

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 the Ambulatory Surgical Care Center (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.

- 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

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 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 him/her eat or drink anything after midnight unless you are instructed differently. This includes water, cough drops, lozenges, hard candy or gum.

Your Child's Procedure/Surgery Day

- Bathe or shower.
- Do not use powders, lotions, creams.
- Do not apply any make-up.
- Do not shave the procedural/surgical area.
- Your child may brush his/her teeth and rinse; but do not allow them to swallow any water.
- Do not give 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 or forms.
- If you were given a green wrist band at the time of your child's pre-testing lab draw, you must bring it with you. If you accidentally leave it at home, the blood test will have to be repeated and your child's procedure could be delayed.
- 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.

Upon Arrival

- It is important for you to arrive promptly at your designated time.
- Park in the **South Garage**.
- Report to the **Registration Desk**, located across from the Information Desk in the South Entrance.
- You will be asked to verify insurance information and sign authorization for treatment.
- Once registration is complete, you will be directed to the Ambulatory and Surgical Care Center.
- Women/girls of child bearing age will be asked to provide a urine sample upon arrival to the Ambulatory and Surgical Care Center.

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 the Ambulatory and Surgical Care Center.

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. They 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 alleviate.

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 the Ambulatory and Surgical Care Center. 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, he or she 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 Clinical Leader before you leave.