



Pre-operative advice (am)

Patient information Leaflet

January 2020

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 7.30am.

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

Useful Websites/information:

- Department of Health (www.dh.gov.uk)
- NHS Choices (www.nhs.uk/conditions)
- NHS institute for innovation and improvement (www.institute.nhs.uk)
- NHS Improvement (www.improvement.nhs.uk)

In compiling this information leaflet, a number of recognised professional bodies

including the Department of Health, NHS Improvement, NHS Choices, have been used.

References:

Ghandi and Kitson (2019) Pre op fasting. T&GIC

Royal College of Anaesthetist (2018) Fluid Fasting before general anaesthesia in young children.

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

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹریپریٹیشن اینڈ پیسینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

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Division/ Department: Children's Unit

Date Created: 07/08/19

Date Reviewed: January 2020

Reference: Paed 010

Version: 1.2