

# Preparing for your Appointment at Humber River Hospital's Surgical Clinics

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You have an appointment at Humber River Hospital's Surgical Clinics. This handout provides some information to help you prepare for your visit.



**APPOINTMENT DATE:** \_\_\_\_\_

**APPOINTMENT TIME:** \_\_\_\_\_

**Please arrive 30 minutes before your appointment to register.**

**Location:** Humber River Hospital, 1235 Wilson Ave., Toronto ON M3M 0B2

**Surgical Outpatient Clinic** (4th floor)

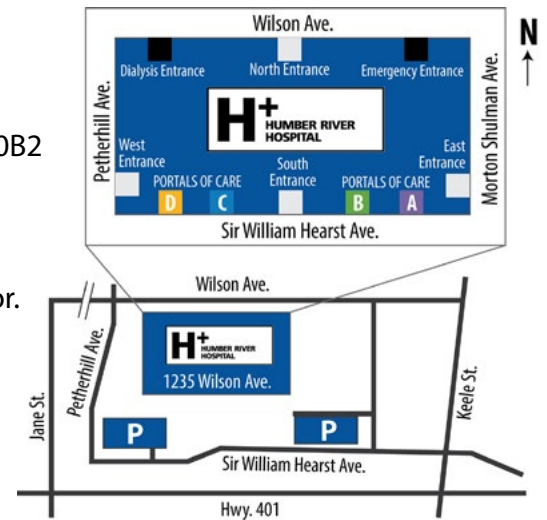
Closest entrance is Portal of Care A, on the south side of the building.

From the main level, take the **East Outpatient Elevators** to the 4th floor.

Hours: 7:30 a.m. to 4:00 p.m.

Tel: (416) 242-1000 ext. 23450

**For more information about your appointment, please contact your surgeon or family doctor.**



## Getting Ready Before your Visit

### Feeling Sick



Please call the clinic **before coming to the hospital** if you have:

- A fever (temperature at or above 38.5°C or 101.3°F)
- A new cough
- Nausea, vomiting (throwing up) or diarrhea (loose, runny stool), or
- A rash.

### Eating or Drinking

- On the day of your visit, you may eat or drink as you normally would.

## Taking Medicines

- On the day of your visit, you may take your medicines as you normally would, **unless** your doctor tells you otherwise.

## Getting to the Hospital

**By car:** The East Parkade is the closest parking garage to the Clinic. Please take a ticket as you enter the garage. Unfortunately, we cannot give an exact time as to when you will finish your clinic appointment.

**By private ambulance:** If you need an ambulance to transport you, please book it as a **TREAT and RETURN**.

**By WheelTrans®:** Please inform the registration clerk what your pick up time is. Please do not book your pick up time close to your procedure time as it may take longer than expected.

## What to Bring to the Hospital

- Your health card (Ontario Health Insurance Plan/ OHIP). If you have a red and white health card, please bring photo ID as well. You will need this to register.
- A list of all your current medicines or the actual medicines, in their original containers. Include over-the-counter medicines, herbals and supplements. If you must take medicine on the day of your visit, please make sure you have that medicine with you.
- If you have known allergies, wear your Medic Alert® bracelet while in the hospital.
- If you normally use a mobility aid at home (such as a walker, wheelchair, or cane), please bring it with you to the hospital.
- If you have diabetes, please bring snacks to eat.



**Please do not** bring any valuables.

## What to Expect at the Hospital

We try our best to see you at your appointment time, but you may see a delay if we have patients requiring urgent care. We kindly advise not to book another appointment on the same day.

- Please check in at the Registration Desk.
- We will identify you by placing an identification band on your arm.



**Please tell your nurse or other staff member if:**

- You are taking a **blood thinner** of any kind. This is to avoid delaying your procedure.
- You have any allergies.
- You have difficulty communicating in English. We can arrange over-the-phone or video interpreter services for you.
- You are feeling dizzy or weak, or you think you may fall.

## Information on Insured Services

Please check with your doctor or insurance company about the services you are receiving at the clinic. Some services may not be covered by OHIP or your private insurance plan.

## Bringing Other People

You may bring one other person to be with you during your clinic visit.

Please arrange for child care. We cannot do a procedure/test if there is no adult to watch the infant or child. Clinic staff members are not able to watch children while a patient is having an appointment.

## Smoking

Please remember that Humber River Hospital is a smoke-free facility.



To protect workers and the public from the hazards of second-hand smoke, please refrain from smoking in the hospital and on hospital grounds.

## Scented Products and Fragrances

Humber River Hospital is a scent-sensitive facility.



Due to the health concerns arising from exposure to scented products, we ask that staff, patients and loved ones be considerate in their use of such products when visiting the hospital. We may remind individuals to refrain from using such products, should this be required.