

7750 Bayview Avenue
Thornhill, Ontario
Canada L3T 4A3

Tel: (905)-889-1125
Toll free: 1-800-291-7750



Shouldice Hospital

www.shouldice.com

email address:
postoffice@shouldice.com

Fax: (905) 889-4216

Dear Patient:

In recent years, MRSA (Methicillin Resistant Staphylococcus Aureus) has been of great concern. Staphylococcus Aureus is a bacterium that lives on the skin and in apertures of the body such as the nostrils. Some of these bacteria have become resistant to most antibiotics and as a result when they cause an infection, a serious and even life-threatening situation may arise. The bacteria spread quite easily from person to person especially in institutional settings. The longer a person is exposed to someone with MRSA, the greater the chance he/she will get infected, become a carrier and risk passing it on to someone else. Carriers may show no symptoms.

It is very important that the Shouldice Hospital remains free of colonization by MRSA. We are therefore following guidelines and screening prospective patients for MRSA if they fall into certain categories. These are:

- 1) A patient who has been hospitalized in the past 12 months for 24 hours or longer.
- 2) A resident of a nursing home, or any institution where there is likely to be close personal contact.
- 3) Anyone who works in an institutional type setting where there is direct contact with patients or residents.
- 4) Frequent or lengthy use of antibiotics.

If you fall into any one of these categories, you are required to have an MRSA test done at your family doctor's office approximately 4 weeks prior to your admission and to have results faxed to us at 905-889-4216. The test is fairly simple to do and once it is proven to be negative, it will be possible to perform your surgery without this risk.

Thank you.

SHOULDICE HOSPITAL



Shouldice[®] Hospital

Preparing For Your Stay

Welcome to Shouldice Hospital, the world leader in hernia repair.

This document provides special instructions to support you through your surgery. Please take a few minutes to read this document completely and plan your stay with us accordingly. We have also included information in response to the most commonly asked questions regarding our facility; we hope this will help your stay be as comfortable and regenerative as possible.

We look forward to taking care of you soon.

SPECIAL INSTRUCTIONS:

Please follow **all** of the instructions listed in this section. If you have any questions, or require further assistance, you may contact the Hospital at (800) 291-7750 or info@shouldice.com.

1. Emergency

If you suspect your hernia has become an emergency in any way, immediately contact your local emergency services and consult with Shouldice Hospital as soon as possible.

2. Notification

Notify the hospital of any change in your medical condition. If necessary, changes to your admission date require you to notify the hospital at least two weeks in advance. A cancellation fee will apply for all cancellations received with less than 5 business days notice.

3. Weight Loss

If you are required to lose weight, it is imperative that you have reached your target weight by the date of admission as your surgery may be rescheduled if you have not. Please note that our complementary nutritionist is available by telephone at extension 418.

4. Shave Preparation

The day of surgery a medical professional will prepare you for surgery including shaving your surgical site.

5. Bathing

Please take a thorough bath or shower prior to admission and pay particular attention to the skin in the area of the hernia, and the navel.

6. Regular Medications

If you regularly take medications, it is important to bring enough with you to last your entire hospital stay. Bring all medications in their original containers for accurate and safe identification. For your convenience and safety, it is highly recommended that you bring pharmacy print-outs of your prescription drugs.

7. Admission

On the designated date of your arrival:

- If you have not previously been examined by a Shouldice doctor, please register with reception between 10:30 am and noon.
 - otherwise register between 12:30 and 2:00 pm.
- Your driver should remain available until you have completed your examination with a doctor. We recommend that you eat prior to your arrival.

8. Length of Stay

For one hernia you will be in the hospital three to four nights, with discharge 48 to 72 hours after the operation. Two hernias require six nights. Experience has shown that a day between operations is advantageous. Discharge is 72 hours after the second operation.

9. Surgery

All jewelry, wedding bands, including piercings, must be removed. All makeup, finger and toe nail polish must be removed. The meal schedule and a surgical gown will be provided.

10. Payment

Bring all insurance identification and papers with you. Bring a valid major credit card. Canadian residents must bring your provincial health card. Please bring required 'Return to Work' forms or request 'Sick Leave Letters' from our accounts staff on admission.

11. Returning Home

Many patients drive themselves or fly home. We recommend you make appropriate arrangements as Shouldice Hospital will not accept any responsibility should you choose to drive yourself. For your comfort and safety, please make arrangements to have someone drive you. No one should drive a vehicle unless completely fit to do so.

