

Getting Ready *for Outpatient Surgery*

at Children's Hospital of Pittsburgh of UPMC

A handbook for parents before, during and after your child's surgery.



DEAR PARENT OR GUARDIAN,

CHILDREN'S HOSPITAL OF PITTSBURGH OF UPMC is pleased to offer you and your child a wide array of diagnostic and surgical procedures at Children's Hospital in the Oakland section of Pittsburgh.

Remember, any procedure that involves anesthesia or sedation requires the skills of highly trained health care professionals, and your assistance and understanding as a parent or guardian.

This booklet is intended to answer questions that you and your child may have before, during and after your child's surgery. Please keep it handy until after your child's surgery, and feel free to call us with any questions at 412-692-5240.

Thank you!

Children's Hospital of Pittsburgh of UPMC
Same Day Surgery Center
Ph: 412-692-5240
Fx: 412-692-6180

A Message From Peter Davis, MD

Chief of Pediatric Anesthesiology



*Peter J. Davis, MD
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Parental Presence at Induction

Children's Hospital of Pittsburgh of UPMC is dedicated to the concept of family-centered care. As a result, parental presence at induction of anesthesia (PPI) is offered to reduce the stress and anxiety of children. A child who will benefit from having his or her parent present at the time of induction of anesthesia may have one parent accompany him or her to the operating room. Only one parent/care provider may accompany the patient to the operating room. For sterility purposes, this parent/child care provider will be asked to wear a special one-size-fits-all jumpsuit, as well as a hair covering. Both the jumpsuit and hair covering may be taken off and discarded after the parent/child care provider leaves the operating room. A parent may accompany the child as long as the child's condition allows and as long as the anesthesiologist agrees. In general, patients undergoing emergency surgery, patients who are extremely ill, and patients heavily sedated from their pre-medication will not be eligible to have PPI.

What To Expect During Induction

Anesthesia can be started with either your child breathing through a mask (no shots, no needles), or through an intravenous (IV) catheter. (This requires a needle to insert the IV catheter, and it is done with your child awake.) When anesthesia is given through an intravenous catheter, children fall asleep in seconds. When children are given anesthesia through a mask, it generally takes 60–90 seconds before the child is asleep. When going to sleep with a mask, some children will try to remove the mask, struggle and become combative as they go to sleep. Sometimes they cough or gag, snore, cry, or complain about the smell of the mask. Frequently, they will say that they cannot breathe. This is a common response to placing a mask over one's nose and mouth. After about 60–90 seconds, the child usually has fallen asleep and becomes limp and non-responsive. Once your child is asleep, the nurse in the operating room will guide you back to the parent waiting area.

As a parent, watching your child undergo anesthesia can be uncomfortable. However, there are ways you can help your child. It is important to remind your child you are there. You can hold your child's hand, caress his or her hair and face, or talk or sing to your child. Your voice can be very reassuring.

It is important to remember:

- Even with parents present, the operating room can be a scary place. Consequently, children frequently get upset even if you are there.
- PPI is for your child. Thus, your child's safety is our primary concern. If you are asked to leave the room, you must do so quickly. The medical staff needs to focus its attention on your child.
- If you, the parent, feel uncomfortable being in the operating room, your child can sense your concern. For PPI to be helpful for your child, you need to remain as calm and trusting as possible.

Thank you for your cooperation.

Getting Ready — The Weeks Before

There are many things you can do to help prepare yourself and your child for admission for outpatient surgery at Children’s Hospital.

- Follow the “under-the-weather” policy. Call the surgeon’s office if your child has a fever or flu-like symptoms the day before surgery. If your child has been exposed to a contagious disease such as chicken pox, measles, mumps, impetigo or lice up to three weeks before the surgery, call the surgeon’s office.
- Do not plan any other activities for the day of your child’s surgery.

