



Pre-operative/Pre-procedure

INFORMATION FOR PEDIATRIC PATIENTS

PLEASE READ PRIOR TO DAY OF SURGERY



Pre-operative Instructions

Hello! Your child will be having surgery through the Ambulatory Care Unit (ACU). Their procedure is scheduled for (Date) _____ .

On the day of their procedure please park and enter at the NE Entrance of the hospital. Valet service is provided from 7am-5pm free of charge. Go to elevator H and down to the 1st floor. When you get off the elevator turn left and you will then see the entrance to ACU. Please check in with the receptionist inside ACU. Check your child's armband for correct spelling.

I. TIME OF ARRIVAL:

ACU will be calling the day before your procedure/surgery between 2pm-5pm to notify you of your child's arrival time. If you are away from home please call ACU on the day before your procedure between 2pm-5pm at (405)-307-1250.

II. IN PREPARATION OF YOUR CHILD'S PROCEDURE:

Your child may have solids & non clear liquids* up until 8 hours before surgery. Your child may have clear liquids** 2-3 hours before surgery.

*Solids & Non Clear liquids: This includes milk, formula, and breast milk.

**Clear liquids: Water, fruit juices without pulp, non carbonated beverages & clear tea.

- A. Notify your doctor of any changes in your child's physical condition; any fever, cold or flu symptoms, and unusual rashes or sores.
- B. Bath or shower child the night before or the morning of their procedure. Remove barrettes and jewelry before coming to the hospital.

III. ON THE DAY OF YOUR CHILD'S PROCEDURE:

A. Please bring the following:

- All prescribed medications.
- Extra diapers, pull ups or underwear.
- Bottles or sippy cups and formula (we have juices for your child).
- Comfortable clothes or sleepwear.
- Favorite comfort item

B. We request that in ACU one adult stay in your child's room at all times. As soon as the surgery is over, your doctor will come to your room and talk with you. We request that small children not be brought as visitors.

C. We also request no more than 2 adult family members or visitors accompany your child due to limited space in our waiting room.

Pre-operative Instructions

D. Because our waiting patients are not permitted to eat or drink, we ask visitors to not eat or drink in the waiting room. There is a cafeteria available on the second floor and a snack bar is outside Ambulatory Care on first floor.

IV. AFTER YOUR CHILD'S PROCEDURE:

A. Your child will be discharged home when pain or nausea can be controlled and there are no signs of bleeding.

B. You will need an extra adult to assist your child in the car other than the driver.

C. Discharge Instructions will be given at discharge.

The Ambulatory Care Unit nurses are here to help you and your child have a very good experience before, during and after surgery. Please don't hesitate to ask any questions you may have or otherwise let us know how we can be of assistance.

Clear Liquid Diet

This diet may be used just before surgery or in preparation for tests.

This diet does not meet the Recommended Daily Allowances of the National Research Council for any nutrient and should not be used for more than three days without supplementation.

Fruit Juices: Apple, Cranberry, Grape

Desserts: Clear flavored gelatins, clear fruit ice, popsicle

Beverages: Coffee, tea, coffee substitutes, decaffeinated coffee, artificially flavored fruit drinks, Gatorade, postum, non-carbonated beverages

Soups: Clear beef, chicken or vegetable broth

Miscellaneous: Sugar, hard sugar candy

Your Anesthetic

WHAT IS ANESTHESIA?

Anesthesia is a state of freedom from pain. There are many safe anesthetics available. The anesthetic or combination of anesthetics are selected after careful study of the patient and the type of surgery. Some anesthetics are given as a gas and some are injected directly into the skin or nerves.

WHO GIVES ANESTHESIA?

- 1. M.D. Anesthesiologist:** A medical doctor or D.O. who is a specialist in anesthesia.
- 2. C.R.N.A. (Certified Registered Nurse Anesthetist):** A registered nurse, trained to give anesthetics, supervised by an M.D. anesthesiologist or D.O.

WHAT KINDS OF ANESTHESIA ARE THERE?

I. General Anesthesia: A general anesthetic is a sleep deeper than normal sleep. You will be put to sleep through an IV in your arm. After you are asleep, anesthetics will be given, mostly as gas, through an anesthesia machine. Awakening from general anesthesia only occurs when the anesthesia is stopped.

