

# Pre-Procedure/Surgical Instructions for Pediatric Patients

Thank you for choosing Edward Hospital for your child's healthcare needs. Our goal is to be your partner to ensure that you and your child have a very good experience.

The healthcare team at Edward understands the anxieties that you and your child may experience in the hospital environment. All steps will be taken to provide your child a safe and comfortable experience.

You will be able to stay with him/her until he or she is taken to the operating room. A parent/guardian may rejoin the child in the Post-Anesthesia Care Unit (Recovery Room,) if possible.

## Getting Prepared for Your Surgery/Procedure

Pre-Surgical Pediatric tours are available prior to the day of the procedure/surgery. If you are interested, a tour can be arranged for you and your child by calling Perioperative Services at (630) 527-3532 and ask to speak to the Charge Nurse.

## Medication Instructions

To ensure a safe procedure/surgery, there are certain medications that may need to be stopped prior to the procedure.

Please call the surgeon and prescribing physician for instructions on stopping the following **blood thinning** medications prior to your child's procedure/surgery. Your child's physician will provide you with instructions regarding if and when the following medications will need to be stopped:

- ▶ Aspirin
- ▶ Ibuprofen, Motrin, Aleve
- ▶ Meloxicam, Naproxen, Etodolac
- ▶ \*Any blood thinning medication

If your child is taking any **herbal supplements**, he or she needs to stop them 14 days prior to the procedure/surgery or at the time of the screening phone call, whichever comes first.

If he or she is taking any **weight loss products** (anorexients,) such as Phentermine, he or she will need to stop taking them at least 10 days prior to the procedure/surgery or at the time of the screening phone call whichever comes first.

## Diabetic Instructions

**If your child is taking oral medication(s)** for diabetes, the morning dose will need to be held the day of his or her surgery/procedure.

**If he or she is taking insulin**, contact your child's primary care doctor or endocrinologist for instructions on adjusting the insulin dose the day before and the day of the procedure/surgery.

**If your child has an insulin pump**, call the physician managing your child's diabetes for instructions on adjusting the pump settings for the procedure or surgery.

- ▶ Insert new infusion set or pod the evening before procedure/surgery
- ▶ Fill infusion set/pod to capacity
- ▶ Insert new battery into the pump
- ▶ Change the pump site to a non-surgical area the day before procedure/surgery
- ▶ Bring the following supplies with you the day of the procedure/surgery: two reservoirs, two infusion pods, insulin and battery

**If your child uses a home Continuous Glucose Monitor (CGM)**, you will need to remove it prior to your child's surgery

## Confirming your Child's Arrival time and Instructions

The arrival time may be up to two hours prior to the time the surgery is scheduled to begin. Your child's arrival time and instructions will be confirmed one to two days prior to the surgery/procedure. It is important for you and your child to arrive promptly to allow adequate time for pre-surgical preparation. If you have any questions regarding arrival time and day of procedure instructions you may call (630) 646-8129.

## The Night Before Your Child's Surgery/Procedure

**Do not let your child eat any solid food after 11 pm** the night before surgery, including cough drops, lozenges, hard candy or gum (unless directed otherwise by the Edward Hospital staff).

### Children, ages 2 to 17:

May have clear liquids up to 4 hours prior to scheduled surgery time. Clear liquids include water, apple juice or carbonated beverages.

### Newborns/infants, birth to less than 2 years of age:

May have clear liquids/breast milk up to 4 hours prior or infant formula up to 6 hours prior to the scheduled surgery time.

## Your Child's Procedure/Surgery Day

- ▶ Shower or take a bath
- ▶ Do not use powders, lotions, creams
- ▶ Do not apply any make-up
- ▶ Do not shave the procedural/surgical area
- ▶ Your child may brush his or her teeth and rinse, but do not allow him or her to swallow any water
- ▶ Do not give your child anything to eat or drink anything, unless instructed to do so
- ▶ Remove contact lenses
- ▶ Bring a case for glasses (if worn)
- ▶ Remove all jewelry, and body piercings at leave at home
- ▶ Wear loose comfortable clothing
- ▶ Leave money and all other valuables at home

You will need to bring the following items with you/your child:

- ▶ Current Photo ID
- ▶ Insurance cards, including prescription insurance card, if applicable
- ▶ A favorite toy, blanket or electronic device to help comfort your child
- ▶ A sippy cup, pacifier, bottle, formula/breast milk, diapers and any other items to keep your child comfortable

**Note:** If your child is having outpatient surgery between the hours of 9 am-6 pm, you may participate in MedPoint Services (a bedside delivery service for discharge medications) at no additional cost. To participate, please bring your pharmacy insurance card and co-pay, if applicable, with you on the day of surgery. If your child is scheduled for surgery after 5 pm, please bring your 24-hour pharmacy phone number.

## Upon Arrival

- ▶ It is important for you and your child to arrive promptly at your designated time
- ▶ Park in the **South Garage** (located near the ER)

## Surgery Check-in

- ▶ On weekdays (Monday-Friday, 5:15 am-7:00 pm), enter the South Lobby and take the D elevators up to the 2nd floor, and then proceed to the Surgical and Endoscopy Check-in Desk
- ▶ After hours and on Saturdays, report to the Registration Desk located in the South Lobby across from the Information Desk
- ▶ You will be asked to verify insurance information for your child and sign authorization for treatment
- ▶ Once registration is complete, you will be directed to the Perioperative Services
- ▶ Women/girls of child bearing age will be asked to provide a urine sample upon arrival to Perioperative Services

## Post-Anesthesia Care Unit (PACU) Parental Guidelines

In recognition of the important role parents/legal guardians play in the recovery of their children following a surgical procedure, Edward Hospital would like to offer you an opportunity to be with your child during post-anesthesia recovery.