Medications

- Do not allow your child to have any aspirin or ibuprofen for at least two weeks before the surgery. This includes Motrin®, PediaProfen®, Advil®, Bayer® children’s aspirin, Aspergum®, Pepto-Bismol® and Alka-Seltzer Cold Plus®. Your child may take acetaminophen (Tylenol®).
- Check with your doctor to see whether there are any prescription or non-prescription medications that your child should avoid taking or stop taking temporarily before his or her surgery.

Forms & Insurance

- You will receive two forms in the mail or at the physician’s office: the History and Physical form and the Consent form. Please remember to bring your completed History and Physical and Consent forms with you on the day of your child’s surgery.
- Check with your insurance carrier to determine whether you need written authorization before receiving the scheduled services. To make sure you receive the insurance coverage to which you are entitled, please notify your insurance company or health maintenance organization (HMO) of your child’s type and date of surgery before coming to the hospital. If you have questions about insurance requirements, ask your child’s primary care physician or call Children’s Patient Access staff at 412-692-5310.
- If blood work was ordered by your child’s doctor or surgeon, make sure it is completed. Bring the results with you, or have them sent to the Same Day Surgery Center via fax. The fax number is 412-692-6180.

Transportation & Child Care

- Make sure you have appropriate transportation home from the hospital. Your child should avoid public transportation (bus or trolley) immediately after surgery. Either drive or arrange for a relative or friend to take you and your child home.
- Please make child care plans for your other children for the day of surgery.

Write down any questions or concerns you may have. It may be easier than trying to remember them. Prepare your child for surgery by talking to him or her and allowing your child to ask questions. See the guidelines on page 8. We encourage you and your child to take a free Pre-Admission Tour. (See page 9.)

Getting Ready — The Day Before

- Your child should not receive any vaccines the day before surgery.
- One business day before your child’s procedure, you will receive a call from a surgery nurse between 1 and 9 p.m. The nurse will ask several questions about your child’s medical history, current medications and readiness for the particular procedure. He or she will answer any questions you have and will give you the important instructions you and your child need to follow. Please have paper and pen ready to write down instructions.
- The surgery nurse will provide you with instructions for eating and drinking. To ensure your child’s safety for anesthesia, it is important to follow these specific times for eating and drinking.
- If your child takes medications regularly, including herbal or nutritional supplements, please inform the surgery nurse during the pre-procedure phone call.
- Directions to Children’s will be provided, if you need them. A map is included in this booklet. You also may visit our Web site at www.chp.edu for a map and directions.
- If your child has special needs, please inform the surgery nurse.
- The surgery nurse will provide you with an arrival time for the day of surgery. Remember: This is your arrival time, not your child’s surgery time.
- If you have questions or concerns about your child’s surgery, or if you are not contacted by 9 p.m. the day before your child’s surgery, call the Same Day Surgery nurse at 412-692-5242, or after 10 p.m., the Admissions Department at 412-692-5310 for your arrival time.

Things To Bring Checklist

- Any papers provided by your child’s doctor, including the History and Physical form and the Consent form
- Legal guardianship papers
- Insurance company authorization, if required by your insurer
- Insurance card and Social Security card
- Storage cases for your child’s eyeglasses, contact lenses and/or orthodontic retainer
- Favorite security object from home (pacifier, toy, blanket, CD player, etc.)
- Preferred bottle, sippy cup or sports bottle

If you are not the biological parent (natural mother or father) of the child, you must bring copies of court documents of your legal right to give consent for the procedure and anesthesia. If you have any questions, please contact the social worker for the surgical service that cares for your child by calling 412-692-5255.



Getting Ready — The Night Before

- Please be sure that your child has a bath or shower and his or her hair is washed the night before the procedure.
- Have your child remove all nail polish and jewelry, including all piercings.
- Discuss the next day's events with your child in terms that he or she can understand. Be careful to inform, but not alarm. See page 8 for more information.
- Collect everything you need to bring the next day.

