

Your Child's Pre-Surgery Checklist

Your child is scheduled to have surgery at Primary Children's Medical Center, either in Salt Lake City or Outpatient Services at Riverton. Thank you for trusting us with your child's care. We will do all that we can to make your time here positive.

Here is some information you will find useful to prepare for your child's surgery:

1 | PRE-SURGERY CLASSES

Studies show that patients who understand and are prepared:

- Cope better with surgery.
- Feel less nausea and vomit less.
- Walk and eat sooner after surgery.
- Go home sooner.
- Are calmer, have less pain, and need less pain medicine.
- Experience less stress that may cause behavior changes.
- Have parents who are better able to help their child through surgery.

How do I sign up for the class?

Call Primary Children's Salt Lake, 801.662.2824, or, call Primary Children's Outpatient Services at Riverton, 801.285.1537. Please give the following information:

- Your child's name and age
- The date you want to attend the pre-surgery class.
- How many adults and children are coming
- Type of surgery your child is having
- Date of the surgery

When is the class?

- **Primary Children's Salt Lake:** Monday-Thursday from 4:30 PM-5:30 PM.
- **Primary Children's Outpatient Services at Riverton:** Thursday, 4:00-4:45pm (age 2-10) or 5:00-5:45pm (11 and older)

Who can attend the class?

Patient, brothers or sisters, and parents or guardians

How do I get to the class?

- **For Primary Children's Salt Lake:** Park and enter on the south side of the hospital. Take the elevators to the 2nd floor. Child Life Specialists will meet you by the elevators as you get off.
- **For Primary Children's Outpatient Services at Riverton:** Go to the Primary Children's Outpatient Building main entrance. Take the elevators to the second floor.

Other questions:

If you have additional questions please contact a child life specialist at Primary Children's Salt Lake at 801.662.3755, or for a child life specialist at Riverton, please call 801.285.1537.



Primary Children's pre-surgery preparation classes include:

- A DVD called "Scraps Goes to Surgery."
- A tour of the surgery area.
- Medical play 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, which may include child life specialists and nurses, questions.

2 | EATING AND DRINKING BEFORE SURGERY. Carefully follow instructions about when your child should stop eating and drinking before surgery.

- **Your child should eat or drink only clear liquids after midnight. He should not eat gum or candy.** Clear liquids include apple juice, 7-Up/Sprite, Pedialyte, or water. Amounts are not limited unless specified by the doctor or anesthesiologist. Do not give broth or anything to drink that has pulp such as orange, grape, or tomato juice.
- **Your child should not eat or drink (NPO) for the three hours before the scheduled surgery time.** This includes feeding tubes, feedings and clear liquids.
- **A nurse will call** and give you specific instructions the day before surgery or Friday afternoon after 3:00 PM for Monday surgeries. (Breast fed children may have different rules about eating than other children. The nurse who calls will give you specific rules for when to stop breastfeeding the day of surgery.)
- **Please follow any other special instructions** your doctor and other healthcare providers give you.

This is an important part of pre-surgery preparation. If your child eats or drinks too close to his surgery time, the surgery may have to be canceled.

3 | SCHEDULE YOUR CHILD'S SURGERY AND MAKE ARRANGEMENTS.

- **Pre-registration:** You can pre-register ahead of time.
 - **Register by phone:** You may register by calling 801.442.8600 or 1.888.269.8674 (Monday-Friday from 7:00 AM–7:00 PM or Saturday, 8:30 AM–4:00 PM).
- **Lab work:** You may may have lab work done before surgery. This may include having some blood drawn through a small needle.
- **Your child's health:** Be aware of your child's health a few days before surgery. If your child has a fever or other illness, check with your healthcare provider. If your child is ill, surgery may need to be postponed.
- **Arrival time and surgery time:** Same Day Surgery Nurses will call the afternoon or evening before surgery to let you know what time to be at the hospital. If surgery is scheduled Monday, they will call Friday after 3:00 PM.
- **You and your family:** We ask that only two adults and no other children (except breast-fed babies) come with your child the day of surgery. There is limited space. Please arrange child care for other children in the family.
 - If your child is spending the night, one adult must sleep in the child's room. If necessary, arrange for your family's care.
 - Parents who need lodging during their child's hospitalization can make arrangements through the Parent Resource Center at 801.662.3795.
- If you have questions about hospital or doctor billing or your insurance coverage, call the registration number 801.442.8600.

Surgery Schedule:

Surgery date: _____

Clear liquids until _____ then nothing

Arrive at the hospital: _____

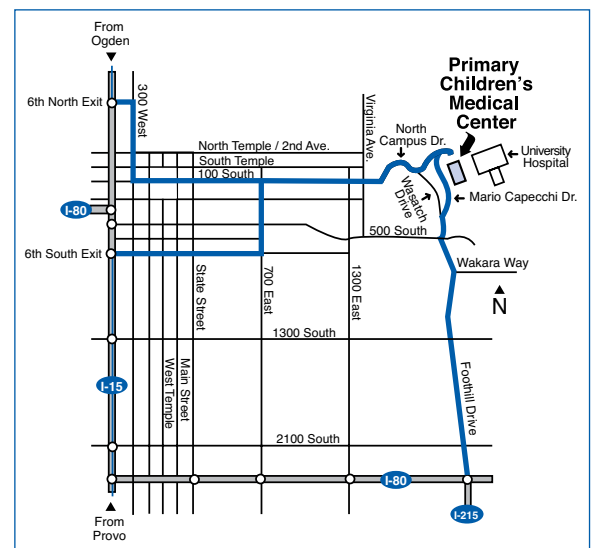
*Estimated time of surgery: _____

*A note about your surgery time:

The surgery time given to you is an estimate only. It may be affected by factors such as late arrivals for other surgeries, unexpected trauma cases, and surgeries that take longer than expected. Your child may go to surgery sooner or later than is estimated. In case you have to wait, bring things for you and your child to do.

4 | COME TO THE HOSPITAL PREPARED.

- Bring current medications, if any.
- Your child will not eat the morning of surgery. You may not want to eat in front of your child. You should still eat as normally as possible to keep your strength.
- Leave your child's valuables at home. This includes jewelry, watches, and other valuables.
- You may bring:
 - Your child's favorite toy or blanket (which he may take into surgery)
 - Formula or special food
 - Money for the cafeteria or vending machine
 - Your state issued photo I.D.
 - Test results you've been asked to bring or doctor's orders for labs to be drawn during surgery.
 - Health insurance information
 - A labeled case for your child's glasses, contacts or hearing aids, etc.
 - Something for you and your child to do while you're waiting
- Please label everything you bring with you.



For directions see reverse side, under the section Directions to the class. Please see map to the right for additional reference.