The following guidelines are designed to provide helpful information to parents/legal guardians visiting their children in the PACU/Recovery Room.

### Who may visit a child in the recovery room?

Two parents/legal guardians are allowed to come into the recovery room to visit for a short period of time. Only one parent/guardian is allowed to stay for the remainder of the Phase I recovery in the PACU/Recovery Room. Please decide before the surgical date which parent/guardian will stay. Both parents/guardians and child will be reunited during Phase II recovery in Perioperative Services.

### What happens in the recovery room?

The nurse and the anesthesiologist will evaluate your child by taking vital signs (temperature, pulse, respirations and blood pressure) and generally “settle” your child. Your child will be continuously monitored while in the PACU/Recovery Room.

### When may I visit?

There are a number of factors taken into consideration, so please do not be alarmed if you are not called back immediately after your child arrives in PACU (Phase I Recovery.) You will be contacted in the waiting room and escorted to the PACU/Recovery Room after your child has been assessed and settled in. Please understand that at any time during your visit it may become necessary for you to leave.

### **How will my child look?**

Anesthesia is not normal sleep; therefore, the process of waking up may include crying, restlessness and/or random movements.

Your child may seem to sleep for a long time or may seem awake. All of these are normal responses. Keep in mind that each child and each experience can be different. They will be connected to monitoring equipment, possibly oxygen and an IV. They may experience nausea and/or pain, which the nurse will help to manage.

### **What can I do for my child?**

When possible, you may hold or rock your child. You are encouraged to comfort, touch and soothe your child. For the safety and privacy of our patients, please stay at your child's bedside at all times. Your nurse will be happy to answer any concerns or questions you may have about your child.

### **What happens after the recovery room?**

The recovery process will continue in Perioperative Services. The nurse will settle your child in a room, take vital signs and give your child something to drink and pain medication, if needed. The nurse will continue to observe and assess your child.

When appropriate, the nurse will give you discharge instructions to manage the care of your child at home and answer any questions you might have.

### **Going Home the Same Day of the Procedure/Surgery**

Any child under the age of 18 must be accompanied by a parent or legal guardian. Please make arrangements for a parent/legal guardian adult to be present with your child at the hospital as well as with them at home.

**We want to make this a very good experience for you and your child. If you have concerns while you are here that cannot be addressed by your Primary Care Nurse, please ask to speak to the Charge Nurse or Manager before you leave.**

# Safe Surgery

## What you need to know

### Safety

For your protection the staff will ask the same questions many times. They will ask you:

- ▶ Your full name
- ▶ Your date of birth
- ▶ Your doctor's name
- ▶ The name of the procedure being performed
- ▶ What part of the body will be operated on
- ▶ If you have any allergies to medicines, soaps, skin care products or adhesive tape

### Informed consent

Your doctor will ask you to read and sign a consent form. Read it carefully. It includes:

- ▶ Your name
- ▶ The type of surgical procedure
- ▶ The risks and benefits
- ▶ A statement stating that you spoke to your doctor about the procedure and had your questions answered
- ▶ Your agreement to the procedure

Make sure the consent is correct, and that you understand the information.

Your surgeon may need to write their initials on your skin with a marker to make sure the procedure is performed on the correct part of your body.

### "Time Out"

Just before your procedure begins, the nurse will call a "Time Out". The nurse will state your name, the type of procedure and the part of the body where the procedure will take place. The surgical team, including the anesthesiologist, the surgeon, the surgical tech and the nurse all have to agree that the information is correct before proceeding.

Important things to remember the day of:

- ▶ Shower and wash your hair the day of your procedure
- ▶ Do not wear makeup, lotions, powders or creams
- ▶ Leave your jewelry at home
- ▶ Remove body piercings

### Things We Do to Prevent Infection

Some of the ways doctors, nurses and other healthcare providers prevent infections, include:

- ▶ Cleaning, disinfecting and sterilizing equipment and supplies
- ▶ Cleaning their hands
- ▶ Wearing special hair covers, masks, gowns and gloves during your procedure to keep the surgical area clean

### Things You Can Do to Prevent Infection

#### Before your procedure:

- ▶ Tell your doctor about other medical problems you may have – allergies, diabetes, and obesity could affect your surgery and treatment
- ▶ Quit smoking – people who smoke are shown to have more infections following surgery
- ▶ Do not shave near where you will have surgery – shaving with a razor can irritate your skin
- ▶ Ask your surgeon if you will need antibiotics for your procedure – antibiotics are recommended before some, but not all, surgeries to provide protection from infections

#### After your procedure:

- ▶ Make sure that your healthcare providers clean their hands with soap and water or an alcohol-based hand rub before examining you
- ▶ Family and friends should also clean their hands with soap and water or alcohol-based hand rub before and after visiting you – if you do not see them clean their hands, ask them to do so
- ▶ Family and friends should not touch the surgical wound or dressings
- ▶ Make sure you understand how to care for your wound before you leave the hospital – before you go home your doctor or nurse will explain everything you need to know
- ▶ Always clean your hands before and after taking care of your wound
- ▶ If you have any symptoms of an infection, such as redness or pain at the surgery site, cloudy drainage or fever, call your doctor right away.