Eating and Drinking Instructions To Ensure Your Child's Safety

Medications

- Daily medications should be given at their routine times unless you are specifically told not to give medications to your child by the surgeon.

Infants

- If your child is under 12 months of age, he or she should not eat any solid food after midnight. Your infant may have milk or formula 4 ½ hours prior to **your admission time**.
- Breast feeding may occur up to 2 ½ hours prior to **your admission time**.
- Clear liquids such as water, Pedialyte™ and apple juice may be given 1 ½ hours prior to **your admission time**.
- Please let the surgery nurse know if you add cereal to your child's formula or milk.

Patients 12 Months and Older

- Absolutely no food, gum, candy or milk products after midnight prior to surgery.
- Your child may have clear liquids — water, apple juice, Pedialyte™ or Gatorade™ — 1 ½ hours prior to **your admission time**.
- Please let the surgery nurse know if you add cereal and/or "Thick It" to your child's liquids.

Your child's surgery may be rescheduled for another day if he or she drinks or eats after these times.

Before the Surgery or Procedure

There are many things you can do to help prepare yourself and your child for admission for outpatient surgery at Children’s Hospital.

Getting There

- Dress your child in loose fitting, two-piece clothing such as sweats. If you wish, you may bring your child to the center in pajamas.
- Allow adequate time for travel and parking. Arriving late may cause delays in the surgery schedule for your child, and his or her procedure may need to be rescheduled for another day.
- Park at the designated Children’s Hospital parking lot, and bring your parking ticket to be validated when you check in to receive a discounted parking rate for the first 24 hours after arrival to the hospital.

At Children’s

- The nursing staff will check your child’s height, weight and vital signs, and will review preoperative information and consents.
- A member of the Anesthesia Team will speak with you.
- One parent must remain with your child at all times. Parents of children admitted for diagnostic procedures will be given specific information about the procedure being performed.
- After you have met with the health care team members, you and your child may visit the playroom until your child’s surgeon is ready.

Several steps will be taken to ensure your child’s safety.

- You will be asked to sign an informed consent form, which verifies that you and your doctor have discussed the surgery that is to be performed on your child, the expectations that you have of each other and the risks associated with the surgery.
- The staff members responsible for your child’s care will verify your child’s identification by name and birth date, the specific surgery he or she is having, and the part of your child’s body on which the surgery is to be performed. You will be asked these questions several times. The staff members will double-check the answers you give them against documents provided by your doctor and any preoperative assessments.
- Depending on the type of surgery your child is having, the surgeon or another member of your health care team will mark the correct location on your child’s body where the procedure is to be performed. Called side-site marking, this is a critical step in ensuring your child’s safety. For example, if your child is having a right-ear tube placed, the surgeon will make a mark on the right ear.
- After your child is asleep, but before beginning your child’s surgery, a “time out” with the surgical team is taken. During the time out, the members of the health care team again verify the correct procedure and the correct side-site on your child.

The Surgery or Procedure

How long will it take?

The total length of stay varies with each child and depends in part on the type of procedure and the time it takes your child to recover. Your child's surgery or procedure includes spending some time in the surgical holding and play area, which is where children wait before going into the Operating Room. Please do not schedule other appointments or activities for the day of surgery.

When it is time to go into the Operating Room, your child may become upset. Our staff is very experienced in comforting children during separation. To help make it easier:

- Be honest with your child.
- Let your child know where you will be waiting. Reassure your child that you will see him or her when the procedure is over.
- Allow your child to express his or her feelings, even if he or she wants to cry.
- If your child would be more comfortable, please make arrangements for your clergy to visit.

One parent/legal guardian must remain in the designated waiting area at all times during surgery. Your child's surgeon may need to contact you.

The family liaison nurse can assist you with concerns and provide updates while your child is in the Operating Room.

Vending machines and coffee are available. We suggest that you have a snack before going to the Recovery Room.

