

IMPORTANT INFORMATION

Patient Name _____

Surgery Date _____

Arrival Time _____

Doctor _____

Specialty _____

You will be called the day before surgery to confirm arrival time.

Eating & Drinking Schedule

STOP Solid Foods @ _____

STOP Milk/Formula @ _____

STOP Breast Milk @ _____

STOP Clear Liquids @ _____

TEXAS CHILDREN'S SURGERY LOCATIONS

In the Texas Medical Center

Please allow Valet Services to park your car. Valet parking will be validated for the day of surgery only.

<input type="checkbox"/>	Clinical Care Tower	Level 7
<input type="checkbox"/>	West Tower	Level 3
<input type="checkbox"/>	West Tower	Level 17

Texas Children's Community Hospitals

Please park your car in the parking lots and garages at West Campus and The Woodlands for no charge.

<input type="checkbox"/>	West Campus	Level 3
<input type="checkbox"/>	The Woodlands	Level 3

At all hospitals, welcome desks are located on the first floor of each building. Representatives can direct you to the correct surgery location.

EATING & DRINKING INSTRUCTION DETAILS

No solid foods, gum, or hard candy after midnight the night before surgery.

- Your child can have milk and formula until 6 hours before your arrival time.
- Your child can have breast milk until 4 hours before your arrival time.
- Your child can have clear liquids until 2 hours before your arrival time.
 - Clear liquids include: water, Pedialyte, Sprite or 7-Up, apple juice (no orange juice)
- Continue taking all prescribed medications prior to surgery unless otherwise instructed.

If all surgery instructions are not followed, your child's surgery may be cancelled.

TEXAS CHILDREN'S HOSPITAL in the Texas Medical Center

Clinical Care Tower	Level 7
Surgery Reception 6701 Fannin St., Level 7 Valet at Clinical Care Tower	

West Tower	Level 3
Surgery Reception 6621 Fannin St., Level 3 Valet at West Tower	

West Tower	Level 17
Heart Center Reception 6621 Fannin St., Level 17 Valet at West Tower	



Upon arrival, please allow Valet Services to park your car. Valet parking will be validated for the day of surgery only. Information concerning nearby parking garages and rates for subsequent days are available online at www.tmc.edu.

TEXAS CHILDREN'S HOSPITAL WEST CAMPUS

West Campus	Level 3
Surgery Reception 18200 Katy Fwy, Level 3	



TEXAS CHILDREN'S HOSPITAL THE WOODLANDS

The Woodlands	Level 3
Surgery Reception 17580 Interstate 45, Level 3	



If you have pre-surgery questions, please call



BEFORE YOUR CHILD'S SURGERY

When preparing for your child's surgery, it is important to provide information at your child's level of understanding. This helps to explain any ideas that are not correct and to lessen fears and feelings of guilt. It is important to help your child understand the reason for surgery and to become familiar with the surgery process.

- Use simple words and be honest
- Include information about the sights, sounds and smells of the hospital
- Ask your child how he or she feels about the surgery
- Encourage your child to ask questions
- Support your child with your presence, gentle voice and touch

IMPORTANT INFORMATION ABOUT EATING OR DRINKING BEFORE SURGERY

Your child will most likely receive general anesthesia during surgery. Anesthesia is a medicine given by a doctor so your child feels no pain or sensation during surgery.

Before receiving anesthesia your child must have an empty stomach. Having food or liquids in your child's stomach can cause choking or vomiting during the surgical procedure.

Make sure that your child is not sneaking snacks after the food and drink cutoff time. If your child does not follow these rules and does not have an empty stomach, the procedure may be cancelled for safety reasons.

CHILD LIFE

Texas Children's child life specialists are trained to assist each child with the hospital experience based on the child's emotional and developmental needs. They are available to talk with your child about what to expect during the surgery process. Child life specialists are also available to help ease the fear and anxiety often associated with hospitals by promoting positive coping techniques.

Ask a staff member to speak with a child life specialist on the day of your child's surgery. To receive child life services, you do not need to arrive earlier than the time you are told.

RESOURCES FOR PARENTS AND CAREGIVERS

Visit <http://texaschildrens.org/preparingforsurgery> to find interactive information on the surgery experience at Texas Children's Hospital.

