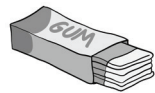

The Night before Surgery

Before you go to bed:

- Take a shower or bath. Wash yourself well with soap, including your belly button. Wear clean pyjamas to bed.
- Don't use any creams, lotions, or anything with a smell.
- Don't shave your belly (the area where your surgery will be).

What should I bring to the hospital?

- This booklet.
- Alberta Health Care card, and your Blue Cross or other insurance card (if you have one).
- Photo identification (ID).
- Proof of medical coverage (out-of-province people only).
- The medicine you take (in their original containers), or a list of the medicine you take** and when you take them (include inhalers, aspirin, vitamins, over-the-counter, and herbal medicine).
- Chewing gum (hard candy if you aren't able to chew gum).



Personal items:

hearing aids, glasses,
denture case

walking aids such as a
cane or walker

toothbrush, toothpaste

shaving equipment

brush/comb

housecoat

comfortable shoes
that fit well and are
easy to put on

ear plugs

No more than \$20 cash.

A book or magazine to help pass the time.

Bring these items in one small bag that has your name on it. All other items can be brought to you after surgery.

Leave anything of value at home. The hospital is **not** responsible for lost or missing items.