After the Surgery or Procedure

After your child's procedure is completed, he or she will be taken to the Recovery Room until the effects of anesthesia begin to wear off. You will be called to the Recovery Room once your child is awake. The length of time your child spends in the Recovery Room will vary with the procedure and the child. A maximum of two adults are permitted in the Recovery Room. Siblings and other children are not permitted in the Recovery Room or any other patient care areas within Same Day Surgery.

- Children who are scheduled to stay overnight will be assigned an inpatient room. One parent may sleep overnight with the child, if desired.
- Children who are going home will return to the Same Day Surgery Center's post-op unit to be prepared for discharge. Remember to follow up with your doctor about any therapy or medications your child may need for his or her recovery, and when your child can resume certain activities, including school.

After surgery, your doctor or nurse will ask about any pain your child may have. Whenever your child is asked to take a medication, especially a new one, ask what it is for and its side effects. This will ensure that you are kept informed. If you have questions or concerns about any medication, ask the doctor or nurse.

School or employment excuses are available upon request.

Caring for Your Child After Surgery

Prepare in advance by buying a supply of clear liquids such as ginger ale, Popsicles®, apple juice, etc., before the day of the procedure so you will have something to offer your child to drink afterward.

Have your child eat lightly for the next meal. Restaurant meals, especially fast food, are not recommended on the day of surgery.

Keep the discharge instructions on your refrigerator or near the telephone. Call your surgeon if you have any questions or if problems arise.

You will receive a follow-up phone call to check on your child's progress the next business day.



Guidelines To Help Your Child Prepare for Surgery

1–6 years

If your child is between the ages of 1 and 3, it is best to wait until the morning of surgery to discuss the procedure. Give brief but honest explanations using simple, carefully chosen words. Words such as “fix” and “make it better” are less threatening than “cut,” “incision” and “take out.” Reassure your child that the surgery or diagnostic procedure is not a punishment. Do not threaten your child with a medical procedure or with doctors or nurses. Emphasize that eating and drinking before surgery will make your child sick. For children 3–6 years, encourage pretending and role-playing. If possible, read books with your child about going to the hospital and having an operation.

7–12 years

Many of the guidelines for younger children apply to children of this age; however, you should discuss the surgery and hospitalization before the day of surgery. Give a matter-of-fact explanation of the procedure and why it needs to be done. Allow your child to ask questions and discuss his or her fears with you. Reassure your child that he or she will stay asleep for the entire surgery. Tell your child that it is all right to cry if something is uncomfortable.

13–18 years

Reassure your teenager that his or her privacy will be respected as much as possible and that all information is kept in confidence. Give detailed answers to questions, and encourage your teenager to ask questions of the doctor and nurse. Reinforce that it is all right to cry. Don't refer to him or her as a “baby” for crying or having fears. Allow as much independence as possible.

If you have questions about preparing your child emotionally for surgery, please contact a specialist in Children's Child Life Department at 412-692-6103 or 412-692-6366.

Frequently Asked Questions

Why can't my child eat or drink before surgery?

The safest way for your child to receive anesthesia and decrease the possibility of your child vomiting, aspirating and developing pneumonia is by following the detailed instructions for eating and drinking. This means no chewing gum, candy, milk, tooth-brushing or water. Eating or drinking after the restricted times given to you by the surgery nurse may cause a delay of up to eight hours, or having to reschedule your child's surgery. Refer to page 5.

What if my child has a cold or is exposed to a disease before surgery?

If your child develops a cold or flu-like symptoms a day or two before surgery; or if your child has been around someone who has measles, chicken pox, shingles or mumps within 21 days before the surgery, please contact the surgeon.

Can a grandparent or stepparent sign consent for surgery?