II. Regional Anesthesia: The regional anesthesia is used when only one part of the body is made numb. Regional anesthetics are called nerve blocks, spinals, and epidurals. A needle is used to inject the anesthetic drug that results in a pain-free body part.

Spinal and Epidural Anesthesia: If a spinal or epidural anesthetic is given, a needle is placed between the spine bones and the anesthetic drug is injected either inside or outside the spinal canal. The drug blocks the nerves and causes numbness. The numbness lasts from two to four hours, and often the legs cannot move during this time. Normal feelings return in a few hours.

WHAT HAPPENS BEFORE THE SURGERY?

Before your operation, blood tests, x-rays, or an electrocardiogram (EKG) may be ordered. On the day of surgery, do not eat or drink anything. This is to prevent vomiting and the risk of getting any food in the lungs. Some medications, as directed by the anesthesiologist, may be the exception.

You first will be taken to a room where an IV will be started. The IV will be used to give you fluids before, during and after surgery. It will also be used to give anesthetic drugs and other medications. After your IV is started, you will be taken to the Operating Room and moved onto an Operating Room table. Your blood pressure and pulse are checked and other monitors may also be connected. You will be constantly monitored by the anesthesiologist or nurse anesthetist, who will stay with you at all times during your surgery.

Your Anesthetic

CHILDREN'S ANESTHESIA

Special considerations are made for children if deemed necessary by anesthesia. An IV may be started before the child is taken to the Operating Room. Usually, for young children, anesthesia is given by allowing the gas to flow over the face from a mask until they are asleep. Then an IV is started and anesthesia is continued.

RECOVERY

After surgery your child will be taken to the Post Anesthesia Care Unit. The nurses in PACU are specially trained to care for patients who are awakening from anesthesia. Your child will receive medications to keep comfortable and will help your child rest. When discharge criteria is met and your child is stable, he/she will be taken to an assigned room in the hospital or transferred back to the Ambulatory Care Unit.

WHAT IS THE CHARGE?

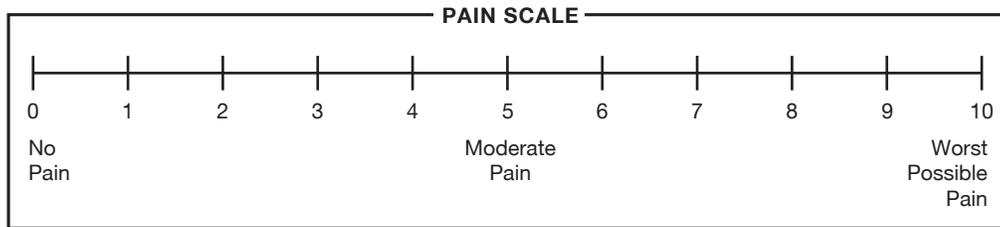
The bill for anesthesia services will be sent after your child's operation. You may also receive a bill for standby services even though the surgeon gives the local anesthesia. Most people prefer to receive their bills within a few days after the operation so they can know what their total expenses will be. This is also helpful in dealing with insurance companies. The fee is based on several things including the length and complexity of the operation, the type of anesthesia used, and the difficulty of the total case.

DOES INSURANCE TAKE CARE OF THE BILL FOR ANESTHESIA?

Many patients have hospital and/or medical insurance. These insurance policies vary greatly. Some pay only the hospital; some pay only the doctor; others pay for both. Many policies do not pay the entire amount, but pay a portion of the fee to help you with the bill. If you have insurance papers and wish to have assistance in filing, contact the person who administered your anesthetic.

Pain Control

It is very important that your child receive effective treatment for pain. Your child will be asked to use a pain scale based on numbers or faces to help in assessing your child's pain level. Your child's level of sedation will also be assessed. If your child is too young, the nurses will evaluate pain according to behavioral and physical signs.



PAIN SCALE (CHECK ONE)

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| NO PAIN | MILD | MODERATE | QUITE A LOT | VERY BAD | WORST PAIN |
| <input type="checkbox"/> 0 | <input type="checkbox"/> 1-2 | <input type="checkbox"/> 3-4 | <input type="checkbox"/> 5-6 | <input type="checkbox"/> 7-8 | <input type="checkbox"/> 9-10 |

AMBULATORY CARE UNIT
405.307.1250

normanregional.com

Norman Regional Hospital
Moore Medical Center
Norman Regional HealthPlex



Norman Regional
HEALTH SYSTEM