

A Parent's Guide: Preparing for Your Child's Surgery or Procedure

Welcome to Swedish Medical Center. We look forward to giving you and your child the very best of care. Our goal is to see that your entire experience at Swedish is excellent in every respect.

To help us do that, there are a number of things you will need to know and do to prepare for your child's surgery or procedure. Please take the following steps:

1. Read this handout carefully and pay particular attention to the pre-operative diet and medication instructions.
2. A representative from Swedish Medical Center will be calling you to:
 - Register you at the hospital
 - Schedule you for a pre-admission telephone appointment with a registered nurse at the Swedish campus where you will have your surgery or procedure
3. If you receive a telephone message from Swedish, please promptly return the call. If you would like to contact Swedish in advance to register and schedule your pre-admission appointment, please call the phone number below.
4. Call the financial office (see below), if you have questions about insurance or costs for the surgery.

For more information, visit www.swedish.org under "surgical services" or "for patients."

You are scheduled to have surgery at:

- Ballard Campus
 Cherry Hill Campus
 First Hill Campus – Main Hospital
 First Hill Campus – Orthopedic Institute

When and Where to Arrive

Your doctor's office will give you the date and time to arrive at the hospital. You can write these below as a reminder.

Date: _____

Arrival Time: _____

Pre-Operative Diet Restrictions

The last time my child can eat solid food: _____

The last time my child can drink formula, breast milk or non-clear liquids: _____

The last time my child can drink clear liquids: _____

A map with directions and parking is included in this packet. Check-in for Pre-Admission and Surgery is at Patient Registration.

	Ballard Campus	Cherry Hill Campus	First Hill Campus – Main Hospital and Orthopedic Institute
Phone:	206-781-6245	206-320-4116	206-386-2997
Fax:	206-781-6110	206-320-4390	206-386-2992
Financial:	206-781-6225	206-215-2310	206-215-2310
Toll free for all campuses: 1-866-851-5111			

Surgery or Procedure and Your Child

At Swedish, we recognize that surgery can be scary for children. That is why we strive to make the entire experience as positive as possible. You can be assured that your child will receive care from a highly trained staff using the most advanced medical technology — all in a child-friendly environment.

Child Life Specialists

Child life specialists are part of the health-care team. Their job is to help your child prepare for surgery through therapeutic play. If you wish to speak with a child life specialist, please call 206-386-6283.

Swedish supports children and their families by using in-house pediatric hospitalists and anesthesiologists, pediatric nurses, child life specialists, pediatric pharmacists, and pediatric social workers. Your child will also have access to children's play rooms in our surgery units.

You can help prepare for your child's procedure by reading this packet and following the instructions provided.

- The hospital experience starts with a pre-admission appointment. During this telephone call, a nurse will interview you to complete your child's hospital chart, explain what you can expect and answer any questions. Please have your child's medicines with you for your interview.
- If you wish, you may take a tour of our surgery center, pediatric unit or pediatric intensive care unit. Becoming familiar with the hospital can make it less stressful for you and your child on the day of surgery. Tours are conducted Monday through Friday. Call the child life specialists at 206-386-6283 if you would like to schedule one.
- On the day of your child's procedure you will be asked to sign consent forms and meet with the anesthesiologist. **A parent or legal guardian must be present on the day of procedure.** Proof of legal guardianship must be provided if you are not the child's biological parent.
- To allow you to focus on your child who is a patient, we encourage you to arrange child care for your other children. **SIBLINGS ARE NOT ALLOWED IN THE SURGERY AREAS.** Only one adult caregiver will be able to accompany the child through the process of this procedure. Two adult caregivers may be with your child as you prepare to go home.



Important Instructions

Prior to surgery:

- Call your surgeon if your child experiences any major change in health, including a cold, flu, fever, bladder infection, diarrhea or other infection.
- Read the pre-operative diet instructions.