MEDICAL CONSIDERATIONS:

Truss

If you are using a truss to support your hernia, please stop using it 2-3 weeks before your admission to the hospital unless it is providing relief for significant discomfort.

Smoking and Alcohol

It is recommended that you significantly reduce or abstain from both smoking and alcohol for a period of 4 weeks prior to admission.

Vitamin C

Extra Vitamin C helps wounds heal. You should take 500 mg daily in tablet form or drink a glass of orange or tomato juice with each meal for a week before admission.

Vitamin E

Stop taking Vitamin E seven days before to admission.

Constipation

If you have a history of constipation, we recommend that take a laxative 2 days before admission. If necessary, take another one the day before coming to the hospital. Stop the day of admission.

Aspirin

We advise you to stop taking Aspirin 14 days before admission unless it has been prescribed by a physician for a cardiovascular illness. Continue Aspirin if you are taking it for a previous heart attack or stroke.

STAYING AT SHOULDICE HOSPITAL:

Luggage: Pack Light

You will need toiletry articles, pajamas, socks, a housecoat (optional), slippers, track suit, casual attire, and personal items – dress for comfort. Men find that supportive undershorts (jockey style) may add to post-operative comfort.

Please leave jewelry and valuables other than your credit card at home. Patient rooms are not locked, and there is limited space for safekeeping in the accounting department.

Phones

As a courtesy to other patients, we request cell phone use to be limited to designated areas, otherwise cell phones should be turned off. Public telephones are available on each floor and may be used for both incoming and outgoing calls. Patients are able to receive calls between 9 am and 9 pm. Note: To encourage patient mobility, patient rooms do not have telephones.

Laptops and Internet Access

You are welcome to bring your laptop computer. If internet access is desired, a dedicated WiFi area is available in some of our lounge areas.

Television

Television is available in the patient lounges. Note: To encourage patient mobility and recovery, patient rooms do not have televisions.

Parking

Metered parking is available for patients and visitors in the designated hospital parking lot. Services for motorhomes and trailers are not available.

Visitors

Visiting hours are daily from 2 pm - 4 pm and again from 7 pm - 9 pm, with a limit of 2 guests in the patient's room. We prefer you welcome your guests in one of our many lounges. Meal services are only provided for patients. There is no gift shop on the hospital grounds.

Deliveries

Packages, mail and flowers are received at the front desk and delivered to you in your room.

Smoking

Shouldice Hospital is a smoke free environment. Smoking is not permitted within the hospital.

Hotels and Accommodations

 BEST WESTERN PLUS <i>Parkway Inn & Conference Centre</i> <small>The World's Biggest Hotel Family SM</small>	905-881-2600 1-800-528-1234 www.bestwesternparkway.com Call hotel for special Shouldice rate	600 Highway #7 East Richmond Hill, ON L4B 1B2
 Sheraton HOTELS & RESORTS	905-881-2121 1-800-668-0101 www.sheratonparkway.com Call hotel for special Shouldice rate	600 Highway #7 East Richmond Hill ON L4B 1B2
	905-474-0444 1-888-236-2427 www.marriott.com Call hotel for special Shouldice rate	7095 Woodbine Avenue Markham, ON L3R 1A3
 Comfort Inn Markham <i>Toronto North East</i>	905-477-6077 1-800-228-5150 www.comfortinnmarkham.com Call hotel for special Shouldice rate	8330 Woodbine Avenue Markham, ON L3R 2N8
	905-882-6271 hildavlastic@rogers.com www.hildasbnb.com Call hotel for special Shouldice rate	112 Durie Lane Thornhill, ON L3T 5H5

Transportation

 Rosedale Limousine	24/7 Reservation Line 1-800-268-4967 1-905-677-9444	www.rosedalelivery.com
	24 Hour Dispatch 1-800-262-4222 1-905-294-3222	www.taxilimo.ca

Florists

	416-222-8080 1-800-285-2025 www.floris.ca	1670 Avenue Road North York, ON M5M 3Y1
	416-221-5557 gifts@hatcherflorist.com www.hatcherflorist.com	5455 Yonge Street North York ON M5M 3Y1

Shouldice Hospital is not responsible for these services.
 Suggestions are provided only as a convenience to you.