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## PREOPERATIVE / PREANESTHETIC PREPARATION

For the safety of your child, it is important that he/she has an empty stomach before surgery. Follow the eating and drinking schedule below.

Your child may have regular foods for the evening meal on the day prior to surgery. Please try to avoid spicy, greasy, or fried foods as they can cause nausea and vomiting during or after surgery.

### **Newborns to 1 year of age:**

1. No solids\* after 12:00 midnight
2. May have breast milk until 4 hours before surgery
3. May have formula / milk until 6 hours before surgery
4. May have clear liquids \*\* until 4 hours before surgery

### **One year to 5 years of age:**

1. No solids\*, milk, or orange juice after 12:00 midnight.
2. May have clear liquids\*\*until 4 hours before the surgery.

### **Five years and over:**

1. No solids\*, milk, or orange juice after 12:00 midnight.
2. May have clear liquids\*\*until 4 hours before surgery.

\* **Solids include:** All food, gum, candy, breath mints etc.

\*\* **Clear liquids include:** Sprite, 7-Up, water, Kool- Aid, popsicles, plain Jello, broth, tea, apple juice and Pedialyte.

Encourage fluids at bedtime if you do not wish to awaken your child during the night. Also instruct your child to brush his/her teeth the night before surgery so he/she does not take a drink of water in the morning while brushing.

**If your child eats or drinks after the instructed times, surgery may be delayed or even canceled.** Serious complications could develop if vomiting occurs during anesthesia. Call the CARES unit immediately if your child should accidentally eat or drink. The number is 955-4777.

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Also, should your child develop a cold, fever, rash or any other signs of infection prior to surgery, please call your surgeon or the CARES unit between the hours of 5:30 a.m. and 7:00 p.m.

**DRESS:** We suggest that you dress your child comfortably after his/ her surgery. If your child has surgery on the abdomen, legs, buttocks, etc. dress in loose fitting clothes such as elastic waisted shorts, jogging pants, or pajama bottoms.

Please take out all removable dental appliances and rubber bands. Remove contact lenses. Please remove all body piercing devices such as earrings, tongue, belly button etc. Remove all nail polish.

**INFANTS:** Please bring a bottle of water or clear liquid for the trip home. If your child uses a specific bottle, bottle nipple or pacifier, bring it with you.

**SECURITY ITEMS:** Your child may bring a favorite blanket, stuffed animal or toy.

**BATHING:** We suggest bathing your child the night prior to surgery.

**DAY OF SURGERY/PROCEDURE:** Please bring a list of your child's current medications or bring their medications with you. You need to arrive 2 hours prior to your scheduled surgery time. Park in the parking garage and take the elevator to the lobby level. Please check in at the Information Desk and a CARES staff member will escort you to your room.

**VISITATION:** Your child having the procedure is the most important person for the day. Two adult members may stay with your child in their CARES room. We ask that you make alternative arrangements for other siblings/children and do not bring them to the CARES Unit.

**QUESTIONS:** A nurse will attempt to call you two days before your procedure to review your child's medical history and give you further information. If you are unavailable, they will leave a message for you with instructions and a call back number. Our Access Department will also try to contact you for current insurance information. If you have questions or have not received a call, you can contact us at 955-4777.

**SURGICAL PREPARATION PROGRAM:** Children's Hospital offers a surgical preparation program to help children know what to expect on the day of surgery. Preparing your child for the surgery can reduce your child's anxiety/fears and help your child to cope better before, during, and after their hospital experience.

**Operation Learn** is a program designed for children ages 2 to 8 years. Children watch a brief video about the surgery routine. A Child Life Specialist reviews the surgical routine utilizing actual medical equipment and the children are invited to participate in hands-on medical play. A tour of the surgical services area is provided and individual questions or concerns can be addressed. Operation Learn is held every Tuesday evening. Individual appointments are available for children of all ages. To register for the program or an individual appointment, please call (402)955-5309.

(11/18/08)

