PATIENT INFORMATION

- **What is a pre-operative assessment?**
  Before your child comes into Day Surgery for the operation they need, he/she must attend a Pre-op clinic. The staff at Pre-op Assessment ensure it is safe for your child to undergo anaesthetic, it is important to note that if you do not attend this appointment, the operation will not be able to go ahead. This appointment is a good opportunity for you and your child to ask any questions you may have about the procedure and to familiarise yourselves with the hospital itself.

- **What happens at the pre-operative assessment clinic?**
  A Nurse will measure and record your child’s weight, temperature, pulse, respiratory rate and blood pressure. She may obtain specimens such as throat swabs or urine samples if required. She will also ask you lots of questions to enable her to formulate a plan of nursing care for your child. The Nurse will advise you on how to prepare your child for admission, answer any queries you may have and give you a ward information booklet. A Hospital Play Specialist will advise you on ways in which you can prepare your child for admission and help allay any anxieties and worries your child may have about coming into hospital.

- **What do I need to do on the day of surgery?**
  Please give your child a bath or shower (this can be done the night before) but do not apply any talcum powder or cream to the skin afterwards. Give your child any prescribed medicines that they normally take, unless advised otherwise at the assessment clinic. Please bring any prescribed medicines with you. Ensure your child removes all jewellery, make up and nail varnish before coming to the hospital.

A parent or legal guardian must accompany the child to the hospital in order that the operation consent form may be signed. Other relatives cannot sign this form on a parents behalf. If you are a foster parent the child’s social worker or authorisation letter must accompany the child.
ANAESTHETIC ADVICE

- **Food and Drink**
  In order for a general anaesthetic to be safely administered the stomach must be empty. Please follow the following pre-operative starving times:

  **Children under 12**
  - Last food / milk / formula milk to be completed 6 hours before the operation
  - Last breast milk to be completed 4 hours before the operation
  - Last clear fluid to be completed 2 hours before the operation

  **Children 12 years or over**
  - Last food or milk to be completed 6 hours before the operation
  - Last clear fluid to be completed 2 hours before the operation

If your child is a baby, the Nurse will give you a dextrose feed to use as the clear fluid. Clear fluid means water or dilute squash (not blackcurrant)

Please do not hesitate to contact the Paediatric Assessment Nurse on 01296 315082 if you have any questions regarding your child’s admission.