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 surgery, 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
Children’s Memorial Hermann Hospital’s Child Life Specialists are trained to assist each child with the hospital experience as it relates to the child’s emotional and developmental needs. They are available to help you talk with your child about what to expect during surgery. They also provide tours of the surgery area for children and parents. If you would like to talk with a Child Life Specialist about any of these offerings, please call our pediatric surgery Child Life Specialist 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:

Pre-registration: We will check insurance or Medicaid information and let you know what costs your insurance will cover. If no one has contacted you by the day before surgery, call 713.704.6919 or 713.704.6209 between 9 a.m. and 6:30 p.m., Monday through Friday.

Pre-admission: Some doctors ask that you come to our Anesthesia Clinic prior to the date of your surgery. In the clinic, you will be seen by a nurse and an anesthesiologist, who will gather information about your child’s medical history. Any tests the physician may order 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 drink 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 (see chart below for suggested items) up to six hours before surgery, 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 table below summarizes these minimum requirements. Because your child’s 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.

<table>
<thead>
<tr>
<th>Types of Food and Beverage</th>
<th>Allowed Up To...</th>
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<tbody>
<tr>
<td>Full meal</td>
<td>8 hours before surgery</td>
</tr>
<tr>
<td>Milk, yogurt, cereals, juices, pediatric or infant formulas</td>
<td>6 hours before surgery</td>
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<tr>
<td>Breast milk</td>
<td>4 hours before surgery</td>
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<tr>
<td>Clear liquids such as water, Gatorade, Sprite, apple juice; hard candy, gum</td>
<td>2 hours before surgery</td>
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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 (<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. Admissions/financial personnel will complete your registration and your child will receive an I.D. bracelet.

Initial Exam
After completing registration, your child will be seen by a nurse who will check his or her vital signs and review his or her 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 or blanket.

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

Please understand that siblings and other visitors younger than 13 years old are not allowed in the PACU. They also should not be 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 your child’s care at home.
Remember…

☐ Make arrangements for siblings to stay with family or friends.
☐ Bring your insurance or Medicaid card.
☐ Bathe your child the evening before surgery.
☐ Dress your child in comfortable clothes that are easy to remove.
☐ Bring a favorite toy or blanket to help your child relax. Put a pillow and blanket in the car for the ride home.
☐ If your child uses a special bottle or cup, bring it with you.
☐ If your child requires a special diet or formula, please 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:  ___________________________________________________________

Arrive 1 ½ - 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: ______________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
We offer valet parking at the Fannin Street entrance (located at the starred location on the map) from 5 a.m. until 1:30 a.m. Complimentary valet parking at this location only is available for one car on the day of surgery. Your valet ticket will be validated before you leave Pediatric Day Surgery.

If friends or other family members visit you during your time at Children’s Memorial Hermann Hospital, please advise them of the following parking options:
- **Fannin Street Valet** – parking is available via the Fannin Street entrance to the hospital ($15 flat rate per day).
- **Memorial Hermann Medical Plaza Valet** – ($15 flat rate per day) and self-parking (maximum of $12 per day) options with air-conditioned skybridge across to the hospital are available in the Memorial Hermann Medical Plaza garage located across the street from the hospital at the corner of Fannin and Cambridge.

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