

Starving Instructions for your child.

AM Appointments;

Do not allow your child to have anything to eat after midnight on the day prior to surgery. He/ She may drink plain water up to 7.00am

Please wake your child and give them a drink of plain water before 7.00am.

PM Appointments;

Do not allow your child to have anything to eat after 8.00am on the morning of surgery. He/She may drink plain water up to 12noon.

Please wake your child and give them a light breakfast before 8.00am.

It is important that your child does have some breakfast if surgery is not until the afternoon.

If you would like this information in another format, i.e. large print or another language, please contact the Patient Advice and Liaison Service (PALS) department on 01793 604031

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Patient Information

Day Surgery Patient Information for You and Your Child

**Day Surgery Unit
01793 60 4148**

**1st Floor, The Great Western
Hospital**

Swindon and Marlborough 
NHS Trust

This Leaflet has been designed to help you to prepare for your child's admission to the day surgery unit and to explain what will happen during and after their stay.

At the **Day Surgery Unit** your child will be given a general anaesthetic and will be able to go home on the same day as his/ her operation. It is possible that your child may not be ready to leave until after late afternoon. In the unlikely event of your child not being well enough to go home on the same day, we will keep your child in hospital overnight. **Please try to make your domestic arrangements with this in mind.**

Preparing For Admission.

Please follow these instructions carefully. If you do not follow these instructions we will not be able to proceed with your child's operation.

- Please arrange for one parent to stay with your child. There is not enough room for extra visitors or other children on the day surgery unit.
- Please make sure you have transport home. Please do not take your child on public transport after the operation. We cannot provide hospital transport.
- Please Bath or Shower your child before coming into the hospital.
- Please remove any make-up, jewellery or nail varnish your child might be wearing.
- Do Not bring any valuables with you as we cannot be held responsible for any loss or damage.

Things to bring with you.

- Any tablets, medicines or inhalers that your child is currently using.
- A favourite toy or something that your child is familiar with. There are some toys available on the ward.
- Any Special Bottles or drinking cups that your child uses.

On the Day Of Surgery.

- Please check in with the receptionist when you arrive with your child at the Day Surgery Unit. We will check all the necessary details here.
- We will ask you a few questions and the nurse will take your child's temperature, pulse and check his/ her weight. The nurse will explain the operation and answer any questions you or your child may have.

- Some cream will be put on the back of your child's hand. This is "Magic Cream". A Transparent plaster will be over the cream to keep it in place. (This cream numbs the back of the hand and allows the anaesthetist to give the anaesthetic through a small injection without distressing your son/ daughter.)
- You will then meet with the anaesthetist who will ask more questions and if necessary examine your child and listen to their chest with a stethoscope.
- You will be asked to sign a consent form for your child's operation if you have not already done so, with the surgeon.
- You may be asked to change your child into a gown.
- You and the nurse may go with your child onto the anaesthetic room in the theatre.
- You can wait on the ward while you are waiting for your child to have his/her operation.

After The Operation.

- When your son/ daughter wakes up after their operation, the ward nurse will collect him/her from the recovery area. They will be taken back to the ward, their pulse will be taken again. You may be with your child from this point.
- After a short time most children are ready to enjoy a drink.
- When your child has recovered and has had a drink and is comfortable and the nurse is happy that all is well, you will be able to take your child home.
- Before leaving the ward the nurse will give you some written guidelines about your child's operation to help you when you are at home. You will also be given any medication that the doctor has prescribed and a letter for your GP.

For 24 Hours Following your child's operation.

Due to the effects of the general anaesthetic, your son/ daughter may feel a little light headed and not clear in his/ her thoughts or coordination. It is therefore important that you follow this advice;

- Try to keep your child as quiet as possible.
- Do not let them ride a bike, use roller skates etc.
- Supervise your child when they are climbing stairs or anything that needs coordination.
- Encourage your child to drink plenty of fluids.
- Observe any other special precautions that the surgeon may have given you

If you are worried about your child's condition then contact your family doctor or the day surgery unit on 01793 426861