

# Preoperative Information C.S. Mott Children's Hospital



**Procedure:** \_\_\_\_\_

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

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

**Clinic Number:** \_\_\_\_\_

**Check-in time** \_\_\_\_\_

**No eating after:** \_\_\_\_\_

**No drinking after:** \_\_\_\_\_

**No breast milk after:** \_\_\_\_\_

## Surgical procedure at C.S. Mott Children's Hospital

These handouts were developed to help you know what to expect before, the day of, and after your child's surgery. If you still have questions after reviewing this information, we encourage you to visit [www.mottchildren.org/preparingforsurgery](http://www.mottchildren.org/preparingforsurgery) or call our pre-surgery center at **877-368-1316**. If your child is unsure of what to expect or would like to schedule a pre-surgery tour, please call and choose option #4 for child life services.

## Where can I park?

- P4 garage (Mott) – located across from the main entrance of Mott Children's Hospital at **1540 East Hospital Drive, Ann Arbor, MI**
- P2 garage (Taubman North) – located between University Hospital and Mott Children's Hospital at **1500 East Medical Center Drive, Ann Arbor, MI**
- Valet service is available at the entrance to Mott Children's Hospital

## What should I know the day before surgery?

Between 10 a.m. and 4 p.m. the day before your surgery/procedure, a pre-op nurse will call you to let you know your child's check-in time, when your child will have to stop eating and drinking, and what medications your child can take on the day of surgery. Please note that your child's procedure time MAY change due to scheduling additions or cancellations.

- **Follow the specific instructions given by the pre-op nurse for eating and drinking guidelines.**
- Up until two hours before arrival time, your child may have the following clear liquids:
  - Apple juice (not cider)—this is the only juice you can drink
  - Water
  - Pedialyte
- Do not give medication with pudding, applesauce, yogurt, or other foods.
- **No gum, candy, breath mints, carbonated beverages, or milk allowed after midnight.**
- On the day of surgery, your child's arrival time will be at least one hour before surgery and may be as early as 6 a.m.
- **Responsible parent/guardian must:**
  - **Accompany the child**
  - **Remain on hospital grounds during surgery**
  - **Listen to discharge instructions**
  - **Drive the child home**
  - **Stay with the child the first night after surgery**

# Preparing for Surgery C.S. Mott Children's Hospital

## What if my child gets sick before the procedure?

- **If your child gets sick (temperature, cough, cold, flu-like symptoms) within 4-6 weeks before the procedure, you must call the clinic that scheduled your procedure.**

## How should I prepare for my child's surgery?

- Shower or bathe your child the evening before surgery with an antibacterial soap.
- Please make a list of your child's medications to bring with you the day of surgery.
- Bring any durable medical equipment that your child uses such as glucometer, CPAP, ventilator equipment, or tracheostomy supplies.
- Bring any legal documents that are relevant, such as guardianship papers, Durable Power of Attorney, etc.
- Makeup, powder/lotion, deodorant, nail polish, contact lenses, tampons, earrings, and other jewelry should be removed before your child arrives at the hospital.
- Remember to bring a case for your child's glasses, contact lenses, and dental appliances.
- Remember to dress your child in comfortable/loose clothing that has no glitter on it.
- You may bring a comfort item for your child (favorite book, blanket, toy, pacifier, etc.)
- If your child has long hair, we recommend that it be worn up or away from the face.

## What happens once I arrive for surgery?

- When you arrive, stop at the Security Desk as you enter the building and then take the guest elevators to Level 4. The pre-op check-in "frog desk" is located as you get off the elevator.
- When it is time, only two adults may accompany your child to the pre-op area.
- A nurse and a patient care technician will help prepare your child for surgery.

- Before surgery, your child will be asked to put on a hospital gown after removing all clothing including underwear.
- You will meet your child's anesthesia team to discuss the anesthesia plan.
- An operating room nurse will review medical information before your child enters the operating room.
- You will meet the surgeon and discuss your child's surgery or procedure.
- When it is time for surgery, you will separate in the pre-surgery area and your child will be taken to the operating room.
- During surgery, you will be directed to the waiting area located in the main lobby on the second floor.

## What should I know after surgery?

- Following surgery, your child will be moved to the Phase 1 recovery room for close observation and care.
- Your child may awaken quickly or sleep for what seems like a long time. We will call you as soon as possible to be reunited with your child.
- If going home, a nurse will review your printed discharge instructions before your child leaves.
- If being admitted, you may accompany your child to their hospital room.
- If your child is prescribed home medications, you may pick them up at the Taubman Center pharmacy before you leave the building. Hours of operation are 9 a.m.–6 p.m. on weekdays, 9 a.m.–4:30 p.m. on Saturdays, and closed on Sundays.

