

The Pre-Admission Clinic (PAC)

Patient Information

A PAC appointment is used to assess and discuss your readiness for surgery, current and past health concerns, medications, and allergies. It is also used to share information about your day of surgery.

While the PAC appointment is focused on readying you for surgery, it is not specific to your surgery. The PAC team can answer questions about what your surgical day may be like, but specific questions about your procedure should be directed to your surgeon, including questions about your procedure date.

How do I make a PAC appointment?

Your surgeon's office will advise you if you need a PAC appointment. A Booking Clerk will contact you directly to book the appointment. Phone, video, and in person options will be discussed, depending on the consultation needs specific to your surgery. If your appointment is in person, it will be at either Victoria or University Hospital.

What if I have to make a change to my PAC appointment?

If you have been scheduled for a PAC appointment, it is important that you attend. Your surgery may be cancelled if you miss your PAC appointment. If you must cancel or reschedule, call the PAC as soon as possible.

Victoria Hospital Pre-Admission Clinic: 519-685 8500 Extension 55960

University Hospital Pre-Admission Clinic: 519-685-8500 Extension 33709

Will the PAC appointment be scheduled on the same day as my other tests and diagnostic procedures?

The PAC Booking Clerk will try to schedule in-person PAC appointments on the same day as other tests or procedures; however, this may not always be possible.

What will happen during my PAC appointment?

You will talk to a PAC nurse. You may also see some, or all of the following providers:

Anaesthesiologist

Medicine Consultant

Nurse Practitioner

Blood Conservation Nurse

Acute Pain Service

Ostomy Nurse

Dietician

Occupational Therapist

Physiotherapist

Speech Therapist

Social Worker

Researcher

You may also have blood tests, a urine test, an electrocardiogram (ECG), x-rays, and/or other tests. You will be given preoperative and postoperative information about your surgery, which will be a reference for you before and after your hospital visit.

What should I bring for my PAC appointment?

- All medications, patches, inhalers, drops, and ointments in the original containers
- All vitamins and herbal remedies and over-the-counter drugs
- Information or test results that your doctor has given you (e.g. Holter monitor results, lung function tests, sleep studies for sleep apnea)
- Your general practitioner's and specialist's name and phone number
- Your pharmacy name, phone number, and address
- Your health card
- Supplemental health insurance information
- Reading glasses and/or hearing aids
- Pen and paper, optional, for notetaking
- A family member or friend, optional, for assistance and/or support

Additionally, if you are having an in-person PAC appointment:

- Funds for parking
- Lunch, snack or money to purchase

Helpful PAC Hints

- Take your regular medications and eat your meals as usual, unless instructed otherwise by your surgeon
- PAC visits range from 1 to 5 hours, depending on your health and on the surgery you are having. Please plan your day accordingly.
- If you do not speak English or require an interpreter, this can be arranged at no cost to you. Please identify this when speaking to the Booking Clerk.
- Occasionally a patient may need to revisit the PAC for further testing or assessments before being cleared for surgery.
- For in person appointments:
 - Please arrive approximately 30 mins prior to your appointment time to account for parking, wayfinding, and registration.
 - Wear comfortable clothes. Do not wear tights, pantyhose, or long underwear.
 - LHSC is **scent-free**, please do not wear any scented products.
- For phone or video appointments:
 - Participate in your appointment in a quiet area to avoid disturbances.
 - A cell phone can be used but not while driving or shopping.
 - If you have questions about how to prepare for, or connect to, your appointment, call the technology help line at 519-685-8390.

2024/06/21