

Outpatient Surgery Guidelines for Parents

- Eating/drinking guidelines
- Items to bring for the day of surgery
 - IV's & urine samples
 - Staying overnight
 - Child Life pre-op tours
- Directions/map to the Children's Hospital
- Frequently asked questions

Eating/Drinking Guidelines

It is important to follow eating/drinking diet guidelines prior to surgery. Your child's surgeon may alter these guidelines for specific surgeries. If diet guidelines are not followed, surgery can be canceled.

No solid food after midnight - this includes gum, mints and hard candy

If your child is under the age of 6:

- No solid food after midnight
- Child may have clear liquid up to 2 hours prior to arrival
- Clear liquids are water, apple juice, ginger ale, Kool-Aid, Gatorade and Pedialyte
- Do not give formula, breast milk, milk or milk products, or citrus juices containing pulp, like orange juice
- The nurses and anesthesia will make an evaluation upon arrival if your child will be able to have anything prior to surgery

Items to Bring for the day of Surgery

- Picture identification - you need to bring a parent/guardian ID (not patient's ID)
- Paper work from your doctor's office
- Referral (if required by your insurance)
- Notorized guardianship papers (if you are not the parent of the patient)
- Insurance card
- X-rays/labs (if done at a different hospital)
- Favorite small toy or blanket
- Current medications
- List of medications, doses and times when last taken
- List of allergies and reactions
- Directions to The Children's Hospital
- Comfortable clothes for after surgery

- Overnight bag and toiletries (just in case your child needs to stay overnight)
- Guardianship - If you are not the birth or adoptive parents, notarize guardianship papers must be provided to consent for surgery. If you have any questions about guardianship, please call 405-271-4130.

IV's & Urine Samples

Depending on your child's age (usually older teens), it may be necessary to start an IV before surgery. This will be discussed with your child's anesthesiologist on the day of surgery.

All girls older than age 12 (or girls younger than 12 who have started their menstrual cycles) are required to give a urine sample (will need to urinate into a cup) on the day of surgery.

Staying Overnight

If your child is scheduled to stay overnight, a private room will be provided where you can stay with your child. Only one adult caregiver is allowed to sleep in the room. If you are scheduled to stay overnight, we suggest you bring:

- Any comfort items that can help your child while they are in the hospital (examples: favorite blanket, teddy bear, pacifier, etc.)
- Comfortable clothes/pajamas
- Movies, games, toys
- Toiletries

Child Life Pre-Op Tours

Parents play an important role in helping children have positive surgical experiences. Talk, listen and reassure your child about surgery. Be honest.



THE CHILDREN'S HOSPITAL AT OU MEDICAL CENTER

Sometimes children think they have done something wrong and coming to the hospital is their punishment. Explain to your child why they are coming to the hospital and give them as much information as you think they are able to handle.

Fear of the unknown is very powerful. By talking to your child about what will happen, they will be able to cope more easily.

Tours of the hospital are available through the Child Life Department (405-271-4952). During the tour, a Child Life Specialist can let you and your child know what to expect on the day of surgery. On the tour, your child can learn about the medical equipment they might see (stethoscope, blood pressure cuff, anesthesia mask, etc.) and walk through different areas of the hospital such as Admitting, an exam room, recovery, and the playroom. This is a free service!

Directions/Map to The Children's Hospital

Parking Garage

You may park in the covered Children's Hospital parking garage on the corner of Phillips Ave. and Stanton L. Young Blvd. Parking for parents of a patient can be validated in Outpatient Surgery. Parking fees for other family members and visitors is \$.50 per half-hour, up to \$5 per day. From the parking garage, take the elevator or staircase to the 3rd floor of the Skywalk. Turn east (left out of the elevators) and follow the Skywalk. You will enter the 3rd floor of the Children's Hospital. Continue down the hallway; follow the signs to Outpatient Services Admitting/Registration, room #3240.

Valet Parking

Patients may also park in the valet parking area on Everett Drive. Valet services begin at 7 a.m. but you are free to park in the valet area before business hours.

From Valet, enter the main lobby on the 1st floor of the Children's Hospital and take the main elevators to the 3rd floor. Follow the signs to Outpatient Services Admitting/Registration, room #3240.

Frequently Asked Questions

Why can I not bring any food or drink in the waiting room?

Since our patients cannot have anything to eat or drink on the day of surgery, we ask that family and friends not bring any food or drink so that it does not upset other children. We also want to make sure that the child does not accidentally eat or drink anything which would cause the surgery to be canceled.

Why do I have to wait until the day before to find out when my child will have surgery?

Your doctor's office schedules your child's surgery time, but the time often changes due to emergency surgical cases or the medical status of a child. This is why you do not receive a call until the day before. Generally, infants and toddlers receive

priority and are scheduled in the morning.

Why do I have to get there so early?

All patients are asked to check in 2 hours prior to scheduled surgery time. The nurses, doctors, and anesthesiologist all need to see your child before surgery to make sure there are no changes in your child's health. They will often ask you many of the same questions to make sure they have the most accurate information. Paperwork must always be double-checked to make sure everything is in order.

Is there a chance my child's surgery could not start on time?

Yes, it is not uncommon for emergency surgeries to take priority. This could cause your child's surgery to be delayed. Surgeons want to give the best possible care to your child, so we ask that you be patient and understand that surgeries can sometimes be longer than expected.

There is a playroom available in Outpatient Surgery where your child may play while she or he is waiting. You may ask your nurse where it is located. We encourage you to bring items from home that can help in making the time go more quickly (examples: a book, Gameboy, deck of cards, favorite stuffed animal, etc.).

Your child may also bring a special item from home to go back to the OR with them (example: stuffed animal, blanket, favorite doll, etc.).

Can I go back to the operating room with my child until they fall asleep?

Parents are not allowed to go back to the Operating Room. Only hospital personnel are allowed back in these areas. In special circumstances, one parent may be able to go back to the OR but it is up to your child's anesthesiologist on the day of surgery.

How many people can go back to recovery?

Due to the size of the recovery room, two people are allowed to go back into recovery at a time. Visitors must be 12 years of age or older.

What can I expect when my child wakes up from surgery?

All children react differently when they wake up from surgery. Some are disoriented and confused. If this happens, it is helpful to be calm and comforting for your child. Speak softly to them and reassure them that you are by their side.

If you have any further question or concerns, please call 405-271-4130