For Parents – “Preparing For Your Child’s Surgery” video

This video will explain the surgery experience for parents. It includes instructions for eating and drinking before surgery and an overview of what will happen during the day of surgery.

For Children – Surgery Photo Tour

You and your child can view a photo tour of the hospital and the surgery experience from a child's point-of-view. This can help prepare your child for what to expect on the day of surgery.



ITEMS TO BRING FOR SURGERY

- Your child's insurance card, your ID and any payments, if needed, to the hospital
- A favorite toy or blanket to help your child relax. Put a pillow and blanket in the car for the ride home
- A special bottle if your child uses one
- A list of all medications your child takes, including over-the-counter medications and herbal supplements



FAQS

What should my child wear to the hospital?

Dress your child in comfortable clothes that are easy to remove. Do not wear jewelry or contact lenses. Leave any valuables at home.

Will I receive a call about insurance benefits or payments?

Yes. You will receive a call from the Pre-Service Department before the surgery date to discuss insurance coverage and any payment that might be needed. For questions before the day of surgery, call the Pre-Service Department at 832-824-2004.

ON THE DAY OF SURGERY

After arriving at the hospital and checking in for your surgery, you and your child will be taken to the Pre-Op Area. In this part of the operating room suite, many people will talk to you and your child. Nurses will confirm your child's name and ask about the type of surgery your child is having. They will ask questions about when your child last ate food or drank liquids. They will also ask about any allergies your child may have.

More than one person will ask these questions. This is to double- and triple-check facts making sure your child's surgery is as safe as possible. The staff will also confirm that you have signed consent forms for surgery.

You and your child will meet with an anesthesiologist before surgery. This doctor will ask questions about your child's health and if they have had surgeries before. Next, the surgeon will visit your child and, if necessary, mark the part of the body that is to be operated on.

Once the pre-surgical checks have taken place, your child will be taken to the operating room by nurses and operating room staff. They will tell you where you can wait during surgery.

WAITING FOR YOUR CHILD DURING SURGERY

It is important to let someone know where you will be during your child's surgery if you leave the waiting area. The surgeon and nursing staff needs to be able to reach you for updates during and after the surgery.

AFTER SURGERY

If your child is going home on the same day as the surgery, we will give you supplies and instructions for your child's care at home. If your child is being admitted to the hospital after surgery, you will be transferred as soon as the appropriate room or unit is available.

FAQS

Who should I contact for financial or billing questions after my child has surgery?

Call Customer Service at 832-824-2300.

Being anxious about a surgery or medical procedure is normal, especially when it involves your child. Rest assured that it is the top priority of your child's physician anesthesiologist and care team to ensure the safety and comfort of your child before, during and after their procedure. Understanding the anesthesia process and what to expect can help to calm your fears, so you can reduce your child's anxiety and help speed recovery.

Below you will find answers to common questions families ask when a child goes under anesthesia.

Who will provide anesthesia to your child?

A doctor called an anesthesiologist manages the care and treatment in providing pain relief before, during and after procedures or surgery. The pediatric anesthesiologists and all members of the anesthesia team at Texas Children's are specially trained to provide expert care to children of all ages.

Our anesthesiologists are board-certified and have completed subspecialty training in pediatric anesthesiology, and many hold additional board certifications in pediatrics. Anesthesia for congenital heart surgery is provided by a team with subspecialty training in pediatric cardiac anesthesiology. Anesthesiologists are available 24 hours a day, 7 days a week to care for patients at Texas Children's.



What type of treatments does our Anesthesiology Department provide?

Texas Children's anesthesiologists generally provide the following services:

- Anesthesia and sedation for all types of pediatric surgery cases and procedures such as MRI, CT scan and GI endoscopy
- Evaluation of anesthesia needs for children with complex medical problems when surgery is needed
- Pain control with intravenous (IV) medications or other anesthetic techniques

What is the role of the anesthesiologist in the care of your child?

Members of our anesthesia care team are at your child's bedside throughout the procedure.

