

## Preparing for Pediatric Day Surgery at VGH

### Helpful Information for your Child's Surgery or Procedure

Hearing that your child needs surgery or a procedure can be stressful. This information will help you and your child prepare. Your surgeon may give you additional directions specific to your child's procedure/surgery.

#### Your child's surgery/procedure is booked for:

Date: \_\_\_\_\_

Surgeon: \_\_\_\_\_

Location: \_\_\_\_\_

Check-in time (unit doors open at 7:00 am): \_\_\_\_\_



**Call your surgeon's office before coming to VGH if you notice any of the following within 72 hours of your surgery/procedure time.**

- Your child has a rash
- Your child has a cold
- Your child has a fever above 38°C
- Your child has diarrhea
- Your child is feeling generally unwell
- Your child has been in contact with someone who has a virus (e.g. Measles, Mumps, Chickenpox, COVID-19)
- You have any other concerns about your child's health

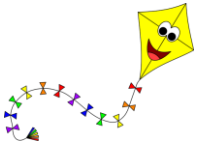
#### Fasting Guidelines:

My child can have **solid food** until: \_\_\_\_\_

My child can have **formula/bottles/tube feed** until: \_\_\_\_\_

My child can have **breastmilk** until: \_\_\_\_\_

My child can have **clear fluids** until: \_\_\_\_\_



## What information will the surgeon's office give me?

- Date and time of your child's surgery.
- Fasting guidelines.
- Instructions on how to get a complete medical history from your family physician or walk-in clinic prior to your child's surgery.
- May arrange for your child to see a specialist or have lab tests before surgery (if required).
- Your surgeon **may** also arrange for you to meet with an anesthetist for a consult prior to your surgery date.
- Information related to your child's needs after surgery, as appropriate.



## How do I talk to my child about coming in for surgery?

- Talking about the hospital visit using pictures or stories can help children deal with unfamiliar situations. Here is a link to two teaching videos <https://vimeo.com/showcase/6062693>.
- "Preparing Parents for their Child's Induction" is required viewing for the parent/guardian accompanying the child into the operating room. After watching this video, please decide if your child would benefit from watching a similar video prior to coming. Both videos are also located on the Island Health web page.
- "Get Ready for Surgery" is an educational video for kids describing the steps of the hospital visit.
- **Child Life Specialists** provide developmentally-appropriate interventions, including therapeutic play, preparation, and education to reduce fear, anxiety and pain.
- If your child could benefit from extra support and additional preparation prior to surgery, please contact the Child Life Department at [VGHchildlife@viha.ca](mailto:VGHchildlife@viha.ca) at least one week prior to the booked procedure.

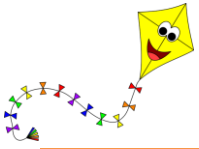


## What can I do to prepare a few days prior to the procedure?

- Be sure to have children's Tylenol®, Advil® or Motrin®, and Gravol® available at home for pain control and nausea after surgery. Have some easy to digest snacks (popsicles, jello, soup)
- If the legal guardian or parent is **not** able to attend on the day of surgery, please call Pediatric Day Care at (250) 727-4247 prior to surgery date.
- If possible, on the day of surgery, please limit to **one** visitor only. If you have other children, please arrange for childcare so you will be available to best support your child.
- If possible, arrange for someone to drive you home, so you can give your full attention to your child.
- Plan for a quiet day at home so you can help them recover from anesthetic. We ask that an adult is present at all times with your child for the rest of the day after surgery.
- If your child is admitted for an overnight stay, one parent or caregiver will be able to sleep overnight.

### From out of town?

- If you are interested in accommodation located on VGH grounds, please contact Jeneece Place (at 250-479-9908) as soon as you know your child's surgery date. For more information please refer to their website at (<https://islandkidsfirst.com/jeneece-place/>)



## What do I need to do the night before my child's surgery/procedure? Important Information - Fasting Guidelines.

When your child receives an anesthetic, it is **VERY** important that their stomach is **EMPTY**. This is so they do not vomit or choke when the anesthetic is starting. We understand that it is challenging when your child is hungry, but we need your help to ensure that your child is safe when 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 Rules About Eating and Drinking Before Operation Time:

**STOP** solid foods at **midnight** before operation time

- Solids include liquids with solid components (i.e. orange juice, soup broth, as well as Jell-O)
- Patients no longer on bottle feeds should have no solids or milk after midnight
- No gum or candy after midnight

**STOP** bottle feeds (formula feeds or tube feeds) **6 hours** before operation time

**STOP** Breast milk **4 hours** before operation time

**STOP** Clear fluids **3 hours** before operation time

- Clear fluids are fluids you can see clearly through (i.e. water, clear apple juice, ginger ale)
- Jell-O is not a clear fluid

### Important Information - Medication and Bathing before Surgery

- Give your child the prescribed pre-operative medication, if any.
- Remove any make-up, jewelry, or nail polish.
- Give your child a bath and wash their hair.
- Your surgeon may ask you to do a special scrub the night before and the morning of your child's procedure.



