

Your Child's Surgery or Procedure

Hearing that your child needs a surgery or procedure can be stressful. This information has been put together to help you and your child feel prepared.

Your child's procedure is booked for:

Date: _____

With doctor: _____

Telephone of Doctor: _____

Location: General Procedures, 3rd floor
TECK Acute Care Centre
880 West 28th Ave
Vancouver, BC

Telephone number:

604-875-2345 x 8550

! Call your surgeon's office before coming to BC Children's Hospital if you notice the following within 72 hours of the procedure time:

- Your child has a rash
- Your child has a cold
- Your child has a fever above 38 degrees Celsius
- Your child has diarrhea
- Your child is feeling lethargic, has loss of appetite, or looks unwell
- Your child has been in contact with someone who has a virus, such as Measles, Mumps, or Chicken Pox
- You have other concerns about your child's health

Preparing your Family Preparing your Child

Talking about the surgery using pictures or stories can help children deal with unfamiliar situations. It's a good idea to include your child's brothers or sisters. Here are 2 ideas to help you talk about the procedure with your child:



1. Watch the "Welcome to Procedures" virtual tour and visit our website at: <https://youtu.be/705OCiewqVY>
2. Find out as much as you can about the procedure. If you know what to expect, you will be able to better help your child.
 - Be honest about what will happen and why
 - Find out what your child already knows
 - Have a discussion with your child
 - The Child Life department offers excellent tips on how to prepare your child, based on their age and development. Visit their website: <http://www.bcchildrens.ca/our-services/support-services/child-life#Procedural-Preparation>
 - Think about ways you can comfort your child and help him or her stay calm on the day of the procedure.
 - You know your child best. Bring their favourite books, toys, or devices to help keep them distracted and calm.

Preparing Yourself

- Look after yourself. You may have fasted with your child, so we encourage you to go for a walk or refreshments if you have time while your child is having their procedure.
- Ask questions if you are not sure about anything we are doing or saying. Write a list of your questions and bring them with you in case you forget to ask.
- Plan how you will get to BC Children's on the day of the procedure. You will need to stay close by while your child is having their procedure. Bring a book or device to help you pass the time.
- Have acetaminophen (Tylenol®), ibuprofen (Advil® or Motrin®), and an anti-nauseant (Gravol®) that are appropriate for your child's age at home.
- Have foods that will help if your child feels sick to their stomach (e.g. plain toast, crackers, or gingerale). **Your child will be fasting before the procedure, so these foods are for after you return home.**
- Have other foods ready that will be easy for your child to swallow (e.g. soup, pudding, or popsicles).
- Make sure you have a child's thermometer that is working and ready to use.
- Plan for a quiet day at home and staying close to your child so you can watch them on the day after the procedure.



For more ideas on how to be prepared day of procedure visit our website:

<http://www.bcchildrens.ca/our-services/hospital-services/surgery>

Making Arrangements for Help for the Day of the Procedure

- Organize childcare for your other children during your child's procedure.
- For safety purposes, you must take your child home in a vehicle. If this is not possible, please let your nurse know.

Preparing for Your Child's Recovery at Home



Check out Family Support's tips on how to get to BC Children's and where to stay. You can find them at: www.bcchildrens.ca/fsrc

From Out of Town?

- Make your travel and accommodation arrangements as soon as you know the date of the procedure.
- The BC Family Residence Program can help you organize and pay for bus and air travel. It can also help you organize and pay for a place to stay close to BC Children's. You need to provide the dates, reason for travel, your child's BC Health Care Card number, and the doctor's name.

The Day Before the Procedure

Expect a Call from a Nurse

A nurse from General Procedures will call you between 11:00 am and 6:00 pm one (1) working day before your child's procedure. This is an important call. Find a quiet place, make some notes, and ask questions so you are sure of:

1. The last time your child can eat or drink.
2. What regular medications your child can take.
3. When to arrive and how long you can expect to stay at the hospital.



If your English is limited, have an English-speaking family member or friend with you for this call and ask the nurse that calls to book an interpreter for the day of the procedure.



If you do not receive this call, please phone 604-875-2191 before 5:00 pm.

Fasting Before the Procedure

When your child receives an anesthetic it is very important that their stomach is empty. This is so that they don't vomit and choke when the anesthetic is starting. If there is food in their stomach before your child's anesthetic, the food could make its way into your child's lungs while they are under anesthetic, and your child could get pneumonia.

This is why we need your child's stomach to be as empty as possible before their anesthetic – so that your child is safe. We understand that a hungry child is an upset and frustrated child, we know that it is really hard for a parent to let their child be hungry – no parent wants their child to feel hungry. However, we need your help to ensure that your child is as safe as possible while they are getting their anesthetic.



If you do not follow the fasting instructions, your child's surgery or procedure will be postponed or cancelled.

The Night Before the Procedure

- Give your child the prescribed pre-operative medication, if any.
- Make sure your child is not wearing any make-up, nail polish, or jewelry (including earrings and any other body piercings).
- Give your child a bath and wash his or her hair. If your child's hair is long, have it in a braid.

