



# Surgery Information

## YOUR SURGERY DATE

We will give you a surgery date during your clinic visit OR our Surgery Scheduler will contact you by phone.

**!** Please call the Surgery Scheduler immediately if you have changed your mind about having surgery; this will give us the opportunity to take care of another child who is waiting.

## CHANGES IN YOUR CHILD’S HEALTH

**!** Please call the Admissions office at 916-453-2204 if you notice any change in your child’s health within 3 weeks of your surgery date:

- Cough
- Sore throat
- Breathing problems
- Runny nose/congestion
- Fever
- Vomiting
- Diarrhea
- Rash
- Skin redness
- Night sweats
- Body/scalp itching
- Lice
- Exposure to a contagious disease – chicken pox, measles, etc.
- Has cuts/scrapes/skin lesions near the planned surgery area

## APPOINTMENTS

- Pre-op and post-op appointments are a very important part of your child’s care. If the surgery date changes, these appointments may need to be rescheduled. Please call your Care Manager if you have questions.
- Children with medical problems may require clearances from their specialists such as a neurologist or cardiologist.
- We may require an evaluation with our pediatrician or pediatric anesthesiologist to ensure that your child is as prepared as possible for a safe surgery and anesthetic.

## DEFINITIONS

**Admissions Office:** Room where surgery check-in begins

**AM Admission:** Come to the hospital the day of surgery and stay at least one night

**Early Admission:** Come to the hospital earlier than your surgery day

**ICU:** Intensive Care Unit

**NPO:** Latin (nil per os) meaning “nothing by mouth” – refers to fasting

**OR:** Operating Room

**PACU:** Post Anesthesia Care Unit (recovery room or wake-up room)

**Pre-Op:** Preoperative (before surgery) appointment in the outpatient clinic

**Pre-op Holding:** Before surgery preparation area in the Surgery Department

**Post-Op:** Postoperative (after surgery) appointment in the outpatient clinic

**Same Day Surgery or “SDS”:** Come to the hospital and leave the same day as surgery

## Contact Information

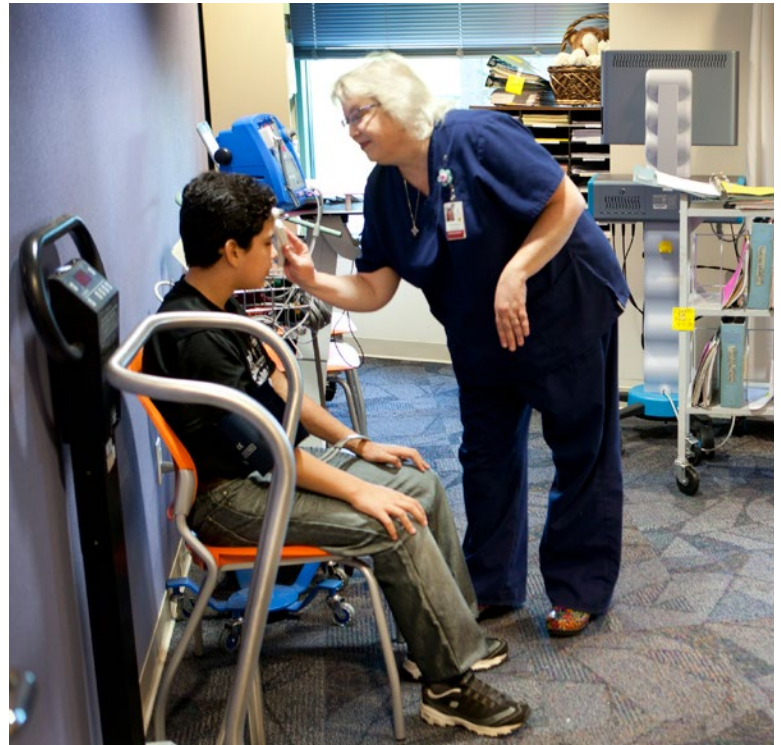
Hospital Main Line House Supervisor	916-453-2000
Admissions Office	916-453-2204
Outpatient Clinic Appointments	916-453-2180
Surgery Schedulers	916-453-2081 916-453-2100
Transportation / Lodging	916-453-2095
Triage (advice) Nurse	916-453-2182