## What to bring on the day of your child's procedure

Aim to pack what you need in a **single bag** that you can carry. Your day will be easier if you pack light. Island Health is scent free; please do not wear perfume, aftershave or other scented products, including essential oils.

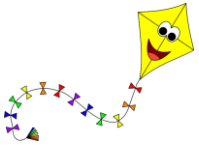
#### Essential Items:

- BC Care Card/Services Card or proof of substitute medical insurance plan
- If you do not have these, bring another form of personal ID
- Loose-fitting clothing for your child to wear home



#### Suggested Items:

- Your child's favourite book/toy/blanket.
- Your child's housecoat and non-skid slippers or shoes.
- Your child's pacifier, usual feeding bottle or sippy cup.
- A book or snack for parent to have during child's procedure. Parents/guardians: make sure to eat something (out of your child's sight) before the surgery.



## Where do I bring my child the day of surgery?

Your surgeon's office will tell you what time to arrive; this is usually 1.5-2 hours before surgery time.

**Parking:** Please follow the signs for visitor parking at Victoria General Hospital.

**Step 1:** You will get a call for a pre-op COVID-19 screener. If your child or household member has any symptoms please book a COVID-19 test and inform either the surgical office or pediatric surgical daycare at 250-727-4247.

**Step 2:** A COVID-19 screener questionnaire will be done upon entry into the hospital (reminder only one parent may accompany in the building)

**Step 3: Check in at admitting**

Please check in at the **Main Admitting** desk at Victoria General Hospital. This is on the main floor next to Tim Hortons. (The earliest you can check in at the main admitting desk is 6:30am).

**Step 4: Come to Pediatric Surgical Daycare**

Take the yellow elevators to the 3rd floor **Pediatric Surgical Daycare**. (Pediatric Surgical Daycare doors do not open until 7:00 am.)

## The day of your child's surgery/procedure: meet your health care team

### 1. Pediatric Surgical Daycare Team

- The Pediatric Surgical Daycare Team is made up of a unit clerk, registered nurses, and Child Life Specialist.

### 2. OR Team – Pediatric OR Waiting Area

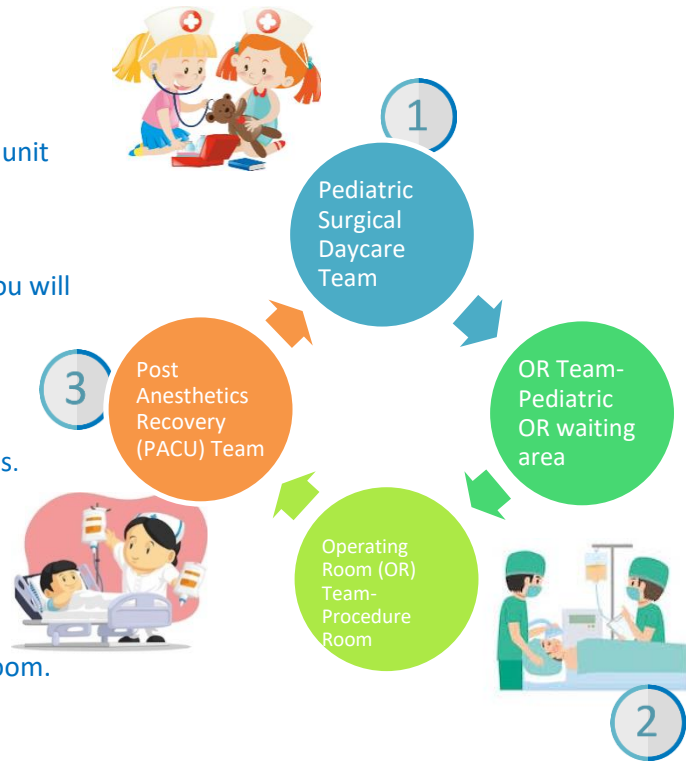
- Here a OR nurse will greet you and your child, and you will meet the surgeon and anesthesiologist.

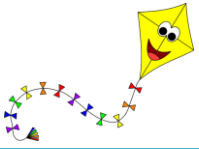
### 3. Operating Room

- The OR Team is made up of registered nurses, anesthesiologist, surgeons, and anesthesia assistants.

### 4. Post Anesthetics Recovery (PACU) Team

- In the recovery room a nurse will be with your child at all times, if they feel your child needs your support they will call Pediatric Surgical Daycare and a nurse will walk you to the recovery room.





