

Let's Talk About...

Preparing for Your Child's Surgery or Procedure

We want you and your child have a positive experience during their surgery or procedure. The following guidelines will help you and your family get ready for your child's surgery.

How do I explain the upcoming surgery to my child?

Explain details in an age-appropriate way. For example, toddlers and preschoolers need a more simple explanation than older children. You and your child can also go to a pre-surgery class. (It is best to attend at least 3 days before your child's surgery.)

What happens during the pre-surgery class?

The classes usually include:

- A tour of the surgery area
- A video about what to expect during surgery
- A medical play session with a child life specialist to show children the equipment, smells, sights, and sounds of surgery
- Time for older children and teens to talk about their concerns
- Time for parents to ask staff questions

Check with the facility to find out who can attend.

How do I sign up for a pre-surgery class?

To sign up, scan the code at right with your mobile device or type this link into your computer: [intermountainhealthcare.org/kidsurgeryprep](https://www.intermountainhealthcare.org/kidsurgeryprep). You will need the following information:



- Your child's name and age
- The day you want to attend the pre-surgery class
- Who will be coming
- The type of surgery your child is having
- The day your child's surgery is scheduled

Specific instructions for your child

Surgeon's name:

Surgery time:

Surgery facility:

The facility will contact you with an arrival time. If you don't hear from them, call your surgical facility.

Where to go:

When to stop eating:

When to stop drinking:

Who do I call for help?

Call the pre-surgery registration and billing at 801-906-2600 between the hours of 8:00 a.m. and 6:00 p.m, Monday - Friday.

Pre-surgery nurse contact information:

If you cannot attend a pre-surgery class, you can watch a pre-surgery video instead. To view, scan the code at right with your mobile device or type this link into your computer: [youtube.com/watch?v=55vWVKWJ1fQ](https://www.youtube.com/watch?v=55vWVKWJ1fQ)



How do I prepare for my child's surgery?

1 week before surgery

- Call your surgery facility or **801-906-2600** to pre-register and go over billing. You will:
 - Confirm your insurance and billing information
 - Update contact information
 - Discuss your financial responsibility
- Register for and attend a pre-surgery class or watch the pre-surgery video to prepare your child.
- Plan for childcare for other children in the family. Check with the facility to confirm how many adults are allowed to come with your child. This may change due to the pandemic.
- Call your child's surgeon if your child is sick.
- Let your child's surgeon know if your child is taking taking ibuprofen, aspirin or aspirin products, or blood thinning medications.
- Call your child's specialty healthcare provider (endocrinologist, hematologist, or cardiologist) for any pre-surgery instructions.

The day before surgery

A pre-surgery nurse will call with your child's surgery check-in time and diet instructions.

- Be prepared to discuss your child's medications, allergies, previous surgeries, and health history.
- Write down your child's diet instructions. Your child must not eat or drink for several hours before surgery. It is important for you and your child to follow all diet instructions. If your child swallows anything 3 hours before the surgery, it may be delayed or canceled.
- If your child's surgery is scheduled Monday, the nurse will call on Friday. If your child's surgery is scheduled Tuesday through Friday, you should receive a call by 4:00 p.m. the day before the surgery (Monday through Thursday). **If you do not get a call by 4 PM the day before the surgery, call your surgical facility.**

Diet guidelines before surgery

AT MIDNIGHT THE DAY BEFORE SURGERY

Stop all solid foods. this includes:

- Candy
- Gum
- Dairy or nondairy milk
- Formulas
- Thickened formulas or liquids
- Fortified breast milk

4 HOURS BEFORE CHECK-IN TIME

Stop breast milk

2 HOURS BEFORE CHECK-IN TIME

Stop clear liquids. This includes:

- Water
- Clear sodas such as 7-up® or Sprite®
- Apple juice
- Electrolyte drinks such as Pedialyte®

Note: You and other caregivers should eat before bringing your child to the hospital. This will help to keep your energy levels up and lower stress. Try not to eat or drink in front of your child.

MY CHILD'S INSTRUCTIONS:

- Bathe your child with soap and shampoo.
- Dress them in clean clothing
- Do not use lotions, creams, powders, deodorants, or makeup
- Put clean sheets on your child's bed



The day of surgery

On the day of your child's surgery, be prepared for the following:

- If your child is female and 12 years or older, or has started menstruating, you will need to bring a urine (pee) sample in a clean, disposable container wrapped in a plastic bag.
- Bring your photo identification, health insurance card, and other documents you've been asked to provide.
- Bring your child's favorite blanket, toy, books, and activities for the waiting room (label everything with your name and contact information in case it gets lost).
- Pack a clean set of comfortable clothes for your child to wear home after surgery.

Who can come to the hospital for my child's surgery?

Please check the guidelines at the facility where your child is scheduled for their procedure. These guidelines may change due to the pandemic. In general:

- Only 2 adults will be allowed to be with your child during their surgery.
- Don't bring other children to the hospital, except breastfeeding infants.
- If your child is staying overnight, 1 adult will need to stay in their room with them.

What to expect

When you arrive at the hospital for your child's surgery:

- Make sure your child follows their instructions for eating and drinking before surgery.
- Have your child remove contact lenses, jewelry, and non-permanent retainers.
- You'll use chlorhexidine [klor-HEX-eh-deen] (CHG) wipes to clean your child's body.
- An ID band with your child's name will be placed on their wrist or ankle. A healthcare provider will check the ID band when talking to your child, giving any medication, and before their surgery or procedure.
- Parents or guardians will also receive an ID band or code. This tells hospital staff that you are the child's responsible caregiver.

Your child's surgery time is an estimate. The time may change if you arrive late or if other surgeries take longer than expected. It is important to arrive on time. Your child may go to surgery sooner or later than expected.

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。