## ARRIVAL FOR SURGERY

- We will call you **the day before your surgery** to give you instructions and let you know what time to arrive at the hospital. If surgery is scheduled for a Monday, you will get a call the Friday before your surgery.
- Check in at the hospital lobby reception desk at your arrival time.
- You will be directed to the 4th floor Same Day Surgery/AM Admission area.
- We request that only 2 adults accompany the patient to the 4th floor surgery area. Due to space restrictions and limited seating, additional friends and family members that come on surgery day will be asked to wait in the 1st Floor Main Lobby or cafeteria. Minors (less than 18 years old) should not come to the 4th floor. Minors waiting on the 1st Floor cannot be left unattended.
- You will be given your child's belongings for safe keeping.

## AFTER SURGERY

- For same day surgery, your child will be discharged directly from the PACU.
- For overnight stays in the hospital your child will be transferred from the PACU to one of our inpatient care units.
- If your doctor gives you a medication prescription, you can fill it at a community pharmacy or at UC Davis across the street.
- For more helpful details, please review your ***Patient & Family Information Handbook***.



Delays may occur when a hospital emergency case is put ahead of yours or the patient before you has a procedure that lasts longer than planned. It is never easy to wait, so try to keep your child occupied by reading, watching television or using distraction activities.

Our Child Life Professionals are available to help you.



## Surgery Checklist

- Please review your surgical checklist to ensure that necessary arrangements are made, equipment is available, paperwork is complete and your child is ready for surgery.
- Have your checklist completed and readily available for use during your preoperative phone call.
- Bring your list with you on surgery day.



# Surgical Checklist

## IMMEDIATELY

**Are you the biological parents and able to sign surgical consents?**

YES  NO – Contact your Social Worker to discuss your individual situation; special documents or even a court order for surgery may be required.

**Have you provided custody documents such as divorce decree, custody agreement or foster care agreement?**

YES  NO – Send your documents to your Social Worker as soon as possible.

**Are you willing to consent to a blood transfusion even if one is very unlikely?**

YES  NO – Contact your RN Care Manager to discuss.

**Will your child require medical clearance for surgery?**

YES  NO – Your LVN/RN team members will ask you several health questions to determine if we require clearance from other specialists that provide care for your child. We will need the medical records from those doctors as well as test reports. Your child may require a consultation appointment with our Shriners pediatrician or pediatric anesthesiologist prior to going forward with surgery. ***This is necessary to ensure the safety of your child during surgery.***

**Are all of your required tests complete (MRI, CT, EMG) and does Shriners have a copy?**

YES  NO – If you do not know, contact your RN Care Manager

## WITHIN 3 WEEKS OF SURGERY

**Is your child free of recent illness or health change?**

YES  NO – If No: Call the Admission's Department at 916-453-2204

**Have you planned for time off work and submitted FMLA (Family Medical Leave Act) or Paid Family Leave forms?**

YES  NO – We require a minimum of 2 weeks to complete forms – forward to Health Information Department (Medical Records) for processing:  
Phone: 916-453-2164 FAX: 916-453-2355

**Have you arranged for transportation and lodging if needed?**

YES  NO – For a referral, call the Lodging & Transportation Coordinator at 916-453-2095, referrals are NOT reservations. Rooms for Ronald McDonald House and Kiwanis are not guaranteed; have a back-up plan.

**Have you notified your child's school for a planned absence and sent any required forms to us for completion?**

YES  NO – Send required forms to our Medical Records Department no less than 2 weeks before surgery.