Fasting Instructions



Solid food at Midnight before arrival time

- Solids include liquids with solid components (e.g. orange juice, soup broth), as well as Jell-O



Bottle feeds (formula) or tube feeds 6 hours before arrival time

Your Child's Procedure



Department of Surgery and Anesthesia
4480 Oak Street, Vancouver, BC V6H 3V4
604-875-2345 1-888-300-3088
www.bcchildrens.ca

STOP Breast milk 4 hours before arrival time

STOP Clear fluids 2 hours before arrival time

- Clear fluids are fluids you can see clearly through (e.g. water, clear apple juice, white grape juice)
- Jell-O, orange juice, broth, tea, and coffee are NOT clear fluids

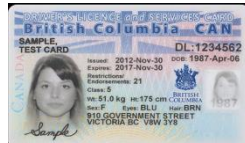
The Day of the Procedure

What to Bring

Aim to pack what you need in a single backpack or bag that you can carry. Your day will be easier if you pack light.

Essential Items:

- Your child's BC Health Care Card



- Loose-fitting clothes for your child to wear home.

Suggested Items:

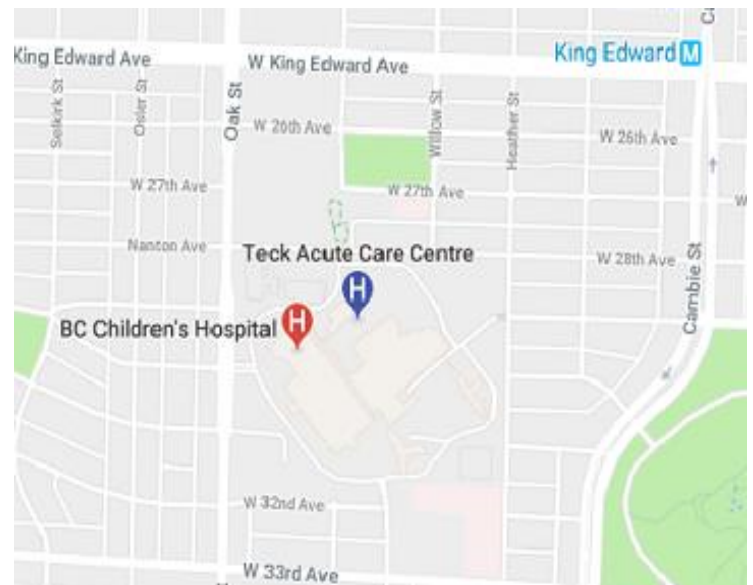
- Your child's favourite toy, book, or blanket.
- Your child's housecoat and non-skid slippers or shoes
- Your child's pacifier, usual feeding bottle, or sippy cup.

Where to Go

The hospital campus is a big place. Check out the map and follow the directions below:

http://www.bcchildrens.ca/About-Site/Documents/CW_Campus_Wayfinding_Map.pdf


1. Once you drive onto the Children & Women's campus, follow the signs for the Teck Acute Care Centre (Entrance #53).
2. You can park in the underground parking of the Teck Acute Care Centre or on the surface spots nearby.
3. There is free Valet service located outside of the Emergency Department.
4. Once in the lobby of the Teck Acute Care building, take the main elevators to the 3rd floor.
5. Exit the elevators and turn right to find the General Procedures reception desk.



Meeting the Healthcare Team

After checking in at the front reception desk of General Procedures, you will be shown to an individual patient pre-op room. Here, you will have a chance to meet the team who will look after your child before, during, and after his or her procedure.

1. After you help your child change into a gown, a nurse and care aide will assess your child. This includes measuring their height and weight along with their vital signs (blood pressure, temperature, pulse, and oxygen level).
2. An anesthetist will talk with you about what will happen in the procedure room and how your child will fall asleep for their procedure.
3. Your child's surgeon/proceduralist will also see you before your child's procedure. This will be your chance to ask any last-minute questions.
4. If your child is over the age of one year and not having a cardiac surgery, your family will decide with the anesthetist who is best to accompany your child into the procedure room until your child is asleep.
5. In the procedure room, you can provide comfort, distraction, and support for your child.

 **The anesthetic will make your child go to sleep very quickly. This can look shocking to the accompanying parent. If you feel faint or dizzy at any time, tell the closest nurse or doctor.**

6. Once your child is asleep, a staff member will show you to the waiting area. While you wait, you can go for a short walk to get a coffee or bite to eat. This can help

you feel calm and ready to support your child when he or she wakes up.

7. After the procedure is finished, your child's doctor will come to the waiting room to explain how everything went. It is important to be available in the waiting room at this time.
8. A staff member from General Procedures will find you in the waiting area so you (and another parent or caregiver) can be by your child's side in the Recovery Room.

What Happens in Recovery

- As soon as it is safe to do so, the staff will invite you to be with your child after their procedure. Every effort is made to have you at the bedside before your child wakes up, however they may already be just waking up when you arrive.
- Your child may be drowsy, confused, restless, or upset when he or she awakes. Keep the bed rails up and stay at your child's side for their safety.
- You know your child best. If you think your child is thirsty or uncomfortable, tell your child's nurse.
- Your child will stay in recovery until they are awake and comfortable.
 - If your child is staying overnight in the hospital, a nurse will coordinate their transfer to the ward.
 - If your child is having a day procedure, a nurse will explain how you can take care of your child at home; this includes what and when to feed your child, and how to keep their pain under control.