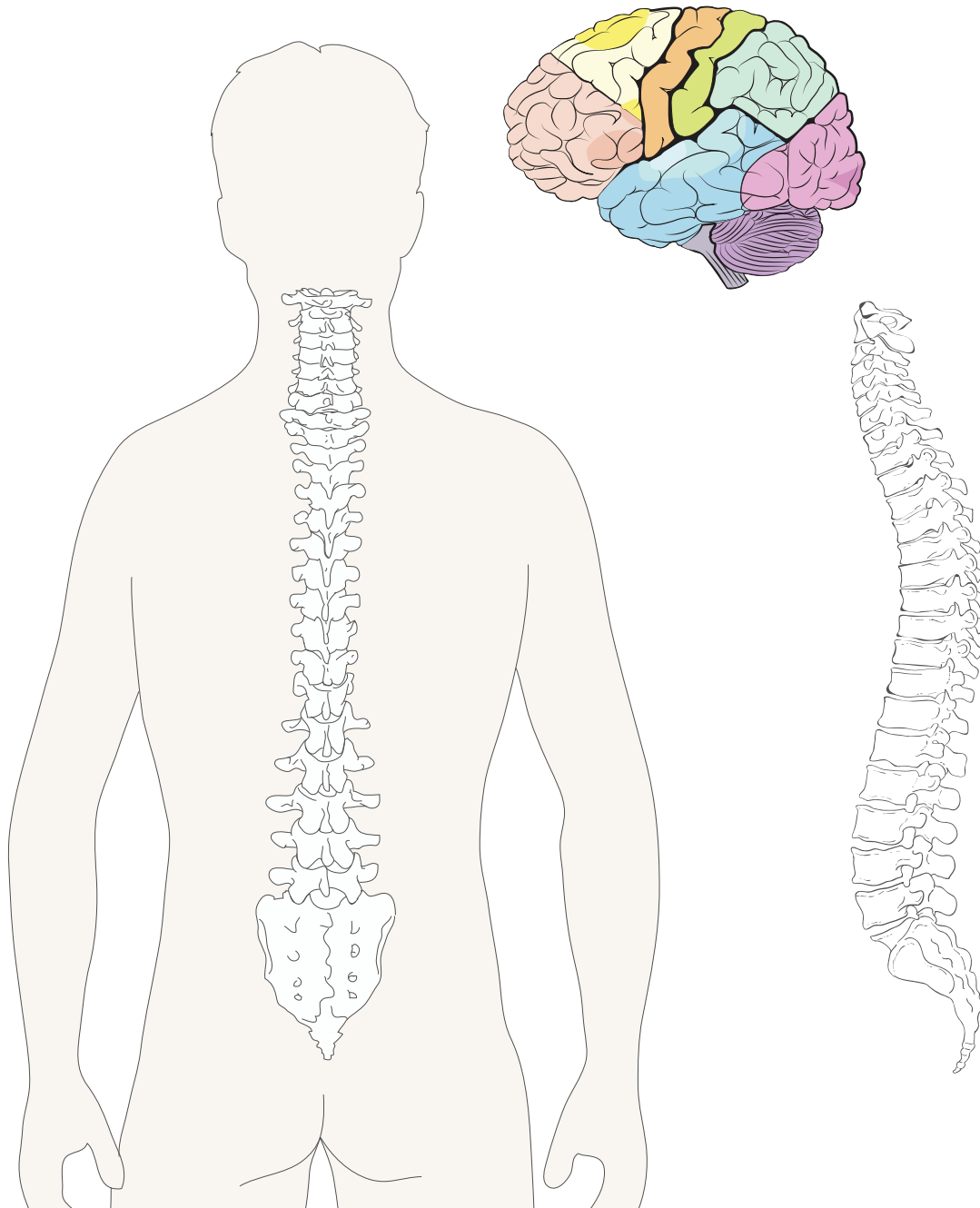


Get more information from:

Montreal Chest Hospital
(514) 934-1934
extension 32503
www.muhc.ca

Quebec Lung Association
(514) 287-7400
or 1-800-295-8111
www.pq.lung.ca

A Peek Inside: Your Brain and Spine



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We would like to thank the MUHC Surgery Recovery program

