

Please note!

This information does not replace the information you receive from your surgeon. If there are any differences, you should follow the information from your surgeon.

BUY, BORROW, AND DO

CLOTHING & BEDDING

- Loose comfortable clothing
- A nightgown and/or bathrobe
- Easy-to-slip-on skirt, pants and socks
- Easy-to-slip-on shoes
- Two weeks' worth of clean clothes
- Pillows to keep you comfortable and supported
- Put fresh sheets on the bed

FOOD & HOME

- Prepare and freeze a week's worth of meals
- Stock up on groceries

PERSONAL CARE (AS NEEDED)

- Get a hair cut
- Clip finger nails/toe nails/pedicure
- Avoid putting on artificial nails or nail polish before surgery (you will have a pulse oximeter on your finger to measure your oxygen levels, and nailpolish can affect the readings)
- Buy some pads and panty liners. Long ones work best.
- Pay your bills

WORK (IF RELEVANT)

- Apply for a leave of absence from work (usually 8-12 weeks)
- Apply for Medical Employment Insurance
- Create a return-to-work plan with your employer

MEDICAL CONSIDERATIONS

- Follow your surgeon's instructions about stopping medications
- Buy any post-op supplies your surgeon recommended
- Stock up on your usual prescriptions and post-op medications
- Get Gravol or ginger to help with nausea (optional)
- Get prune juice or stool softeners to help prevent constipation (optional)
- Get the tests your surgeon requested
- Book post-op appointments with your doctor or nurse practitioner based on your surgeon's recommendations. Record on page 35 of this workbook.
- Consider filling out a Representation Agreement to name someone you trust to make healthcare decisions for you in case you are not able to make them yourself
- Register for Fair PharmaCare (you may be eligible to get your discharge prescriptions at a reduced cost with Fair PharmaCare Plan)
- Some providers charge fees for filling out paperwork (ie: for time off work or travel forms). Set aside some money (\$30-\$60) just in case it is needed

EMOTIONAL AND SPIRITUAL CONSIDERATIONS

- Find meaningful activities you can participate in during the healing process (e.g. mindfulness, spiritual gatherings, meditation, support groups, sharing time with others)
- Stock up on items you use for ceremonial practices (e.g. smudge or brushing items)
- Stock up on art supplies (e.g. beading, cedar weaving, watercolor paints, sketchbook, etc.)
- Make appointments for before and after surgery with your counsellor, mentor, elder, knowledge-holder or mental health worker, if applicable
- Connect with others who have had this surgery
- Make a list of things you are looking forward to after surgery
- If a "good bye" ritual is important to you, consider how you might like to do this. For example, some people take photos, make other kinds of body art or document their healing experiences
- Write yourself a letter with words of encouragement for when you feel down

For more information, please visit transcarebc.ca

PACK YOUR BAG

- Leave valuables, including jewelry, at home
- A place, such as a large ziplock bag, to keep the prescriptions and instructions you'll be given
- Photo ID, including BC Services Card
- Debit or credit card
- Plane tickets
- Skirt, pants, shoes & socks that easily slide on and off
- Outer clothing (jackets, boots) appropriate for the season
- Phone and charger
- A copy of your Representative Agreement if you made one
- Sanitary pads and panty liners
- Toiletries
- Small hand mirror
- Inflatable donut (sometimes called a hemorrhoid cushion)
- A pen
- Your ERAS booklet if you are having surgery with the GSP BC
- This workbook if you are having surgery with GRS Montreal

Before you leave the hospital, check that you:

KNOW

- What to do or who to call if you have a problem
- How to care for your surgical site(s)
- How to manage your pain
- How to prevent constipation
- What activity levels and activity restrictions are recommended
- What equipment you might need at home (if any)
- When you need to make a follow-up appointment

HAVE

- All your personal belongings, including medicines
- Your house keys
- Your phone and charger
- Your new prescriptions
- Your discharge summary sheet, if you get one
- Any information booklets given to you
- Someone to stay with you the first few days at home for help

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