The day of surgery:

- Bathe your child and wash their hair before coming to the hospital. The night before is fine.
- DO NOT let your child wear makeup or use personal-care products such as hairspray, perfume, gels, aftershave, facial creams, oils, lotions or hair conditioner. Use only soap and shampoo.
- Make sure your child follows the pre-operative diet instructions (see on back). If instructions are not followed, the procedure or surgery will be delayed or possibly cancelled.
- Arrive at the hospital at the time given by your surgeon's office.
- If your child uses inhalers for asthma, bring them with you.
- We encourage you to bring your child's special security blanket, stuffed animal, etc. to the hospital. If your infant uses a special bottle, formula or nipple (such as a Playtex Nurser), please bring it with you.
- Have your child wear loose, comfortable clothing.
- Leave all valuables at home, including jewelry worn every day.
- Remember to allow time for parking (see map in this packet).



Pre-operative Medicine Instructions

Unless instructed otherwise by your doctor, surgeon or anesthesiologist, please have your child follow the guidelines below for taking medicine before surgery.

One week before surgery:

STOP taking all aspirin and all medicines that contain aspirin, such as Anacin, Excedrin or baby aspirin.

Two days prior to surgery:

STOP taking all non-steroidal, anti-inflammatory medicines, such as Advil, Arthrotec, Aleve, DayPro, Feldene, Ibuprofen, Indocin, Motrin, Naproxen, Naprosyn, Orudis, Relafan, Voltaren and Vicoprofen.

On the morning of your child's surgery:

Make sure your child takes ALL other usual morning prescribed medicines with a small sip of water. If your child uses an asthma inhaler, have him or her use it and bring it to the hospital.

<p>8 hours before check-in</p>	<p>STOP your child from eating any solid food. Continue to allow liquids.</p> <p>NO FOOD NO LOZENGES NO GUM</p>
<p>6 hours before check-in</p>	<p>STOP giving your child liquids that you cannot read a newspaper through.</p> <p><i>Examples:</i> all forms of milk except breast milk, juice with pulp, formula.</p> <p>CONTINUE to allow breast milk and clear liquids that you can read a newspaper through.</p> <p><i>Examples:</i> 7-up, Gatorade, plain jello, apple juice without pulp.</p> <p>NO MILK NO FORMULA NO JUICE WITH PULP</p>
<p>4 hours before check-in</p>	<p>STOP breast milk.</p>
<p>2 hours before check-in</p>	<p>STOP giving your child anything by mouth except medicine as directed by your doctor.</p> <p>NO WATER NO CLEAR LIQUIDS</p>

Pre-operative Diet Instructions

Unless instructed otherwise by your child's doctor, surgeon or anesthesiologist, your child must follow these diet instructions before surgery. If instructions are not followed, the procedure or surgery will be delayed or possibly cancelled.

Recovery Room

In the recovery room, your child will be cared for by specially trained nurses. The amount of time your child will spend in recovery varies. We understand how important your comfort and support are to your child's recovery, so you will see your child as soon as possible. Friends and family

can call 206-386-2150 or check at the surgery information desk in the main lobby of the hospital for updates after surgery.

Staying in the Hospital

If your child is scheduled to stay in the hospital following surgery, we encourage one adult to stay over night through the duration of the stay.

Child care is not available at Swedish. Siblings may not stay over night in the hospitalized child's room. Patient visiting hours are 7 a.m. to 9 p.m. Siblings may visit during these hours; children under 12 must be with an adult.

Planning to Return Home

Ask your surgeon's office about your child's care at home after the procedure. On the day your child is scheduled to go home (either the day of the procedure or after an inpatient stay), you or another authorized adult **MUST** be present to take your child home. (A procedure will be cancelled if the child has no adult escort on the day of the procedure.) Children may **NOT** drive themselves or travel home by bus. They may take a taxi with an adult escort. All patients, regardless of age, should have someone with them through the first night at home after a procedure or inpatient stay.

Answers to Your Questions

We want you to feel involved and informed. If you have any questions or concerns about any aspect of your child's surgery or procedure, please feel free to call the phone numbers in the box below.

PHONE NUMBERS

Pre-Admission Center
206-386-2997

Anesthesia
206-215-3656

Child Life Specialist
206-386-6283