



## Preoperative Advice (am) PATIENT INFORMATION LEAFLET

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## **Advice for parents whose child is attending the Children's Unit for an Operation**

Your child is coming for their operation on \_\_\_\_\_ at \_\_\_\_\_ am

The Children's Unit is on the first floor of the Hartshead South building. Please arrive promptly as being late may lead to your operation being cancelled.

### **Starving Instructions**

Your child should have supper the night before their surgery but then **nothing** to eat after 2 am. Do not let your child chew gum after this time.

Breast milk can be given up until 4am.

Clear fluids can be drunk until 6.30am.

Clear fluids are water and diluted cordial. Do not give your child any carbonated (fizzy) drinks, milk or fresh juices.

We ask that parents do not bring food or drink to the bedside until all the children in the bay with your child have been to theatre. We have a parent's facility where you can sit and make yourself a drink.

### **What to bring with you?**

Please bring some pyjamas, dressing gown and slippers (or something to walk down to theatre in) for your child. Please make sure there is nothing metal on your child's PJ's. If bobbles are to be worn please make sure these also have no metal in them. We ask that no make-up/fake tan is to be worn. All toenails and fingers nails are to be free of any nail varnish. Bra's with metal in (underwire/clasps and fastenings) are not to be worn to go to theatre in so we recommend a sports bra is brought with you. All jewellery must be removed or taped prior to theatre.

Your child may also bring a favourite toy/comforter if they wish.

### **How long will I be on the ward with my child?**

This depends on your child's operation. Sometimes you will only be on the ward for a couple of hours, sometimes it may be an overnight stay. The nursing staff will discuss this with you.

There may be a wait in the morning of your child's operation. This is due to other children being on the same list as your child and the order of the list. Please speak to the anaesthetist or surgeon regarding the list running order.

### **Prescriptions to go home with**

We ask all parents to have some pain relief in at home before they attend the ward such as Paracetamol ( i.e Calpol) and Ibuprofen (i.e Nurofen). This is to prevent delay in discharge as pharmacy waiting times can be quite long. If your child requires any other medicines to go home with, the surgeons and nursing staff will arrange this with the hospital pharmacy. Please be patient as pharmacy is very busy and it can take a while to dispense medicines.

Children's Unit contact number: 0161 922 5252

**If you require this leaflet to be printed in to any other language please contact the Ethnic Health team on 0161 922 5150.**

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

আপনি যদি এই তথ্য পড়তে বা বুঝতে না পারেন, তাহলে অনুগ্রহ করে এথনিক হেলথ টিমের সাথে টেলিফোনে যোগাযোগ করুন 0161 331 5149/5150 এই নাম্বারে, তখন তারা আপনাকে সাহায্য করতে পারবে।

જો આપ આ માહિતી વાંચી કે સમજી શકો છો તે જણાવો, અથવા જો આ માહિતી 0161 331 5149/5150 નંબર પર સંપર્ક કરીને તેઓ આપને જરૂર મદદ કરશે.

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی اتھنک ہیلتھ ٹیم کے ساتھ ٹیلی فون نمبر 0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

### **References**

Ghandi, S & Kitson, R (2014) Pre Op Fasting

Document control information

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