

Hearing that your child needs surgery can be stressful.  
This booklet has been developed to help you and your child prepare for surgery.

## Your Child's Surgery or Procedure

Your child's surgery is booked for:

Date: \_\_\_\_\_

With doctor: \_\_\_\_\_

Telephone of Doctor: \_\_\_\_\_

Location: Surgical Day Care,  
BC Children's Hospital,  
Room 1D12 (First Floor)

Telephone for Surgical Day Care:  
604-875-2345 x 7225

**!** Call the Surgical Day Care Unit before coming to BC Children's Hospital if you notice the following within 72 hours of the surgery time:

- Your child has a rash
- Your child has a cold
- Your child has a fever
- Your child has diarrhea
- Your child has been with someone who has a virus
- You have other concerns about your child's health

## Preparing Your Family

### Preparing Your Child

Talking about the surgery using pictures or stories can help children deal with the new and the strange. It's a good idea to include your child's brothers or sisters. Here are 2 ideas to help you talk about the surgery with your child.

1. Take the **BC Children's Virtual Surgery Tour** at [www.bcchildrens.ca/surgerytour](http://www.bcchildrens.ca/surgerytour)
2. The **Family Support and Resource Centre** has a number of resources to lend you that can help both you and your child prepare for surgery. The Centre is located in the BC Children's Ambulatory Care Building, one floor up from Starbucks in Area 11.



All About Your Operation DVD



You can also access the video through:

[www.bcchildrens.ca/ReadyforSurgery](http://www.bcchildrens.ca/ReadyforSurgery)



- ▶ **Franklin goes to the hospital** (Ages 3 to 7) by Paulette Bourgeois.
- ▶ **Alexander's hospital stay** (Ages 4 to 7) by Laura Nickel
- ▶ **Surgery for me?** (Ages 4 to 8) by Sara Jane Books

## Preparing Yourself



Watch the part of the **All About Your Operation** video that is called "A Parent's Role in a Child's Surgery – Be Calm, Be Ready"



**You can also access the video through:**

[www.bcchildrens.ca/ReadyforSurgery](http://www.bcchildrens.ca/ReadyforSurgery)

- ▶ Think about ways you can comfort your child and help him or her stay calm on the day of surgery.



**Check out Tips for Caregivers**

for ideas on how you can help your child stay calm on the day of surgery. You know your child best. Bring the toys and books that will work for your child.

- ▶ Plan how you will get to BC Children's on the day of the surgery and what you will bring and do during your child's surgery.



Read **Getting your child ready for outpatient surgery** (for parents and caregivers)  
by Jerry C. Vaughan

## Making Arrangements for Help for the Day of Surgery

- ▶ Organize childcare for your other children during your child's surgery. This allows you to give your full attention to your child before and after his or her surgery.
- ▶ Arrange for someone to drive you and your child home from hospital. Before your child is discharged, the nurse will check with you to make sure you have a ride home.

## Preparing For Your Child's Recovery at Home

- ▶ Have acetaminophen (Tylenol®), ibuprofen (Advil®) and an anti-nauseant (Gravol®) that are appropriate for your child's age at home.
- ▶ Have foods that will help if your child feels sick to their stomach (e.g. plain toast, crackers, and gingerale). **Your child will be fasting before the surgery so these foods are for after you return home.**
- ▶ Have other foods ready that will be easy for your child to swallow (e.g. soups, puddings, popsicles).
- ▶ Make sure you have a child's thermometer that is working and ready to use.
- ▶ Plan for a quiet day at home and staying close to your child so you can watch them on the day after surgery.

## From Out of Town?

- ▶ Make your travel and accommodation arrangements as soon as you know the date of the surgery.
- ▶ The BC Family Residence Program can help you organize and pay for bus and air travel. It can also help you organize and pay for a place to stay close to BC Children's. You need to provide the dates, reason for travel, your child's BC Health Care Card number, and the doctor's name.