Before procedures, your anesthesiologist will meet with you to discuss what type of anesthesia will be used and how it will be given. They will also address any questions that you have concerning potential side effects and your child's experience during and after surgery.

During procedures, your anesthesiologist will provide medications to ensure your child's comfort and safety. Our anesthesia care teams monitor your child's vital signs beat by beat, watching for changes in heart rate, breathing and blood pressure, and making adjustments in the anesthesia to keep your child comfortable.

After procedures, your child's team will closely monitor your child as they emerge from the anesthesia. Some children are fully alert while others are groggy for several hours. In addition, nausea and vomiting can occur as a side effect of the anesthesia. Your anesthesiologist and the PACU team work together to reduce any side effects and implement a pain control plan to make your child's recovery as comfortable as possible.

What are the risks of anesthesia?

"Will going under anesthesia hurt my child?" Every anesthesiologist and surgeon has been asked this question. Even though anesthesia is much safer today than ever before, every anesthesia exposure and surgery has an element of risk. In fact, it may be difficult to separate the risks of anesthesia from the risks of the surgery or medical procedure itself. Anesthesia is used to take away pain and discomfort from your child and make it easier for a procedure to be accomplished in the best way possible. These benefits must be weighed against the risks of anesthesia itself.

The specific risks of anesthesia are like that of any medication. Each type of anesthetic has a specific set of risks and side effects associated with it. Your physician anesthesiologist will talk to you about the various types of anesthesia that may be used for your child and the advantages and disadvantages of each.

Safety announcement from the U.S. Food and Drug Administration

The U.S. Food and Drug Administration (FDA) issued a safety announcement on Dec. 14, 2016, regarding the potential effect of anesthetics on children younger than 3 years of age.

- A single, short exposure to anesthesia appears to be safe
- There is some evidence that longer (>3 hours) or repeated exposures could have negative effects on behavior or learning
- Much more research is needed

Because anesthesia or sedation is necessary during most procedures to keep your child safe and comfortable, discuss the following items with your doctor before your procedure.

- Should the procedure be done now or when the child is older?
- How long is the procedure expected to take?
- Will repeated or additional procedures be needed?

Information on Anesthesia for Children

Texas Children's Hospital Department of Anesthesiology
texaschildrens.org/anesthesiology | 832-824-5800

SmartTots

www.smarttots.org

Society for Pediatric Anesthesia

www.pedsanesthesia.org

FDA Statement on Pediatric Anesthesia

www.fda.gov/Drugs/DrugSafety/ucm532356.htm



I am having surgery today!



waiting room

1. While I wait in the waiting room, I can play, read books, listen to music or watch a movie.



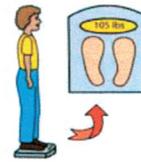
2. The nurse will call my name. My family will go with me.



blood pressure



thermometer



weigh



3. The nurse will check my blood pressure. It may feel like a tight squeeze on my arm. It will not last long. I can count or take a deep breath. The nurse will also take my temperature.

4. The nurse will weigh me and see how tall I am. The nurse will also put a sticker that looks like a band aid on my finger. It will not hurt.



5. The nurse will call my name again. My family will go with me.



listen to heart



look in mouth

6. The nurse will listen to my heart and look in my mouth.

I will wait my turn to see the doctor.



pajamas

7. Before I see the doctor I will change into my new pajamas.





doctor



nurses and doctors

9. I will go with the doctors and nurses to the doctor's room. My parents will wait for me in the waiting room.

8. My doctor will visit me and my parents.



anesthesia mask



get on bed

operating room

11. I will breathe some medicine from a mask.

10. I will sit or lie on the bed.

z
z
z
z



sleep

12. The medicine will make my body sleep.

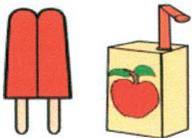


wake up



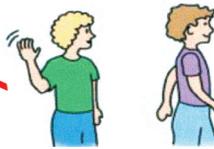
family

13. After the doctor has helped my body, I will wake up, and my family will be with me.



popsicle and juice

14. When I wake up, I can have a popsicle. I can drink juice, Gatorade or Sprite.



goodbye



home

15. After I feel better, I wave goodbye to my new hospital friends and go home.