

Introduction: This leaflet provides information to help you and your child to prepare for the operation/procedure

Information: You will meet the surgical team in the Out-Patients Department or on the ward prior to your child's surgery. Please discuss any concerns regarding the procedure with the surgical team or your nurse prior to the operation. Details of the surgery and any implications for your child will be discussed with you, allowing you to make an informed consent.

Important: If you have any concerns about the procedure or consent taken, please request to speak with your consultant before your child goes to theatre.

Please answer all questions as thoroughly as possible to ensure safety throughout the procedure. It is important to inform nursing staff of the following:

- Current and past health
- Any recent infections
- Infection status (MRSA, ESBL)
- Recent immunisations
- Allergies, reactions to previous anaesthetics for your child or family
- Medications (including herbal/alternative therapies)
- Any loose teeth

Medications: Regular medications may be taken as usual. There are some exceptions to this (for example warfarin, aspirin), please check with your child's nurse. It is essential you bring your child's medication to hospital with you. This includes any inhalers and spacer devices and 'High Tech' prescription medications. If you do not bring these medications with you, there may be a delay in your child receiving his/her medication.

If your child is unwell in the week before their surgery (high temperature, infection, vomiting or diarrhoea), please contact the hospital for advice.

Adolescents: To ensure the safety of your child, nursing staff require specific information for adolescents:

- if taking the contraceptive pill
- if your child smokes
- date of last menstrual period

If there is any concern/uncertainty in relation to the date of last menstrual period, your nurse/doctor will discuss this with you (and a pregnancy test may be performed.)

Useful items to bring to hospital:

- Your child's favourite toy/comforter
- Slippers/dressing gown
- Any medication your child normally takes
- Baby bottles, formula
- Specific dietary items your child likes
- Avoid bringing valuables to hospital
- Include items to distract/entertain your child as there will be waiting times

Preparing your child: It is understandable that your child will feel somewhat anxious before their operation. Children may be upset on the day of surgery if not prepared. It is beneficial to explain the procedure to your child in advance. Answer all questions simply and truthfully. Once your child is admitted to the ward, time for explanations and asking questions will be given. If you feel that your child is particularly anxious, the nurses may administer a pre-medication before the procedure which will help to reduce any anxiety. If you feel this is required, please discuss this with your child's nurse before the operation.

Fasting: Your child must fast prior to the operation and you will receive specific times. For your child's safety it is **essential** to follow fasting instructions.

***FASTING MEANS THAT YOUR CHILD
MUST NOT EAT OR DRINK PRIOR TO
SURGERY***

Fasting Times Prior to Surgery	
CLEAR FLUIDS[#]	2 hours
BREAST MILK	4 hours
SOLID FOOD	6 hours

[#] Clear fluids are any drinks that **do not** contain any particulate matter, for example: water, clear apple juice, diluted cordials (Miwadi). Please avoid fizzy drinks.

If you are unsure about fasting times, please check with your nurse before allowing your child to eat or drink anything. At times, nurses may allow your child to have a clear fluid.

Hygiene: Please ensure your child is prepared for surgery with a bath/shower the evening before or morning of the operation. Long hair may be tied back. All nail varnish and jewellery must be removed (including acrylic nails and piercings). Please ensure nails are clean and trimmed.

Going to theatre: Your child will wear a theatre gown and a paper hat. They may leave their underwear, socks and slippers on, all other garments should be removed. Your child may walk to theatre but on some occasions, they will be transferred on a trolley. On arrival to theatre, an Anaesthetic Nurse will confirm your child's details with you. Usually, one parent/carer can accompany their child to theatre and stay with them as they go to sleep. This can be discussed with your nurse. Please leave your mobile phone number with your child's nurse so you can be contacted once your child is ready to return to the ward.

General Anaesthetic: Your child will receive a general anaesthetic (to go to sleep) so they will be unaware of the operation. General anaesthetics