**Check out Family Support's tips on how to get to BC Children's and where to stay. You can find them at:** [www.bcchildrens.ca/fsrc](http://www.bcchildrens.ca/fsrc)

## Expect a Call From a Nurse the Day Before Surgery

A nurse from Surgical Day Care will call you between 11:00 a.m. and 6:00 p.m., 1 working day before your child's surgery. This is an important call. Find a quiet place make some notes and ask questions so you are sure of:

- ▶ The last time your child can eat or drink.
- ▶ What regular medications your child can take.
- ▶ When to arrive and how long you can expect to stay at the hospital.



If your English is limited, have an English-speaking family member or friend with you for this call and ask the nurse that calls to book an interpreter for the day of surgery.



**If you do not receive this call, please phone 604-875-2191 before 5:00 p.m.**

## Meeting the Healthcare Team Before Your Child's Surgery

The team that will look after your child during his or her surgery includes your child's anesthesiologist (sometimes called the sleep doctor), surgeon and nurses. Before your child's surgery, members of this team will:

- ▶ Ask you questions about your child's health.
- ▶ Check your child's weight and height.
- ▶ Do some tests (such as blood pressure or blood tests).
- ▶ Explain how your child will be put to sleep for the surgery.
- ▶ Answer your questions.

**This is important information that helps your child's team prepare for the surgery. It also helps you and your child know what to expect.**



**For some questions you might ask, check out the website**

[www.bcchildrens.ca/ReadyforSurgery](http://www.bcchildrens.ca/ReadyforSurgery)

## Important Instructions for the Night Before Surgery

- ❑ Give your child the prescribed pre-operative medication, if any.
- ❑ Make sure your child is not wearing any make-up, nail polish or jewelry (including earrings and any other body piercings).
- ❑ Give your child a bath and wash his or her hair. If your child's hair is long, have it in a braid.
- ❑ Carefully follow the fasting instructions below for your child. An empty stomach is an important part of your child's safety during an anesthetic.

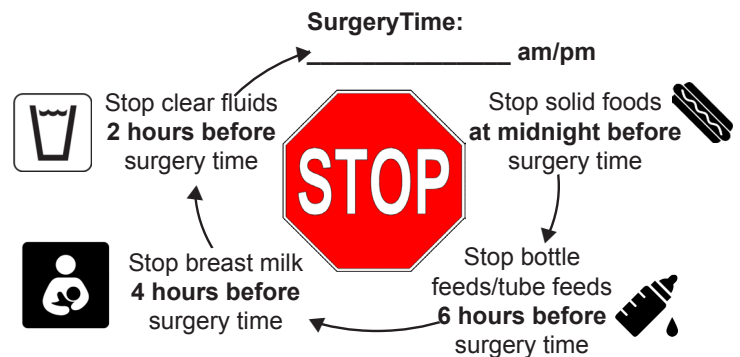


Image adapted from The Hospital for Sick Children



**If you do not follow the fasting instructions, your child's surgery or procedure may be postponed for his or her safety.**

## The rules about eating and drinking before surgery time:



### solid food at Midnight before surgery time

- ▶ Solids include liquids with solid components (i.e., orange juice, soup broth), as well as Jell-O
- ▶ No solids or milk after midnight
- ▶ No gum or candy after midnight



### bottle feeds (formula) or tube feeds 6 hours before surgery time



### breast milk 4 hours before surgery time



### clear fluids 2 hours before surgery time

- ▶ Clear fluids are fluids you can see clearly through (i.e., water, clear apple juice, white grape juice)
- ▶ Jell-O is NOT a clear fluid

The nurse that calls you the day before surgery will review these instructions with you.

## What to Bring on the Day of Surgery

Aim to pack what you need in a single backpack or bag that you can carry. Your day will be easier if you pack light. Consider leaving your child's stroller at home or in your car.

### Essential items:

- Your child's BC Health Care Card



- Completed medical history form for your child, if one was given to you to fill out.

- Loosefitting clothes for your child to go home in. Extra diapers if your child uses them.
- This booklet

### Suggested items:

1. Your child's favourite toy, book, or blanket.
2. Your child's housecoat and non-skid slippers or flip-flops.
3. Your child's pacifier, usual feeding bottle or sippy cup.



