

Preoperative Guide for the Pediatric Surgical Patient

Surgery arrival time

- Please call the QEH Same Day Surgery Unit at (902-894-2245) the day before your child's surgery, **between 2:30 and 3:30 pm** to find out what time you should arrive to the hospital with your child.

Instructions for eating and drinking before surgery

Before Anesthesia, eating and drinking are not allowed for specific periods of time. It is important that you follow these directions carefully for safety reasons. If your child eats or drinks after the indicated time, their surgery may be cancelled.

- **DO NOT** give your child **ANY food or candy** after midnight the night before their surgery. **(This includes chewing gum, and or mints)**
- **DO NOT** give your child infant **formula** after midnight the night before their surgery.
- **YOU CAN** give them **breast milk** until **4 hours** before their scheduled surgery time.
- **YOU CAN** give them **CLEAR FLUIDS ONLY** until **3 hours** before their scheduled surgery time.
 - **Examples of clear fluids include** water, popsicles, Jell-O, apple juice, cranberry juice, sports drinks (Gatorade), dark sodas (Cola).
 - **Clear fluids DO NOT include** milk, dairy products, orange juice, pineapple juice, protein drinks.
- **For children with insulin dependent diabetes** - For your child's safety, please bring dextrose tablets, dark soda, or apple juice with 1 teaspoon added sugar with you when you and your child are traveling to hospital. If your child experiences symptoms of low blood sugar, please give them the product you have taken with you.

Medication instructions for your child's surgery

- **DO GIVE YOUR CHILD** the following prescription medications with a sip of water before 6:30 am the morning of their surgery:
 - Puffers/inhalers
 - Seizure medication
 - Stomach medication
- **DO NOT GIVE YOUR CHILD** medicine that contains **Aspirin or Ibuprofen (ie: Advil, Motrin)** for **7 days before and after their surgery**.
- **DO NOT GIVE YOUR CHILD INSULIN OR ORAL DIABETIC MEDICATION** on the morning of their surgery.
- **Stop** giving your child herbals and vitamins **one (1) week** before their surgery.

Things to consider before your child's surgery

- Items that you should have on hand to help you care for your child at home after surgery include:
 - Popsicles.
 - clear fluids (i.e., apple juice, Jell-O, sports drinks).
 - children's acetaminophen (Tylenol).
- **It is important that your child DOES NOT have ANY of the following illness when they come to the hospital for surgery:**
 - **Asthma flare-up.**
 - **Fever, runny nose, cough, and/or sore throat.**
 - **Recent viral infection (covid-19, RSV, pneumonia, influenza).**

If any of the above listed health issues apply to your child, please notify the surgeon's office or the QEH surgical booking office (902-894-2239) as soon as possible before their surgery.

Preparing to leave home on the day of surgery

- Nail polish should be removed before surgery.
- If your child has long hair, please place in a ponytail or braid. Use plain elastics (no metal).
- Remove all jewelry and piercings before surgery.
- **QEH is a scent free building. Do not bring or apply lotions, perfumes, or powders.**

Arriving to hospital on the day of surgery

- Come through the main hospital entrance and **register your child** at the **Admitting Department**. Then go to **Same Day Surgery Reception** so your child can be checked in for surgery.
- A parent / guardian is expected to stay in the Hospital while their child is receiving care.

What to bring on the day of Surgery

- Your child's PEI Health Card.
- Security items for the child (i.e., blanket, stuffed animal, pacifier).
- **ALL** your child's medications in the original bottles (**prescription medication, non-prescription medication, inhalers, patches, injections, creams, vitamins and supplements**).
- A case for their eyeglasses, and or hearing aid(s) if necessary.
- Any special sippy cup or bottle your child likes for **after the surgery**.
- An extra change of clothes/underwear incase their clothes become soiled.
- Personal music device, handheld videogame, or tablet.

Patients who will be admitted after surgery

- Please bring your child's belongings to the nursing unit when they arrive there after surgery.
- Your child's length of stay in hospital will depend on the type of surgery they have and how well they are recovering.

Patients having day surgery procedures

- Your child requires close monitoring by a responsible adult for 24 hours after their surgery.
- It is best if an adult can sit beside the child on the drive home to provide care to the child if they need it. Please arrange for a drive or a taxi so that you can be available to your child.

To CANCEL your child's surgery

- If you need to cancel your child's surgery, please **contact the Surgical Booking Office at 894-2239** as soon as possible. On evenings or weekends call the Admitting Department at 894-2232. A twenty-four (24) hour advance notice may allow time for another patient to be rescheduled in their place.

Questions about your child's surgery

- If you have questions about your child's surgery, please contact the surgeon's office directly.

Please Note

- Delays and or changes to the operating room schedule may result in changes to your child's surgery time or possibly cancellation of their surgery.
- Hospital staff is not responsible for lost or stolen items.

