

CHILDREN HAVING SURGERY GETTING READY

Please read this booklet to help you and your child get ready for surgery.

All information is for your child's safety. Please follow instructions and ask questions. It may be helpful to take notes to remember what you need to know about the surgery.

You may be seeing a doctor for the surgery workup or your doctor may ask you to visit the Preanesthesia Evaluation and Testing Center (PETC). The visit could take 1 – 2 hours. You will fill out a form for the anesthesiologists. Your child may have a blood test, x-ray, and/or heart test (EKG).

Bring all of your child's medicines with you to the visit along with any papers from your regular doctors.

The nurse will ask you some questions about your child's health and do an assessment for Anesthesiology. We will talk to you about medicines (including over the counter and herbal remedies), diet, activities, pain, and other ways to get ready for surgery.

If your child gets sick with a cold, fever, or other illness, please tell your surgeon before the day of surgery.

Ask us about the Care Partners program that allows you to choose 1-2 adults to be active members of your child's healthcare team.

THE DAY BEFORE SURGERY

Please read the following guidelines for eating, drinking and taking medications. This information will ensure your child's comfort and safety and avoid a delay or postponement of surgery.

A nurse will call you between 2:00pm and 6:00 pm to tell you what time you and your child should come to the hospital. If your child's surgery is on a Monday, you will be called the afternoon of the Friday before.

Please call us if there is a block on your phone. If you are staying at a hotel, let us know where you are staying and the name on the registration. You may call us anytime after 2:30 pm at 434-924-1248.

Eating and Drinking

Infant – Breast Fed – May be breastfed until 4 hours before coming to the hospital. No food*, after midnight the day of surgery.

Formula Fed – May have formula, without additives, until 6 hours before coming to the hospital. No food*, after midnight the day of surgery.

All infants may have water, Pedialyte® or diluted apple juice, until 2 hours before coming to the hospital.

Children – May have food* until midnight. No food after midnight. May have water, Pedialyte®, apple juice, clear sodas, until 2 hours before coming to the hospital.

* Food includes: solid food, cereal, soup, milk products or additives to formula, jello, orange, grapefruit or tomato juice.

Your child must not chew gum or tobacco after midnight the day of surgery.

THE DAY OF SURGERY

Your child can have **nothing to drink** during the last two hours before arriving at the hospital (After - Time: _____). Your child's surgeon will tell you which medicines to give. Offer only a sip of water with these medicines. If these directions are not followed, your child's surgery may be delayed.

Please bring the following with you:

- Insurance cards
- Child's "blood" bracelet, if given.
- All medicines (follow all instructions given).
- Any adaptive equipment needed such as eye glasses, wheelchair or feeding tube extensions.
- A favorite blanket, toy, pacifier or other comfort items, if your child should want them.
- Please be sure you label all home items with your child's name.
- Snacks or food for you and your family members as we can not provide meals for families. We have a cafeteria open 24 hours a day on the main floor of the hospital along with an ATM.

When you arrive, check in to the Surgical Family Waiting Lounge on the first floor of the hospital. Two family members may wait in the lounge with each child, as space is limited. Any extra clothing or money should be kept securely in the car or sent home. Your child's surgery will start about 2 hours after you arrive in the "Waiting Room".

Please leave these at home: jewelry, body piercing, make-up, hairpins, nail polish, and contact lenses.

SURGERY SAFETY STEPS:

- Information on the surgical consent form will be explained to you before you sign it. Be sure you have all your questions answered so you fully understand what will happen and what to expect.
- We will put an identification band on your child's arm or leg. Staff will confirm your child's identity by asking for your child's name and birthday (or other identifying information).
- We will confirm the type of procedure your child is having.
- If the procedure involves left or right limb, or has multiple sites (like fingers and toes), the site will be marked on your child's body by the doctor or other member of the surgical team.
- Just before the procedure begins, everyone in the room will take a short "time out" and check that they are doing the right procedure on the right patient in the right place. This may happen after your child is asleep.
- We prevent infections by careful hand washing and giving antibiotics, if needed.

