

PEDIATRIC PRE-OP ADVENTURE



Pre-Op Adventure tours are designed to prepare children for their surgical experience. All family members are encouraged to attend this free program.

WHY IT IS IMPORTANT TO ATTEND

Surgery can be a difficult time for parents and children. This enjoyable program is designed to help alleviate any fears that you, your child, or other family members may have about the surgical experience. The Pre-Op Adventure tour also gives you the opportunity to ask questions, interact with the staff, and to visit the surgical areas prior to the day of surgery. We have found that this preparation helps children feel more at ease on the day of their surgery. Our knowledgeable staff is here to make the surgical experience at Central DuPage Hospital as pleasant as possible for you and your child.

THE TOUR INCLUDES:

- A visit to the pediatric area of the Same Day Surgery Unit.
- A video depicting a child's same day surgery experience.
- A chance to handle hospital equipment.
- A time for questions.



WHEN TO SCHEDULE A PRE-OP ADVENTURE

Pre-Op Adventures should be scheduled as soon as you know your child is having surgery. If the surgery is scheduled on short notice or if your child is under the age of 3, we will make every effort to accommodate a private adventure for your child.

HOW TO SCHEDULE A PRE-OP ADVENTURE

To schedule a Pre-Op Adventure, please call Central DuPage Hospital Information and Physician Referral at 630-933-4CDH (4234). TTY for hearing impaired 630.933.4833.

Fee: Free

Schedule: Saturdays, twice monthly

Time: 12:30 - 2:00 p.m.

Location: Central DuPage Hospital
25 North Winfield Road
Winfield, IL 60190

PRE-PROCEDURE TESTING SITES

1. Central DuPage Hospital

25 North Winfield Road
Outpatient Services Entrance
630.933.1600

Monday-Friday
5:00 am – 11:00 pm
Saturday
5:30 am – 11:00 pm
Sunday
6:30 am – 8:30 pm

CADENCE HEALTH CONVENIENT CARE CENTERS

2. Bartlett

820 Route 59
630.213.9600

3. Bloomingdale

235 South Gary Avenue
630.893.9600

4. Glen Ellyn

885 Roosevelt Road
630.384.6200

5. Naperville

636 Raymond Drive
630.416.2300

6. St. Charles

2900 Foxfield Road
630.377.6500

7. Wheaton

7 Blanchard Circle
630.682.0500

Monday – Friday 7:30 am – 8:00 pm

Saturday – Sunday 8:00 am – 5:00 pm

TTY for the hearing impaired 630.933.4833



DO'S AND DONT'S FOR SURGERY

WHAT TO DO THE DAY BEFORE YOUR SURGERY

General Instructions

- Shower before bedtime
 - Use a clean, dry towel to dry your skin
 - Put on freshly laundered underwear and pajamas
 - Sleep in fresh laundered bed linens
 - Make arrangements for a responsible adult to drive you home after surgery and a responsible adult to stay at home with you for 24 hours after surgery; people recover from anesthesia at different rates; for your safety, we require you to be accompanied by a responsible adult at the time of discharge
 - Call your surgeon if you develop any cold symptoms (cough, sore throat, runny nose), develop a fever, have a new cut or wound or any other changes before surgery
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WHAT TO DO THE DAY OF YOUR SURGERY

- Arrive at CDH at or before your scheduled check-in time
 - Call us if you cannot come at your scheduled time
 - Wear loose-fitting, comfortable clothes
 - Don't wear makeup, jewelry or contact lenses the day of surgery
 - Don't bring money or valuables to CDH
 - Do not use SAGE cloths the morning of surgery; this will be done at CDH
 - Bring personal items you may need if you are staying overnight at CDH
 - If prescribed, bring insulin and inhalers with you; contact your doctor prior to the day of surgery for instructions on how to manage your diabetes on the day of surgery
 - Limit the number of family and friends who accompany you to the hospital; only two guests will be allowed in the preoperative holding area
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WHAT **NOT** TO DO THE DAY BEFORE YOUR SURGERY

- Don't eat or drink anything after midnight the night before surgery unless specifically instructed by your surgery confirmation nurse; if you are not sure, call us
 - Don't smoke after midnight the night before surgery; if you would like assistance with smoking cessation, or are concerned with stopping smoking, please contact your surgeon
 - Avoid all hair styling products after you bathe or shower
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Day of surgery expectations

Arrival

Getting to CDH is easy. A user-friendly map is enclosed to help guide you to the campus and get you to the correct entrance.

West Surgery

For patients having surgery in West Surgery, enter the CDH campus through Entrance 1 and go to the Outpatient Services Entrance. You can use the free valet service right in front of the building. If you choose to self-park in the attached garage or Lot 1, Surgery Check-In is on the second floor of Outpatient Services. Enter the building and you will be guided to the second floor by our friendly staff or by the signs that say Surgery Check-In. The Surgery Check-In/Waiting Room will be home base for you and your family during your surgical experience.

When you check-in for surgery, we will obtain a cell phone number from your family/friends. This will allow them to move around the building, get some coffee or visit the gift shop. If they do not have a cell phone, one can be provided during your stay.

