

Date of Surgery: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Surgery Time: \_\_\_\_\_

**Prior to your discharge from the Cardiology Unit you will:**

- ☐ Meet with an Anesthetist
- ☐ Meet with a Physician
- ☐ Receive teaching from your Nurse and an information package
- ☐ Have a Goals of Care discussion with your healthcare provider
- ☐ Have an ECG done
- ☐ Have a Chest X-Ray done
- ☐ Have Arterial Blood Gases and Lung Function Test done
- ☐ Receive an outpatient requisition for blood work and cross match that you will have drawn in the community prior to your Surgery date
- ☐ Receive sponges, that include a special cleaning agent, to take home and shower with the night before surgery

**Before your surgery date, please:**

- ☐ Complete the Personal Directive form
- ☐ Complete the Cardiac Surgery Discharge Planning Assessment form
- ☐ Review "My Recovery After Heart Surgery" and the Discharge planning checklist
- ☐ Prior to surgery, if you don't have a primary care provider (family physician or nurse practitioner) please find one as they will provide your follow up care once you've been discharged from hospital
- ☐ Purchase a chest binder or brassiere (see handout)
- ☐ Make a list of all of your medications
- ☐ Start using your Mupirocin ointment as directed 5 days before your surgery

If you have questions or concerns prior to your surgery please call the Cardiovascular Surgery Nurse Navigator at: **780-407-3605**

**Day before your surgery:**

- ☐ Do not eat or drink after midnight prior to surgery unless otherwise instructed. Refrain from smoking or drinking alcohol
- ☐ Review the Using the sponges: Preparation for Cardiac Surgery one pager
- ☐ Shower the night before your surgery and use the sponges that were provided to you by the nurse before you were discharged from the hospital. Wash hair with usual shampoo and rinse
- ☐ Do not apply deodorant, body lotion, cosmetics or powder after showering

- ☐ Remove all jewellery, including body piercings
- ☐ Remove all nail polish
- ☐ Men should shave their face
- ☐ Do not remove any hair from your surgical area for at least one week before your surgery. If hair removal is needed, it will be done by the nurse

**Contact the PreAdmission Clinic (PAC) (780-407-7396) between 2 PM and 4 PM the day prior to your surgery (Mon to Fri) to be informed of your arrival and surgery time. If your Surgery Day is a Monday, you must call PAC on the Friday before your surgery. The clinic is not open on weekends and statutory holidays. They will also tell you where to go when you arrive to the hospital.**

Support/Contact Person	Name:	Phone:
Cardiologist/Internist	Name:	Phone:
Heart Surgeon	Name:	Phone:
Family Doctor	Name:	Phone:
Pharmacy	Name:	Phone:

**On the day of your surgery:**

- ☐ Bring your medication list, but leave you medications at home
- ☐ Bring all completed forms and all printed information/educational material you have received
- ☐ Bring your Alberta Health Care card and/or other health insurance cards and information (i.e. Alberta Blue Cross or out of province health insurance cards and information)
- ☐ Bring the essentials and leave your valuables at home. Before heading to the operating room we encourage you to give your packed bag to family/friends or your bag can be brought to the hospital at a later time. The essentials include:
  - ☐ Glasses or contact lenses, with storage case, labelled with your name
  - ☐ Dentures, with storage case, labelled with your name
  - ☐ Hearing aids, with storage case, labelled with your name
  - ☐ Toiletries (ie. toothbrush, toothpaste, comb, razor, etc)
  - ☐ Low heeled “slip on” shoes or slippers with non-skid soles
  - ☐ Special mobility aids (ie. prosthesis, braces, etc.) that you usually use, labelled with your name. The hospital has walkers if you need one
  - ☐ One set of clothes
- ☐ Take your medication as directed by the physician with a sip of water in the morning
- ☐ If you are diabetic, **DO NOT** take your insulin or diabetic pills the morning of your surgery. Your blood sugar will be closely monitored and controlled at the hospital

**Medication to take the morning of your surgery:**

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**Other instructions:**

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**There is always a possibility that your Surgery may be postponed. Please have a family member or friend stay with you until you leave for the Operating Room.**

### **After Surgery**

After your surgery you will wake up in the Cardiovascular Intensive Care Unit (CVICU) located on the third floor of the Mazankowski Alberta Heart Institute (3A8). While in this unit, you will receive care by a team specialized in providing intensive cardiac care. Generally, a stay in the CVICU is approximately 24-48 hours. During your CVICU stay you begin to move and exercise daily as you recover. Once you are well enough to leave the CVICU, you will be transferred to the Cardiovascular (CV) Surgical Ward on the 4<sup>th</sup> floor of the Mazankowski Alberta Heart Institute (4A5, 4A6) where you will spend approximately 4-5 days increasing your strength, exercising and resting.

### **Discharge Education and Preparing to Leave the Hospital**

You, your family and your healthcare team will work together to optimize your hospital stay and recovery. Together, we start to plan your discharge from hospital on the day you arrive. A Transition Nurse will meet with you and your family to discuss and coordinate your discharge plans and to make your family physician appointment.

- ☐ Plan to be discharged from hospital 4 to 7 days after your surgery
  - ☐ Discharge time is 10:00am (arrange for someone to be available to drive you home).
  - ☐ Please let your nurse or social worker know the name of the person who is able to help care for you when you are discharged from the hospital
  - ☐ Home Care – your local home care program is notified when you are discharged from hospital and will contact you to arrange a visit
  - ☐ Education about your recovery and discharge home will be reviewed with you and your family throughout your stay, please feel free to ask questions at anytime

All patients, including those who live outside of the Edmonton area, are responsible for their own travel home when discharged from hospital. The Cardiac Sciences Program is not able to make your travel arrangements or cover the cost of your travel. A Medevac transfer to another hospital or health facility is determined by need and health status.

**Cardiac Rehabilitation and Ongoing Heart Health**

Participating in a Cardiac Rehabilitation (CR) Program is one of the best ways to quickly and safely return to your life and all the activities you enjoy. These free programs provide guidance and information on returning to work, nutrition, anxiety, exercise and reduce your chances of having future heart troubles. The staff in CR will help you to navigate the medical system as you recover and provide support to help you manage this lifelong condition. A health care provider will meet with you to discuss the options that meet your needs and are closest to your home.

**Notes and Questions**

Please use this space to write down questions or concerns you have for the healthcare team.