This material is also available on:

Neuro Patient Resource Centre www.infoneuro.mcgill.ca

MUHC Health Education Collection <http://infotheque.muhc.ca>

and MUHC Patient Education Office www.muhcpatienteducation.ca

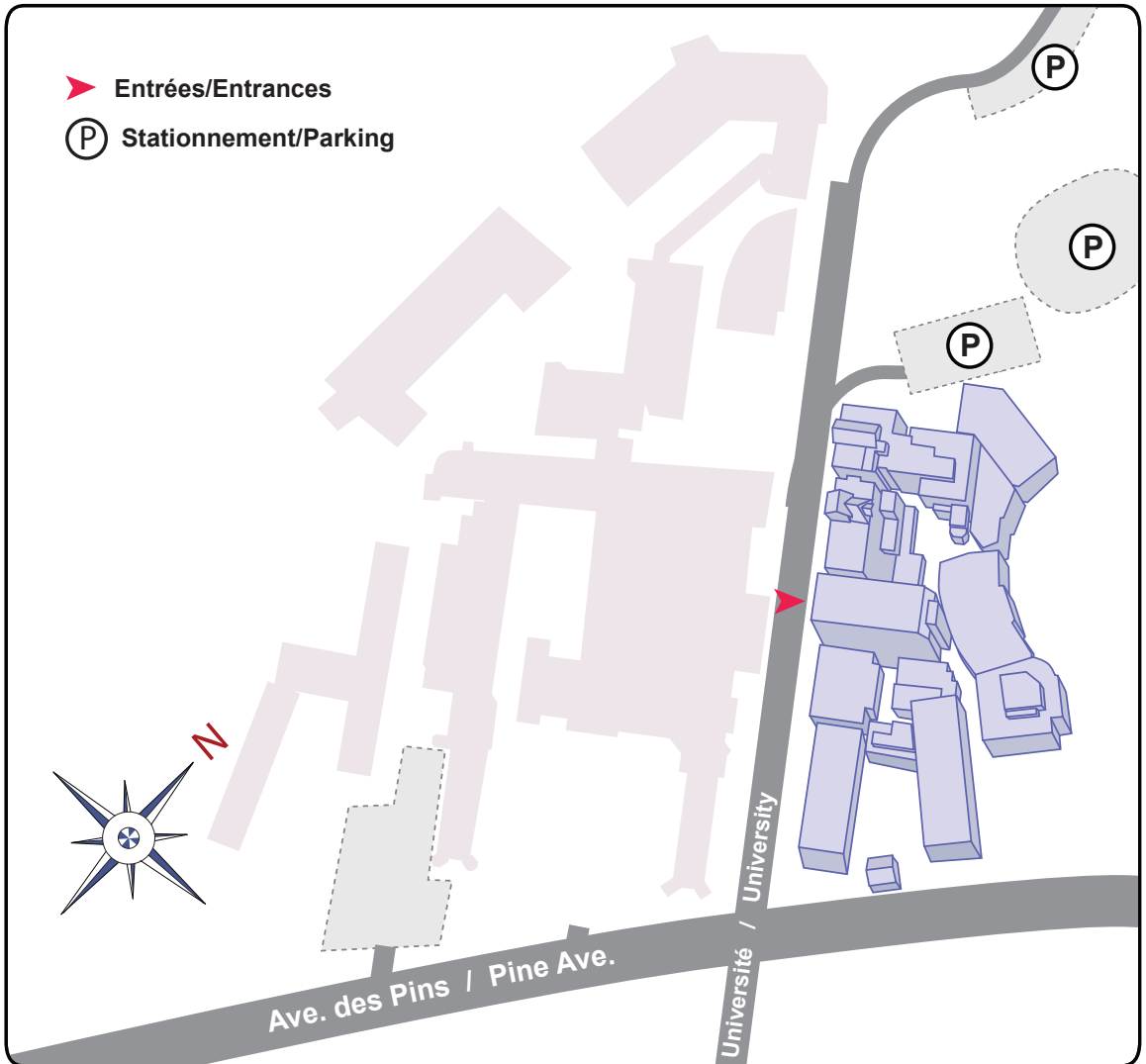


IMPORTANT: PLEASE READ

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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