

PEDIATRIC DAY SURGERY



Children's
MEMORIAL[®]
HERMANN
Hospital



Pediatric Day Surgery

At Children's Memorial Hermann Hospital, we know all about helping children and their families through stressful times, including surgeries. Not only do we offer excellent medical and surgical care, we also take pride in helping you take care of the emotional needs of your child. Although we can help you reassure your child, we know that the truth is no one knows your son or daughter better than you. In fact, you play the most important role in preparing your child for this visit, and how well you do so will make a difference in his or her experience at Children's Memorial Hermann Hospital.

The instructions in this brochure apply to all outpatient procedures requiring anesthesia, such as MRI, gastroenterology studies, Auditory Brain Response (ABR) and Somato Sensory Evoked Potential (SSEP).

In the Weeks Before Surgery...

Support for Patients and Families

Pediatric Day Surgery has a Child Life Specialist on staff who is trained to assist each child with the hospital experience as it relates to his or her educational, emotional and developmental needs. The Specialist is available to help you talk with your child about what to expect before, during and after surgery. If you would like to speak with a Child Life Specialist about how you can help your child with the Pediatric Day Surgery experience, please call the Child Life department at 713.704.2066.

Prior to the Day of Surgery

Prior to the day of your child's surgery, you may need to complete the following steps:

Preregistration: We preregister patients prior to their surgery date using information provided by the physician's office. To confirm your preregistration status, contact us at 713.704.5538. In addition, we ask that patients pay their estimated financial portion, as determined by their insurance plan, prior to or at the time of service. If a member of our financial department has not contacted you prior to surgery, please call 713.704.6919 to obtain your balance.

Preadmission: Some doctors ask that you come to our Anesthesia Clinic prior to the date of surgery. In the clinic, your child will be seen by a nurse and an anesthesiologist, who will gather information about your child's medical history. Any tests ordered by the physician can be done that day.

The Day Before Surgery...

There are two things you should do the day before your child is scheduled for surgery. First, find out what time your child’s surgery will begin and what time you need to arrive. A nurse from Children’s Memorial Hermann Hospital will call you the afternoon prior to surgery to give you instructions and the most up-to-date information regarding surgery and arrival times. Second, it is very important for your child to follow the food and beverage restrictions outlined below.

Surgery Times May Change

Please keep in mind that the scheduled surgery time is our best estimate. While not anticipated, your child’s surgery could be moved earlier or later on the schedule for many reasons. Thank you for being flexible and patient.

Food and Drink Restrictions

Your child may have a full meal up to eight hours before surgery; a light snack up to six hours before surgery, (see chart below for suggested items); breast milk up to four hours before surgery; and clear liquids up to two hours before surgery. Clear liquids are those you can see through, such as apple juice, water and Pedialyte.

The chart below summarizes these requirements. Because the surgery may be delayed, it is important to encourage your child to continue to take clear liquids up to two hours prior to the estimated start time.

Types of Food and Beverage	Allowed Up To...
Full meal	8 hours before surgery
Milk, yogurt, cereals, juices, pediatric or infant formulas	6 hours before surgery
Breast milk	4 hours before surgery
Clear liquids, such as water, Gatorade, Sprite, apple juice or Pedialyte	2 hours before surgery

Let us know...

- If your child has chicken pox or measles, or has recently been exposed to chicken pox or measles, we must know this before you come to the hospital for surgery. This information will help us protect other patients from these highly contagious illnesses.
- If your child was born premature (less than 37 weeks gestation) and is younger than 8 months of age, he or she may require an overnight observation stay.

Please call us at 713.704.1383 if either of these situations applies to your child.

The Day of Surgery...

Check-in

On the day of surgery, be sure to arrive at the Pediatric Day Surgery waiting room on the 2nd floor of Children's Memorial Hermann Hospital at your assigned time. Our staff will complete your registration and collect any amount due, if prior arrangements have not been made. Parents will need to present identification and insurance cards at the time of check-in. The parent(s) and patient will be issued an ID bracelet upon completion of check-in.

Initial Exam

After completing registration, your child will be seen by a nurse, who will check his or her vital signs and review the medical history. You will also meet with an anesthesiologist, who will discuss the plan for your child's anesthesia. Your child will then be given privacy to change into a gown. Prior to leaving for the surgery, you will meet the operating room nurses. Your child may take along a favorite stuffed animal.

After Surgery

Parents will be able to see their child about 15 to 30 minutes after he or she has arrived in the post-anesthesia care unit (PACU).

Please understand that siblings and other visitors younger than 13 years of age are not allowed in the PACU. They also should not be left unattended in the waiting room, so please make arrangements to have your other children supervised by an adult, if you bring them with you.

Going Home

When your child is ready to go home, we will give you supplies and instructions for his or her care at home.

Remember...