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## Pediatric Surgical Daycare Team - Preoperative

### ► What can your child expect in Pediatric Surgical Daycare?

- A nurse will review your child's health history and do a COVID-19 screening questionnaire
- A nurse will measure your child's vital signs (temperature, heart rate, weight, blood pressure).
- A nurse will review that your child meets the fasting requirements.
- Your child will be asked to change into hospital PJs and use the washroom.
- A nurse may give your child pre-operative medications IF your surgeon or anesthesiologist has ordered any.
- You will be asked to change into hospital scrubs and shown where to store your belongings.
- You and your child will likely have some waiting time prior to going to the OR, this is a great time to read, or watch a movie. There is Wi-Fi available. A child life specialist will check in with you or your child during this time. Additional education or medical play may be offered at this time by the Child Life Specialist.
- When it is your child's turn to go to the OR, a patient porter will escort you and your child down to the OR receiving area.

### ► What do I need to do while in Pediatric Surgical Daycare?

- Support your child during their assessment.
- Confirm and sign surgical consent.
- Change into OR scrubs and store your belongings (lockers are available).
- Once your child is asleep in the OR, return to pediatric surgical daycare, and change back into your street clothes.
- Check in with the unit clerk and receive estimated time of OR completion, ensure you are back on Pediatric Surgical daycare at this time. Give staff member your **cell phone number**.
- If time allows, you can take a quick break for a coffee or snack (there is a Tim Hortons on the main floor). We ask that you don't eat food on the surgical daycare unit as patients are fasting but please stay on hospital grounds.

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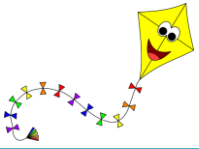
## Operating Room (OR) Team

### ► What can your child expect in OR area?

- You and your child will be escorted into the OR waiting area. One parent can come to the OR waiting area.
- The nurse, surgeon and the anesthesiologist will come and talk with you and your child. The team will review the preoperative safety checklist and this is a time to ask any last minute questions.
- One parent may go into the OR procedure area with your child (if the child is older than one), your child will be transferred onto a special bed and induction (going to sleep) will begin.

### ► What do I need to do while in the OR?

- You are there as a support for your child, offer reassurance and confidence in the team.
- Please be mindful that the OR is a sterile environment, follow the guidance of the OR staff.
- The anesthetic will make your child go to sleep very quickly. This can look shocking for parents. If you feel faint or dizzy at any time, tell the closest nurse or doctor.
- Once your child is asleep you will be asked to leave the OR area, please return to Pediatric Surgical Daycare.



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## Post Anesthetics Care Unit (PACU) Team



- The OR Team will bring your child to the PACU to recover. The PACU team is made up of Registered Nurses, and the anesthesiologist is available to support your child in the PACU if needed.

The PACU is a **closed unit** and in order to maintain the privacy and confidentiality of our other patients, **visitors are not routinely permitted**. However, the nurse may request the presence of one parent/guardian if it is felt this would be best for this child. This is not an emergency. All children react differently to the medications they are given and many do well with comfort items and videos while others may need more support from a trusted parent or caregiver.

- PACU nurses have specialized training and will closely monitor your child, providing one to one care. Once your child is awake, the nurses will ensure they are comfortable and safe. This will include assessing their surgical site and treating any pain or nausea.

▶ **What can your child expect in PACU area?**

- Your child will be sleeping when they arrive in the PACU area. They will be connected to a monitor to measure their vital signs (heart rate, blood pressure, and oxygen levels)
- Usually they will have an IV, which will be wrapped up.
- As your child wakes up they might feel confused, the nurse will help to reassure your child and offer them a distraction or a special stuffed animal or book.
- Once your child is awake and medically stable, the PACU nurse will call the Pediatric Surgical Daycare nurse to let them know your child is ready for transfer back to Pediatric Surgical Daycare for the last stage of their recovery, or to the pediatric ward for further observation as discussed with the surgeon.

▶ **What do I need to do while my child is in the PACU area?**

- Please wait in Pediatric Surgical Daycare, the surgeon will often call or come and see you here while your child is in the PACU.

## Recovery On Pediatric Surgical Daycare

▶ **What can your child expect during recovery**

- Your child may be awake or asleep on arrival and will be monitored by a nurse. Most likely they will have an IV in their hand or arm. The nurse will ensure your child is comfortable.
- Once awake, the nurse will offer your child clear fluids and complete discharge teaching with you.
- When it is safe, your child will be discharged home with you.

▶ **What do I need to do while my child is recovering**

- Offer support, your child may be confused.
- Generally the recovery time takes anywhere between 1-3 hours depending on the child, however tonsillectomy patients will stay 6 hours post op and adenoidectomy patients will stay 3 hours post op.