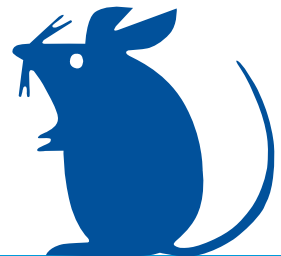




**University  
Hospitals Sussex**  
NHS Foundation Trust

# the alex

Coming to hospital for an operation



Information for relatives and carers

## What time to arrive

You are due to arrive on the ward on \_\_\_\_\_ (date),  
at \_\_\_\_\_ (time).

If your surgery is in the morning and you arrive before 7.30am please take a seat in the atrium and we will call you through when the ward opens at 7.30am.

If you are being admitted later in the day please ring the bell and wait to be let in.

## What to bring

- Clean set of pyjamas or loose fitting clothes without any metal fastenings or poppers
- Any regular medication that your child takes
- A comforter or teddy if used
- Change of clothes
- Any nappies or wipes
- Change for parking.

## What to do before you leave home

Remove any jewellery, metal hair clips and make up.

This includes nail varnish or acrylic nails, as this prevents us from completing accurate monitoring during the anaesthetic.

Please make sure that you have Paracetamol and Ibuprofen available at home for you to use when you are discharged.

## Not well when you are due to come in?

Please phone the hospital if your child develops a cough or cold, or diarrhoea or vomiting within a few days of the day of the operation. It may be best to delay the operation until they are better.

## Fasting instructions

Your child needs to have an empty stomach before they are anaesthetised, but we will try to ensure that they are not too thirsty.

### If you are asked to arrive for 7.30am please follow the instructions below:

- No food must be eaten after midnight. NB milk, fizzy drinks, fruit juice and chewing gum are classified as food.
- Your child will be allowed to continue to take sips of water or diluted squash up until the time of their anaesthetic.
- Breast milk can be given until 5:30am.
- Formula milk can be given until 4:30am.

### If you are asked to arrive for midday please follow the instructions below:

- Give your child a light breakfast before 7:30am. Please wake them for this if you need to, or they will be hungry later.
- Your child will be allowed to continue to take sips of water or diluted squash up until the time of their anaesthetic.
- Formula milk can be given until 9:30am.
- Breast milk can be given until 10:30am.

## What will happen on the day of surgery

On admission you will be seen by a surgeon, anaesthetist and one of the nursing team. You may find it helpful to make a list of questions you want to ask.

### Local anaesthetic cream

Nearly all children will have a 'magic cream' put on the back of their hands. This is a anaesthetic numbing cream which reduces the pain of injection when a cannula is place in your child's hand or arm. It works well in reducing the pain in 9 out of 10 children.

A cannula is a thin plastic tube that is placed into a vein under the skin, usually on the back of the hand. A needle is used to put the cannula in, but the needle is removed immediately, leaving only the soft cannula in place. It can be left in place for hours or days, so that drugs and fluids can be given as needed.

### In the anaesthetic room

A nurse from the ward will accompany you and your child to the anaesthetic room. Your child will be able to take a toy or comforter and be accompanied by one parent. If you wish, you will usually be welcome to stay with your child until he or she is asleep.

You will then be asked to leave the anaesthetic room.

A member of staff will be with you as you leave.

### After surgery

You will be able to collect your child from the recovery room as soon as your child is waking up with one of the ward nurses.

Once back on the ward they should be able to eat and drink.

A snack box will be provided but you are able to bring in your own food if you wish.

**If you have any questions please do not hesitate to contact us**

**Children's Day Case Unit, Level 7 RACH**

**Telephone 01273 696955 Extension 62382**

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#### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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