East Surgery

For patients having surgery in East Surgery, enter the CDH campus through Entrance 1 and go to the Surgery Center Entrance. You can use the free valet service right in front of the building. If you choose to self-park, please park in Lot 1 or 4 and enter at the Surgery Center Entrance where you and your family will be greeted by a member of the surgical team.

Presurgical Lab Test

If your surgeon or anesthesiologist requires lab tests on the day of surgery, you will be informed by the surgery nurse during your preop phone call the day before surgery. The Outpatient Lab located on the first floor of the Outpatient Services Entrance will be expecting you. Please stop there before checking in at surgery. For patients having surgery in East Surgery, lab tests will be done in the Surgery Center.

Preoperative Preparation

Upon your arrival for surgery you will meet your preoperative surgical nurse. The nurse will ask you some very important questions, some of which you may already have answered in the health history. Your name, date of

birth, allergies and surgical procedure will be asked many times by many members of the surgical team for your safety. You also will change into hospital clothes (we provide you with a gown, robe and slippers), your vital signs will be taken, your IV will be started and you may receive an antibiotic if your doctor has prescribed one. This is a great time to ask any additional questions about your surgery.

Anesthesia

Prior to your arrival, the anesthesia department will have reviewed your health history and lab test results, discussed the best option for anesthesia with your surgeon and worked with your surgeon/physician to ensure that you are in the best possible condition prior to your surgery. Just before you go to the operating room, you will meet your anesthesiologist. Your anesthesiologist will ask you some questions about any previous anesthesia you may have received, explain the type of anesthesia you will be receiving, discuss pain management options and make some final safety checks. While it may seem that there is a lot of activity to get you ready for surgery, this is a great time to ask your anesthesiologist any questions you or your family may have about your anesthesia.

You also will meet a nurse from your operating room team. He/she will do your final preparation before going to the operating room, answer any questions you may have and may escort you to surgery. Your surgeon may come out to see you before you leave the preop area for the operating room or will greet you upon arrival in the operating room.

Once in the operating room, you will see a lot of equipment, lights and activity. At this point, the operating room staff is making sure everything is set for your surgery and beginning to prepare you for the procedure. Your anesthesiologist will explain everything that is about to happen and begin your anesthesia.

Postoperative Care

After your surgery is finished, you will be moved to the Post-Anesthesia Care Unit (PACU). You will stay here until the majority of the anesthetic has worn off and it is safe for you to move to a hospital room or the second phase recovery. Your family will join you in the second phase recovery room and you will be prepared to go home.

The time of your surgery and what time to arrive at the hospital

We will be able to confirm your surgical time after 2 pm the day before your scheduled procedure. A member of the Surgical Services staff will call you and tell you what time to arrive at CDH and also inform you of any day-of-surgery tests that have been ordered. If you will not be at your home, or you missed our call, please call us to confirm your times between 2 pm and 5 pm, Monday-Friday (for West Surgery call 630.933.2647; for East Surgery call 630.933.6708). TTY for the hearing impaired 630.933.4833.

Your surgical time is an estimate. When you actually go to the operating room may vary. Generally, any changes to your actual surgical time are due to longer or shorter than expected surgeries prior to yours. Occasionally, emergency surgeries also can delay your actual surgery time. If there

Confirmation

Please call us to confirm your surgery time between 2 pm and 5 pm, Monday-Friday (for West Surgery call 630.933.2647; for East Surgery call 630.933.6708). TTY for the hearing impaired 630.933.4833.

is a delay in your surgery time, we will attempt to call you at home and give you a later arrival time. If you have arrived at the hospital and your surgery time is running late, we will keep you informed with frequent updates of your new surgery time and provide you with options to keep you as comfortable as possible.

Surgery checklist

Call to confirm your surgical time the day before surgery (call on Friday for Monday surgeries).

For procedures scheduled in West Surgery, call 630.933.2647 between 2 pm and 5 pm.

For procedures scheduled in East Surgery, call 630.933.6708 between 2 pm and 4:30 pm.

If you do not know where your surgery is scheduled, call 630.933.2647.

TTY for the hearing impaired 630.933.4833.

I have completed any suggested or required educational programs.

Anesthesia

Surgery Specific EMMI*

Joint Adventures Class

I confirmed my arrival and surgical time.

I need to arrive at the hospital at _____ am _____ pm

My surgery is scheduled for _____ am _____ pm

My surgery is scheduled in: _____ West Surgery _____ East Surgery

Skin Care

I have completed my skin care preparation (as instructed).

Day of Surgery Lab Tests

I have lab tests to be done on the day of surgery. _____

OR

I do not have lab tests to be done on the day of surgery.

Eating and Drinking

I cannot have ANYTHING to eat or drink after midnight - including gum, candy and water.

OR

I may have solid foods until: _____ I may have clear liquids until: _____

Medications

My pre-procedure nurse told me which medications to take the night before and the day of surgery with a sip of water.

Medication: _____

General Instructions

I have arranged for someone to drive me home from the hospital the day of surgery.

I have arranged for someone to stay with me at home during the first 24 hours after the day of surgery (unless I am staying at CDH).

I have brought personal items with me that I may need should I be staying overnight at CDH after my surgery.

I have a picture ID and my insurance card. I have left all other valuables at home.

I have a map or directions to help me get to CDH.