- Make arrangements for siblings to stay with family or friends.
- Bathe your child the evening before surgery.
- Dress your child in comfortable clothes that are easy to remove.
- Bring your insurance or Medicaid card and your driver's license or photo I.D.
- Bring a favorite stuffed animal to help your child relax. Put a pillow and blanket in the car for the ride home.
- If your child prefers a special bottle or cup, bring it with you.
- If your child requires a special diet or formula, bring these items with you.
- If your child wears contact lenses, bring the case and solution to store them. The lenses must be removed before surgery.
- Leave jewelry and other valuables at home. All jewelry must be removed before surgery.

Important Information

Your child is scheduled for _____
_____ ,

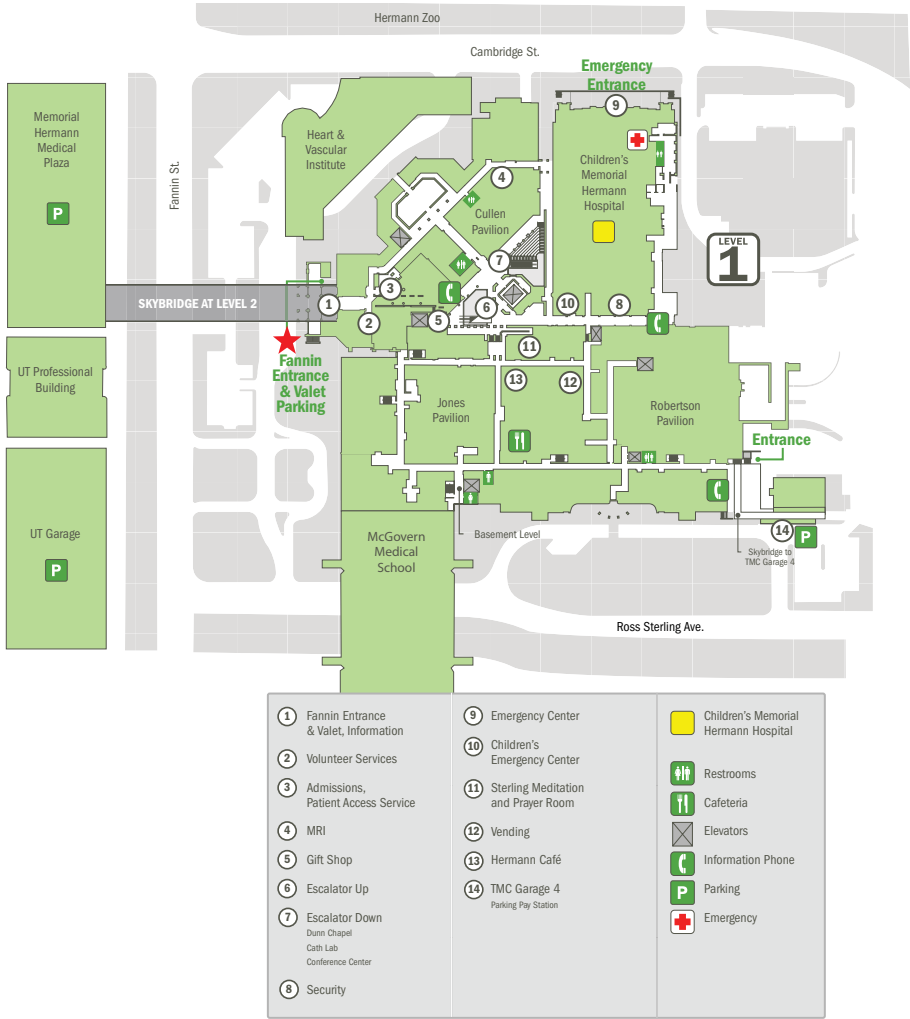
at Pediatric Day Surgery at Children's Memorial Hermann Hospital. If you have any questions, please call us at 713.704.1383.

Date of Surgery: _____

Time of Surgery: _____

Plan to arrive 1½ to 2 hours before the time of surgery (unless your doctor instructs you otherwise). Pediatric Day Surgery is located on the 2nd floor of Children's Memorial Hermann Hospital.

Notes: _____



Parking

- Valet parking at the Fannin Street entrance (see the star on the map above) is available from 5:30 a.m. until 1:30 a.m. (*\$15 flat rate per day*)
- The Memorial Hermann Medical Plaza garage is located across the street from the hospital, at the corner of Fannin and Cambridge streets. (*maximum of \$13 per day*)
- TMC Garage 4 is located behind Memorial Hermann-TMC at 1406 Cambridge St. Entrances are on Cambridge (across from the Houston Zoo) and Ross Sterling Avenue. (*maximum of \$12 per day*)

For more information about hospital parking, call 713.704.2027. Please note that parking rates may change without notice.



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HERMANN
Hospital

6411 Fannin
Houston, TX 77030

childrensmemorialhermann.org
713.704.KIDS (5437)