**Is your preoperative appointment either scheduled or completed?**

YES  NO – Call your RN Care Manager

**If physical therapy or occupational therapy is required, have you verified that your primary care provider made the referral or that your CCS (California Children's Services) case is open?**

YES  NO – Call your RN Care Manager

## WITHIN 2 WEEKS OF SURGERY

**If your doctor recommends DME (Durable Medical Equipment) – wheelchair, walker, commode, raised toilet seat, etc., have you confirmed delivery with the vendor?**

YES  NO – If you have questions, contact your Care Manager or Social Worker.

**Have you considered that you will not be allowed to have artificial nails, nail polish or jewelry? Pierced body jewelry must also be removed.**

YES  NO – Consider timing of nail care and new piercings.

## 1 WEEK BEFORE SURGERY

**Has your child stopped taking blood thinners? Blood thinners are often but not always stopped before surgery.**

YES  NO – If taking ASPIRIN products, ask your doctor IF you should stop and WHEN.

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## Surgical Checklist *continued*

**Have you stopped taking anti-inflammatory medications 7 days prior to surgery unless instructed by your doctor? These include Motrin, Advil, Aleve, and Naproxen, Tylenol is ok.**

YES  NO – Call your RN Care Manager to discuss.

**Have you notified your physician if your child is taking herbal supplements or teas?**

YES  NO – Contact your RN Care Manager to discuss.

### DAY BEFORE SURGERY

You will get a phone call to review this checklist and to receive arrival and fasting instructions. Please ensure that we have accurate contact numbers.

- Shower or bathe the night before or morning of surgery. Wash hair. Check for lice.
- Remove nail polish, artificial nails, jewelry, including ALL piercings.
- Check and follow the fasting guidelines provided during the surgery preparation phone call
- Plan to take all usual prescription medications on the morning of surgery with a small sip of water, unless specifically told otherwise by the surgeon or anesthesiologist
- Confirm your transportation arrangements to and from the hospital
- Parent or legal guardian with authority to consent is accompanying the child to the hospital unless other arrangements have been made ahead of time.

### PACK THE FOLLOWING

- Loose and comfortable clothes that are easy to get on or may need to go over a cast or brace
- Current immunization record
- Official copy of birth certificate (not hospital issued)- if not already on file
- All medications in their **ORIGINAL** labeled bottles
- Car seat
- Health insurance card
- Your child's comfort toy or blanket
- This checklist



## DAY OF SURGERY

### FASTING GUIDELINES (NPO)

- After 12:00 midnight the night before surgery:
  - No solid foods
  - No gum, candy or mints
  - No liquid foods (applesauce, pudding, milk)
- Stop infant/toddler formula 4 hours prior to your **ARRIVAL** time
- Stop breast milk 2 hours prior to your **ARRIVAL** time
- Anesthesia allowed CLEAR liquids are encouraged until 1 hour before your **ARRIVAL** time
- Anesthesia allowed CLEAR liquids are **ONLY** water, Pedialyte, apple juice and Gatorade.

**FOR SAFETY REASONS IT IS VERY IMPORTANT TO FOLLOW FASTING GUIDELINES EXACTLY. IF NOT, YOUR CHILD'S SURGERY COULD BE DELAYED OR CANCELLED!**

### YOUR INFORMATION

Our Surgery Nurse will call you with the following details:

Your Surgery Date: \_\_\_\_\_

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

Planned surgical procedure: \_\_\_\_\_

Stop solid and liquid foods at:  
*Midnight the night before surgery*

Stop infant/toddler formula at: \_\_\_\_\_

Stop breast milk at: \_\_\_\_\_

Usual medications at (list): \_\_\_\_\_

Stop Anesthesia allowed clear liquids at: \_\_\_\_\_

Arrive at the hospital at: \_\_\_\_\_

Check in at the Hospital Reception Desk – Please be on time. **Take the elevator up to the 4th Floor, turn right to Admission Room #401**

Special instructions: