

Information about:

# Admission to the Children's day case surgery unit

Soon your child will be admitted to the children's day case surgery unit for an operation. This folder offers information concerning the preparation at home, in hospital and what will happen during the admission. Should you still have questions after reading this folder, please feel free to ask the staff on the unit.

For reading purposes, we name a child 'he/him'. Instead of 'he' you can of course read 'she'. Where the text reads 'parents', you can also read 'guardians'.

*If you have received an information folder on the outpatient's clinic regarding the surgical procedure, please also read this folder carefully, as it may contain extra information.*

## **Anaesthesiologist appointment (preoperative examination)**

After your visit to the specialist, you will be called by the admission department to make an appointment for a visit or a consult by phone with the anaesthetist for the preoperative examination. The preoperative examination takes place before the day of admission. The specialist has given you a 'preoperative examination of children questionnaire', which you have completed and returned. During the preoperative examination, the anaesthetist will go through the questionnaire with you, may ask additional questions and determine whether and which additional examination needs to be done. You and your child will also have the opportunity to ask the anaesthetist questions.

## **The day case surgery unit**

Children and youth from 0 to 18 years old are admitted to the day case unit. We take your child's age into account, and do our best to ensure that he shares a room with peers. Your child will be nursed by a children's nurse or a children's nurse in training. Those in training work under the guidance of a qualified children's nurse. A medical pedagogical member of staff is present to guide your child through the stay.

A maximum of 2 parents are welcome on the children's day case unit for the whole day. Brothers, sisters and other visitors are not permitted. Your child will spend the day on the unit, and it will be much nicer for him if you are there to accompany him throughout.

## **Illness or fever**

Phone the outpatient's clinic if, in the days prior to the operation, your child:

Is ill or has a fever (above 38,5 degrees)

Has been in contact with a contagious (children's) disease (for example chicken pox or COVID 19)

Sometimes it's better to postpone the operation.

## **Medication**

Does your child take medicine? Generally he can take his medicine or inhaler as usual on the day of the operation. The anaesthetist will discuss this with you during the pre-operative screening. You can always phone the pre-operative screening with any questions concerning new medicines. Don't forget to take the medication to the hospital with you.

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## **Vaccinations**

It is better to postpone any vaccinations around the day of surgery. We advise waiting at least 3 days after the operation. You can discuss this with the anaesthetist.

## **Fasting policy**

It is important that your child fasts before the operation. This means that the stomach should be as empty as possible, thereby reducing the chance of the stomach contents ending up in the lungs.

## **Therefore strictly follow these rules:**

- Up to 6 hours before admission your child may eat, drink or have a bottle feed as normal.
- Infants younger than 1 year may have a breast feed up to 4 hours before admission (so not a bottle feed)
- After that your child may not eat anything, but only drink clear fluids up to 1 hour before admission. By clear fluids we mean water, tea, cordial to be diluted (without milk, but sugar is permitted). Milk, milk products, fruit juices with pulp, and carbonated drinks are not allowed.
- From 1 hour before admission your child has to be nil by mouth.

It is important that the parent who accompanies the child to the operating theatre complex does eat breakfast. After the operation, breakfast/lunch is available for your child on the unit. Coffee, tea and water is available for parents. You may bring food and drink from home with you.

## **What to bring with you**

On the day of admission, bring the following items with you:

- Valid proof of identity.
- Your child's medication
- Comfortable clothing
- Pair of pyjamas (in the case of E.N.T specialism operations, an operation gown is unnecessary for children who weigh less than 30kg)
- Extra set of clean clothing
- Urological patients should bring tight fitting underpants and jogging trousers.
- A cuddly soft toy or other toy that your child is attached to ( the cuddly toy may be taken into the operating theatre)
- A telephone or tablet is also allowed. ( free WIFI available)
- For younger children a bottle, drinking beaker or dummy.

Bring the following items for yourself:

- Something to eat.
- Something to read or do while you wait.

We advise you not to bring valuable items with you. Neither you or your child is allowed to wear jewellery in the operating theatre. Nail polish is also not allowed. When you accompany your child to the operating theatre you may not take your bag with you, but there are lockers on the unit which you can use for valuables. The hospital cannot be held responsible for lost or stolen goods.

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## **Time of surgery**

The surgery programme is published just one day before the operation. You will receive a telephone call from the secretary or nurse in the afternoon between 13.00 - 16.30 hours concerning times for admission and surgery.

## **Tips to prepare your child for admission**

For most children, hospital admission and surgery are intense experiences. It's difficult to predict how your child will respond. We do know that good preparation is key to ensuring that your child is better able to cope and withstand the admission. There are two information films on the Amstelland Hospital website. You can find these under the title 'Kindergeneeskunde – Voorbereiding van het kind bij dagopname'. There is a film for children under 30kg, and another for children above 30kg. A medical pedagogical staff member will guide your child through the day of surgery.

Maybe your child has previously had a distressing experience in hospital, or is very frightened or has behavioural problems, for example AD(H)D and PDD-NOS. In these cases you can always contact a medical pedagogical member of staff who will gladly think things through with you. It is always possible to make an appointment for the preparation in hospital. If you want to do this, then please let us know at least one week before the operation.

## **The Operation**

Your child will be given pain-relieving medication prior to the operation and, if necessary, anesthetic plasters for an IV. A nurse or medical pedagogical member of staff will escort your child to the operating theatre in his bed. One parent may accompany him. If both parents are present, then one has to stay on the children's day case surgical unit. If your child is very young, then you can carry him to the operating theatre. Your child may take a cuddly toy with him.

Before entering the operating theatre, you are required to put an overall and cap on. Your child gets a cap too. The anaesthesia nurse will guide you and your child further to the operation. Your child will be anesthetized with a cap or an injection. The anaesthesiologist determines which administration of anaesthesia is most suitable for your child. This decision depends on the type of procedure, age, weight and any previous operations. Please note that having your child under anaesthesia is not always a pleasant experience. During surgery, the parent will wait in the waiting room next door.

After the operation, you will be called into the recovery room as soon as your child wakes up. Your child may be restless, nauseous, in pain or sound hoarse. There will be other patients in the recovery room, but please direct your attention to your own child and try to reassure and calm him. For privacy reasons, filming or photography is not allowed in the operating complex unless permission has been given.

The doctor who performed the operation will usually discuss how it went with you in the recovery room. Your child may return to the children's day care unit as soon as the recovery nurse is satisfied that he has come round from the anaesthetic.

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## **Back on the children's day unit and discharge.**

Your child can usually go home after 1 to 4 hours of observation, depending on the operation. The nurse will be able to tell you which requirements have to be met concerning your child's condition. The doctor who performed the operation does not visit the unit before discharge.

## **Pain relief at home.**

Make sure that you have (children's) paracetamol at home (no acetylsalicylic acid containing medicines like aspirine). If your child needs stronger pain killers, then you will get a prescription from the hospital to collect the medicines from the pharmacy on the ground floor. Give the medicine according to the nurse's instructions.

## **Accessibility**

Do you still have questions regarding this folder?

During office hours (8.30-16.30) you can telephone us on 020 755 6668

The pre- operative screening is available on 020 755 7091

The medical pedagogical staff are available on 020 755 6672