YOUR CHILD'S SURGERY

- When everything is ready, your child and 1-2 adults will go to the **Surgical Admission Suite (SAS)**. You may stay with your child until he or she goes to the operating room.
- The nurse will take your child's temperature, blood pressure, pulse and review your child's health. Any questions or concerns will be addressed.
- Your child may need an IV needle in his/her arm for fluid and medicine.
- Your child's anesthesiologist will review health information and blood tests, tell you what will happen, and answer any questions.
- Your child will go to the Operating Room (OR). There will be many doctors and nurses. They will keep your child safe and comfortable at all times. Only the anesthesiologist can decide if a parent can

go into the OR with a child to support the child during induction (going to sleep). Parents are not allowed to observe surgery.

- Family and visitors will be shown where to wait during the surgery. Please let us know if you need anything. Please let the staff know if you plan to leave the waiting area, how long you will be and how to reach you.

AFTER YOUR CHILD'S SURGERY

Your child will be taken to the Post-Anesthesia Care Unit (PACU) or to an Intensive Care Unit (ICU) to recover.

IF YOUR CHILD GOES TO THE PACU

Please see the handout "Visiting Children after Surgery in the PACU - #PE 12013 for more information.

Your child will be in the PACU for at least 30 minutes but often longer. Parents are usually able to be with their child in the PACU.

We want your child to be as comfortable as possible. We use a pain scale to help your child tell us about any pain he/ she may be having.

IF YOUR CHILD IS ADMITTED

Your child will be taken to a hospital room. The UVA Children's Hospital Patient and Family Admission Handbook will give you information about our family centered care services and policies. You may choose 1 or 2 Care Partners (adults) to be active members of your child's health care team during his/her stay in the hospital.

If you need assistance with lodging, please contact the Ronald McDonald House of Charlottesville. They provide low cost lodging and a home-like atmosphere for families of pediatric patients who come to the University of Virginia Children's Hospital. Please call the House at 1-800-443-2292 or (434) 295-1885 for questions and reservations or visit online at <http://www.rmhcharlottesville.org/>. Call early as there is often a waiting list. Shuttles are available to and from the hospital. Check in time is by 9 pm.

You will also learn about our Family Activated Pediatric Emergency Response Team (PERT) in case you are worried about your child's health. Ask your nurse for a pamphlet.

IF YOUR CHILD IS GOING HOME THE SAME DAY

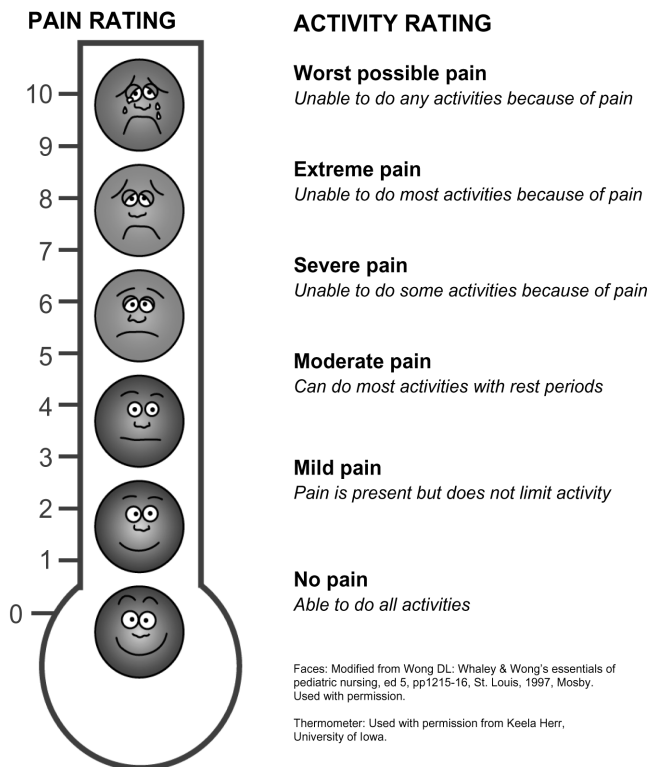
Your child will be taken back to **Surgical Admission Suite** to get ready to go home.

Your child may be sleepy or dizzy after the surgery and should have someone with them at all times for the first 24 hours after surgery.

Verbal and written instructions will be given to you and your child before you leave the hospital. Please follow these instructions carefully and be sure to ask questions.

Have your child take it easy for a few days.

UVA PAIN RATING SCALE

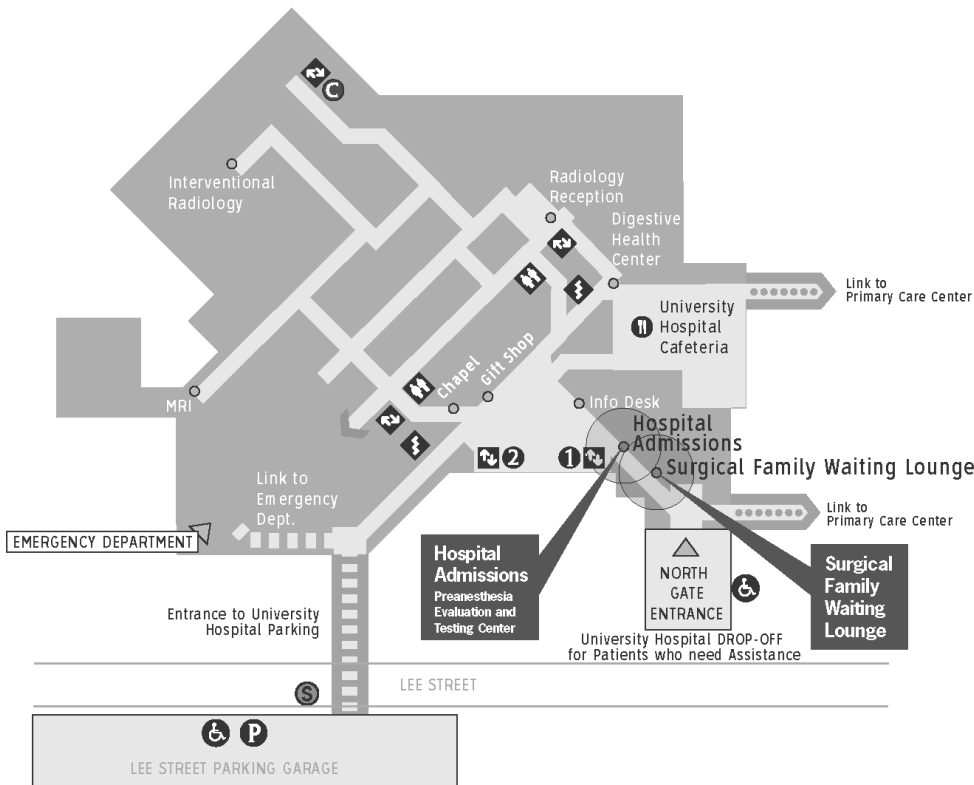


Please call us if you have any questions. A nurse will call within a few days to see how your child is feeling. Please tell us about your child’s care at UVa Health System and UVA Children’s Hospital. You may receive a patient satisfaction survey in the mail. Please help us provide better care by filling out the survey. Your input is welcome and valued.

TIME TO BE AT HOSPITAL _____

IMPORTANT TELEPHONE NUMBERS:

Preanesthesia Evaluation and Testing Center (PETC) 434-924-5035 _____ RN
 Fax 434-243-3433
 Surgical Admission Suite (SAS) 434-924-5455
 UVa Toll free number for all UVa Services 1-800-251-3627
 UVa Page Operator 434-924-0000
 Surgeon’s Name & Phone Number _____



Give these medicines in the morning with a sip of water

Stop these medicines

For a tour of all the surgery areas see: <http://www.healthsystem.virginia.edu/internet/periop/> and click on “virtual tour.” For more information about your health see www.uvahealth.com