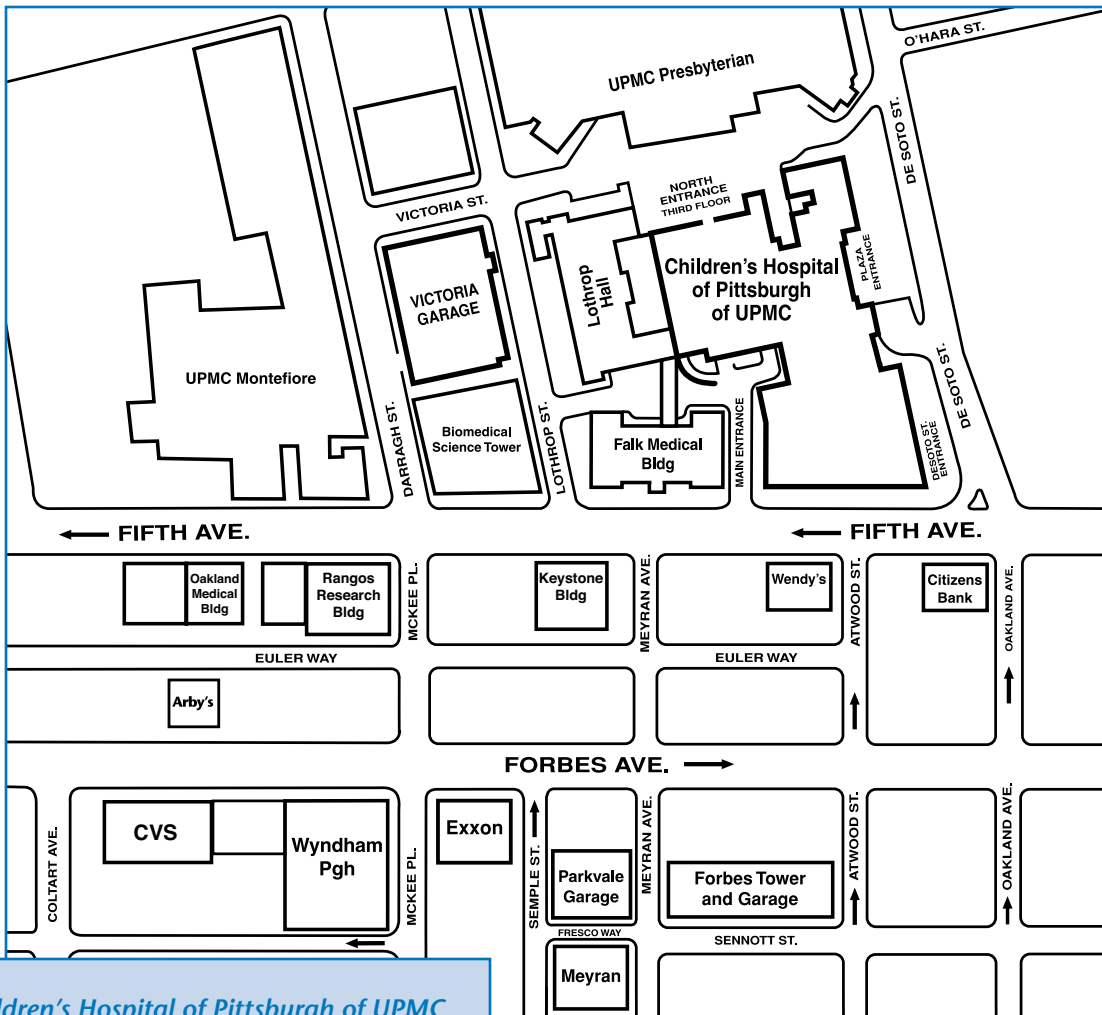
The only people permitted to sign surgery and anesthesia consent forms (legal documents) are legal parents or guardians. If you are not the biological or adoptive parent, but you do have guardianship of the child, please bring your legal proof of guardianship. If you have custody of the child, please contact your social worker or caseworker prior to the day of admission to assist you in this process.