### Read What to Bring with You at:

[www.bcchildrens.ca/ReadyforSurgery](http://www.bcchildrens.ca/ReadyforSurgery)

- ▶ If your child will be staying in the hospital overnight, consider the Sunshine Bundle, a package that includes a private room, parking passes and cable TV. Learn more at: [www.bcchildrens.ca/YourVisit/AccommodationChoices/TheSunshineBundle.htm](http://www.bcchildrens.ca/YourVisit/AccommodationChoices/TheSunshineBundle.htm)

## Where Do We Go?

- ▶ It will be difficult to find a parking spot.
- ▶ Use the valet at the BC Children's Main Entrance to park your vehicle for you. There is no charge for this service.
- ▶ Enter the Main Entrance of BC Children's.



### Read Where Can I find Parking? at:

[www.bcchildrens.ca/ReadyforSurgery](http://www.bcchildrens.ca/ReadyforSurgery)

Starting in 2012, there will be construction at the BC Children's site. You can check for updates at:

[newcw.phsa.ca/ConstructionUpdates/ParkingUpdates/](http://newcw.phsa.ca/ConstructionUpdates/ParkingUpdates/)

- ▶ Allow extra time to find the Surgical Day Care Unit. Walk through the lobby towards the corridor on your left.
- ▶ Follow the Surgical Day Care signs to the Day Care Surgery window.



## What Happens on the Day of Surgery

- ▶ You will help your child change into a hospital gown. Your child can play in the waiting area with you close by.
- ▶ An anesthetist will talk with you about what will happen in the Operating Room and how your child will fall asleep for the surgery.
- ▶ Your family will decide with the anesthetist who is best to accompany your child to the Operating Room until your child is asleep. This may be 1 parent, another caregiver or nurse.
- ▶ During the surgery, you can wait in the Surgical Day Care waiting area. You can also go for a walk or find somewhere to eat. This can help you feel calm and ready to support your child when he or she wakes up. Let the volunteer in Surgical Day Care know how to reach you.
- ▶ After the surgery is finished, your child's doctor will come out of the Operating Room to explain how everything went.
- ▶ Someone from Surgical Day Care will find you in the Surgical Day Care waiting area so you (and another parent or caregiver) can be by your child's side in the Recovery Room.



You can prepare for your child's anesthetic by reading **Your Child's Anesthesia for Surgery** at:

[www.bcchildrens.ca/ReadyforSurgery](http://www.bcchildrens.ca/ReadyforSurgery)

**!** The anesthetic may make your child go limp very quickly. Your child's eyes may roll back or their body may jerk. This can be difficult to watch. If you feel faint or dizzy at anytime, tell the closest nurse or doctor.

## What Happens in Recovery

- ▶ Your child may be drowsy, confused, restless or upset when he or she awakes. Keep the bed rails up for your child's safety.
- ▶ Stay by your child's side. You know your child best. If you think your child is thirsty or uncomfortable, tell your child's nurse in the Recovery Room or Surgical Day Care Unit.



**The Recovery Room is also called the Post-Anesthetic Care Unit (or PACU for short). Read Frequently Asked Questions about your child's recovery at:**  
[www.bcchildrens.ca/ReadyforSurgery](http://www.bcchildrens.ca/ReadyforSurgery)

- ▶ Your child's doctors or nurses will know when your child is ready to go home. Before you go home, a nurse will explain how you can take care of your child at home.

**This handout contains links to helpful resources. You can access these links from home or through Wifi at BC Children's.**

To take the BC Children's Virtual Surgery Tour, scan this QR code with your Smartphone.



**Puzzled by this image? Here's what you can do:**

- To scan QR Codes, you need to download a free QR Scanner app on your smartphone. We like I-nigma & Beetag.
- Open your QR Scanner app and point your phone's camera at the QR code.
- You may see a frame in which to focus the QR code. Align the QR code in this frame.
- You may have to click a button for the app to scan and read the QR code and take you to the Virtual Surgery Tour website.

**Don't use QR codes? You can access the tour at:**

[www.bcchildrens.ca/surgerytour](http://www.bcchildrens.ca/surgerytour)

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