

137, 501 Bethel Drive  
Synergy Wellness Centre  
Sherwood Park, AB T8H 0N2Tel: 780-570-5494  
Fax: 780-570-5493**SURGERY BOOKED FOR DAY SURGERY ON:** \_\_\_\_\_

Your child's surgery will take place at the Stollery Children's Hospital.

**You will receive a call from the booking office between the hours of 1:00pm and 3:00pm OR 7:00pm – 9:00 pm the business day prior to surgery to provide you with the OR time for your child as well as the time you must arrive at the hospital.**

**Children 16 years of age and under must have last solid food, including milk or milk products, candy or chewing gum, 8 hours prior to surgery and then nothing by mouth. Last clear fluids will be three hours prior to surgery and then nothing my mouth.**

If you require any additional information, please contact me directly. 780-570-5494 ext. 103

Kind Regards,



Chelsea Godsman  
Medical Office Assistant to Dr. Allan Ho

## **How to get your child ready for surgery. Please read these instructions carefully.**

**Date of your child's surgery:** \_\_\_\_\_

**Time to be at the Stollery Children's Hospital for Registration:** \_\_\_\_\_

**Children 16 years of age and under must have last solid food, including milk or milk products, candy or chewing gum, 8 hours prior to surgery and then nothing by mouth. Last clear fluids will be three hours prior to surgery and then nothing by mouth. These instructions are for your child's safety, and it is very important to follow them. Your child's surgery will be cancelled if they don't follow these instructions.**

**NO SCENTED PRODUCTS:** Scented products make some people sick. Please avoid wearing or bringing scents into the hospital.

**Your child's surgeon is Dr. Allan Ho.**

### **The day before your child's surgery**

Keep these instructions and a pen with you, so that you have them with you.

- The day before your child's surgery, the hospital will call you between 1:30pm and 3:00pm OR 7:00pm and 9:00pm to tell you the time to be at the hospital to register your child for surgery. Write the date and time on above of these instructions. Thank you for being patient, the Hospital has many families to call.
- If your child is taking prescription medications, call or go to your child's pharmacy to get a list of all these medications. Bring this list with you to the hospital.
- Pack a bag for your child. Include an extra set of clean clothes and shoes or slippers to wear in the hospital.
- The night before surgery, for your child's safety:  
Take off nail polish from the fingers of both hands, take out all piercings (ear, face & body)
- If your child wears contact lenses, they will need to wear their eyeglasses on the day of surgery

### **If your child is having Day Surgery**

- 1 parent or caregiver of legal age must be at the hospital at all times for their whole stay, this includes the time your child is in the operating and recovery room.

If your child is staying in the hospital for more than 1 day, there is a space for 1 parent or caregiver of legal age to stay in the hospital room with your child. If you live out of town, plan ahead and make sure anyone else travelling with you has a place to stay (hotel, family, etc).

### **The Morning of Surgery**

- Remember, your child's stomach must be empty. Follow the eating and drinking instructions.
- Get to the hospital on time. Give yourself an extra 30 minutes for parking and walking to the registration desk.
- Bring your child's provincial health care card
- Before leaving for the hospital, have your child take any medications they can't miss with no more than 30ml (1 ounce) of water.
- Bring any medicines and supplies that your child needs during this hospital visit.

- **Do not bring anything valuable that you can't keep with you at all times.**

#### **At the Hospital**

- The Pediatric Pre-Admission clinic (1C3) and Day Ward (1A1 & 1A2) is on the 1<sup>st</sup> floor of the University of Alberta Hospital. The closest Entrance is the 114 Street Stollery Hospital Entrance. There is no public parking close to this entrance.
- If your child is having day surgery (is not staying in the hospital room for more than 1 day), check in on Unit 1A1 – Stollery Pediatric Day Ward.
- If your child is staying in the hospital for more than 1 day, your nurse will tell you where to check in when they call you about when to be at the hospital.
- Please do not bring any food or drinks with you in the waiting room – there will be children in the area who are not allowed to eat or drink.

#### **Frequently Asked Questions**

**Why can't my child eat before surgery?** Your child is having general anesthesia, which is medicine that will put them to sleep for surgery. During this time, food or liquid in your child's stomach can back up in the throat and then into the lungs. This is dangerous for your child. If your child doesn't follow the eating and drinking, your child will not have the operation and the surgery will be changed to a later date.

**When do I need to call my child surgeon?** If you still have questions about the consent that you signed for the surgical procedure. If your child is sick or has a fever the day before surgery call the surgeon right away and let them know. If your phone number changes, please call and give them the new number.

**Am I allowed to go into the operating room with my child?** You may or may not be able to go into the operating room with your child. The Anesthesiologist will tell you on the day of surgery. You won't be allowed to stay in the operating room for the entire time.

**Why do we have to be at the hospital so far ahead of my child's surgery time?** This gives the nurses time to make sure everything is ready before the surgery, so that your child will be safe and well cared for.

**Why can't I go into the recovery room with my child?** For the safety and privacy of other patients recovering at the time, parents or caregivers are not allowed into the recovery room.

**My child is having day surgery, how long will I be at the hospital?** Every child recovers from surgery differently. You can plan on being at the hospital for at least 5 hours.

**Where do I park?** For information on parking and cost, call Parking Services at 780-407-8890. Website [www.ahs.ca/stollery](http://www.ahs.ca/stollery). Give yourself and extra 30 minutes to park and get to the unit. Do not use meter parking.

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