

Your Child Coming into Heavitree Day Case Unit

Welcome from the day surgery team

You have been sent a date for your child's planned operation. This is in the accompanying letter.

If you are unable to make this appointment please ring the number on the letter as soon as possible. This will mean that the appointment can be given to someone else and a new appointment can be made for your child.

Before Admission please:

- Help your child to adjust to coming into hospital by talking about their admission in every day conversation.
- Tell them why they are coming in.
- Talk to them about the different people they are likely to meet.
- Allow your child time to ask questions. If they have any questions that you are unable to answer please phone the Day Case Unit (01392 405306) and one of the nurses will try and help you.
- To help your child prepare for admission there are also a number of books that are available in shops or libraries. For Example **MY FIRST VISIT TO HOSPITAL (first times series) by REBECCA HUNT published by EVANS BROTHERS 2010 and GOING TO THE HOSPITAL (Usborne First Experience) by Stephen Cartwright published by Usborne 2005.**
- Please ensure you have a supply of Paracetamol and Ibuprofen at home for after the operation (should they need it).

- Please buy a soft toothbrush to use for the first days after their operation.
- **If your child becomes unwell or has been in contact with diarrhoea or vomiting, please let us know as soon as possible and BEFORE you come into hospital.**

Please read the following instructions carefully for starving your child.

The accompanying letter will tell you the time that you need to arrive.

Morning admission (if we ask you to attend before 12.00 midday)

Your child needs to be starved from midnight. Please do not let your child have any milk, fizzy drinks, juice or solid food. Please give your child a drink of water or squash before 06.30am. It is important to give them this drink to prevent them from becoming too thirsty.

Please make sure that your child **does not** chew gum or suck sweets as this increases gastric juices caused by chewing.

Afternoon admission (If we ask you to attend after 12.00 midday)

Your child needs to be starved from 07.00am. Please give your child a light breakfast to be finished by 07.00am. Encourage them to drink water or a weak squash until 11.00am. It is important that they have clear drinks in the morning up to 11.00am to prevent them from becoming too thirsty.

Please make sure that your child **does not** chew gum or suck sweets after 07.00am as this increases their gastric juices caused by chewing

Arriving

Please ensure that you arrive at the time stated on your letter so we can prepare your child for theatre. There will be an interval between these preparations and your procedure **(This may be a few hours)**.

Please bring the following:

Your Childs Pyjamas and slippers (No onesies please).

A few favourite toys/books to keep them amused whilst waiting. The day surgery area does have a selection of activities, toys and DVD's.

Please ensure your child has removed all nail polish and jewellery prior to coming in.

If your child suffers from asthma please bring their inhalers in with you.

We cannot accept responsibility for any loss of valuables so please leave expensive/ valuable toys and personal belongings at home. If you bring in electrical games please make sure they are battery powered.

What will happen on the day of admission.

The following pages will tell you what will happen on the day. It is useful to talk about the following with your child and to discuss any concerns to reduce anxiety.

If you have any questions or your child's medical or social circumstances have changed please ring Heavitree Day Case Unit (HDCU) Reception: 01392 405301.(Monday to Friday 8am-4pm).

On the day of admission Your child will need to be accompanied by someone who has parental responsibility **(Parent or legal guardian)**. If you are unsure then please call to discuss, as only legal Parental responsibility is acceptable when giving consent for an operation.

After arriving at the reception waiting area one of the nurses will introduce themselves and will show you and your child into their room.

We will need to weigh your child and put local anaesthetic cream (magic cream) onto the back of their hands (please see "Your child's General Anaesthetic" leaflet). We will ask about any allergies, confirm their name and date of birth and place Name Bands (Bracelets) around their wrists.

Your nurse will then ask you questions in order to complete the admission /medical history paperwork.

Your nurse will also record your child's temperature and pulse and check that they are well.

Your child will be given some medicine Paracetamol (Calpol) and Ibuprofen (Nurofen) to take to ensure that he/she is comfortable after waking up from their operation.

The Anaesthetist (sleep doctor) will see you all to discuss the anaesthetic and the Surgeon will discuss the operation with you both and ask the person with parental responsibility to sign the consent form.

There will be an interval between these preparations and the operation. **(this may be a few hours)** We can give your child some toys and activity sheets to fill in. Their favourite toy/ book is also helpful to keep them amused. Your child can put their pyjamas on while they are waiting.

If your daughter has commenced menstruating or is 12 years or over we will need to collect a urine sample and carry out a pregnancy test prior to her general anaesthetic (please see the leaflet, "Information for teenage girls"). It is helpful to read this leaflet with your daughter and to discuss it prior to coming in.

When we take your child to the theatre one parent will be able to accompany us while the anaesthetic (sleepy medicine) is given. (Please see "Your Child's General Anaesthetic" leaflet for more information).

As soon as your child is asleep you will be escorted from theatre back to the main ward to wait for your child. Your child will wake up in the recovery room and be brought through to you. He/she will soon be able to gradually sit up and have a drink.

They may feel hungry and will be able to eat something soft (but not too hot or too cold) as soon as they feel able or they may want to wait until they get home. It is a good idea to bring something soft in for them to eat e.g. a yogurt etc. You should be ready to go home about one and a half hours after they wake up or it may be sooner, your nurse will advise.

It is advisable to have a driver as well as yourself to accompany your child home.

The nurses will give you advice about care after the procedure and any follow up appointments if needed.

OTHER USEFUL INFORMATION

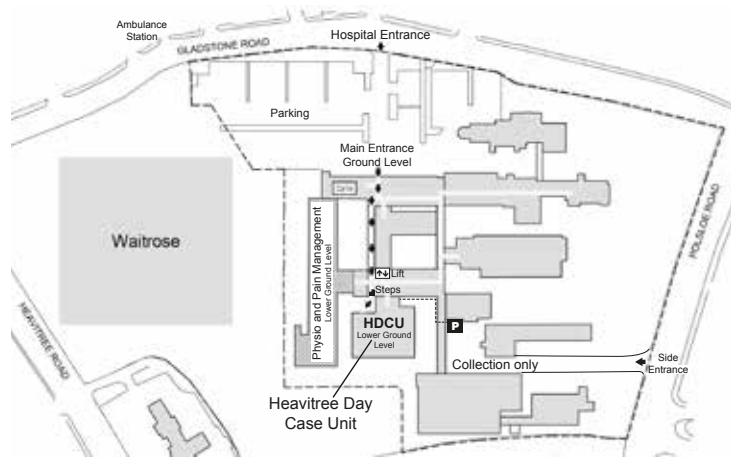
Arriving at the hospital.

Please report to the Heavitree Day Case Unit (HDCU) reception desk on the lower ground floor.

From the main entrance please follow the signs to the Day Case Unit (DCU) also marked to pain management and physiotherapy (café on your right) there are steps and lift available at the end of corridor 2.

Limited parking is available at the main entrance of the hospital in clearly marked areas. Parking is controlled by a pay and display system which takes cash or debit card. Twenty minutes free parking is available for friends/relatives to collect patients from the DCU by entering the last 3 letters of the cars registration number into the ticket machine for a valid ticket.

If you and your child are being dropped off (and collected) there is a side entrance at Polsloe Road.



General information

Smoking is not allowed anywhere in the hospital or hospital grounds.

After your child's operation they will be offered a drink. It is a good idea to bring a light soft snack with you in case they get hungry before they go home as there are no catering facilities at Heavitree Hospital.

There is a coffee bar at the main entrance for relatives/friends open from 9am-3.30pm.

We hope that you have found this information useful. We always welcome feedback.

We look forward to meeting you on the day.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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