Outpatient Surgery Pre-Admission Tours

Children's offers free, weekly preparation tours at the Oakland campus to help prepare children, adolescents and their families for the surgical experience. The tours are conducted by a child life specialist or registered nurse and are focused on helping reduce the fear of the unknown, having a hands-on learning experience and introducing medical equipment in a positive atmosphere. Brothers and sisters are also encouraged to attend. If you need any additional information or to register for a tour, which is required, please call 412-692-6366.

Tours also may be scheduled at Children's North and South by calling 724-933-3701.



Children's Hospital of Pittsburgh of UPMC

3705 Fifth Avenue
Pittsburgh, PA 15213

Directions to Children's Hospital of Pittsburgh of UPMC

Please allow at least an hour extra when traveling to Oakland for appointments.

Multiple ongoing construction projects are affecting traffic, which include lane restrictions on Fifth Avenue, Forbes Avenue and the Boulevard of the Allies. Traffic also is causing congestion in the valet parking service in Children's Hospital's driveway. Refer to Children's Web site, www.chp.edu, for directions with construction detours and updates.

From the North

If you are coming to Children's Hospital from the north, take Interstate 79 South to Interstate 279 South. This is Exit 72 (Pittsburgh). Follow Interstate 279 South to Interstate 579 South (Veterans Bridge). Follow the signs to Oakland/Monroeville/Interstate 376. Once the road narrows to two lanes, get in the right lane and take the first exit. This puts you on the Blvd. of the Allies. Follow the Blvd. of the Allies to

Continued on the next page.

the Oakland/Forbes Avenue exit. Take this exit, which puts you on Forbes Avenue, a one-way street. Follow Forbes for six traffic lights to Oakland Avenue and turn left. Go one block on Oakland Avenue to the stoplight. Turn left onto Fifth Avenue and get in the far right-hand lane. Take the first right into the Children's Hospital driveway and proceed to hospital entrance for self- or valet parking.

From the South

If you are coming to Children's Hospital from the south, take Interstate 79 North to Exit 59A (Pittsburgh). Follow Interstate 279 North through the Fort Pitt Tunnels and follow signs to Interstate 376 East. Take Interstate 376 East and exit at Forbes Avenue/Oakland. This is Exit 2A. Follow Forbes Avenue, a one-way street, for six traffic lights, to Oakland Avenue and turn left. Go one block on Oakland Avenue to the stoplight and turn left onto Fifth Avenue. Get in the far right-hand lane and take the first right into the Children's Hospital driveway and proceed to hospital entrance for self- or valet parking.

From the East

If you are coming to Children's Hospital from the east, take the Pennsylvania Turnpike to Exit 57. This is the Pittsburgh/Monroeville Exit to Interstate 376 West. Follow Interstate 376 West to Exit 3B. This is the exit for Oakland/885 North. Bear right off the ramp onto Bates Street (885 North). Stay on Bates Street through the first traffic light approximately five blocks. Turn left at the second traffic light onto Atwood Street. Follow Atwood to its end and turn left onto Fifth Avenue. Get in the far right-hand lane and take the first right into the Children's Hospital driveway and proceed to hospital entrance for self- or valet parking.

From the West and the Airport

Take the Pennsylvania Turnpike East to Exit 10, the New Castle exit, to Route 60 South. Follow Route 60 South past the Pittsburgh International Airport to Interstate 279 North. Follow Interstate 279 North through the Fort Pitt tunnels and follow signs to Interstate 376 East. Follow Interstate 376 East to Exit 2A. This is the Forbes Avenue/Oakland Exit. Follow Forbes Avenue, a one-way street, for six traffic lights, to Oakland Avenue. Turn left and go one block to the stoplight. Turn left onto Fifth Avenue and get in the far right-hand lane. Take the first right into the Children's Hospital driveway and proceed to hospital entrance for self- or valet parking.

Notes



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Hospital of Pittsburgh

of UPMC

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www.chp.edu

IF YOU HAVE KIDS,
BE GLAD YOU HAVE CHILDREN'S.