

Preparing for Pediatric Day Surgery at VGH

Helpful information for your child's surgery or procedure



Scan this QR code
to open this on
your phone to
follow along on
the day of surgery

Hearing that your child needs surgery or a procedure can be stressful. This information will help you and your child prepare. Your surgeon may give you additional directions specific to your child's procedure/surgery.

If after reviewing this information you have questions about your visit to Pediatric Surgical Daycare, please feel free to send them to vghpedsdaycare@islandhealth.ca.

Your child's surgery/procedure is booked for:

Date: _____

Doctor: _____

Location: _____

Hospital Arrival Time: _____



Call your Surgeon's office before coming to VGH if you notice any of the following within 72 hours of your surgery/procedure time.

- Your child has a rash
- Your child has a cold
- Your child has a fever above 38°C
- Your child has diarrhea
- Your child is feeling generally unwell
- Your child has been in contact with someone who has a virus (e.g. Measles, Mumps, Chickenpox, COVID-19)
- You have any other concerns about your child's health

Please call Pediatric Surgical Daycare the day before your child's surgery if they have any signs of being sick: 250-727-4247 (leave a voicemail if it's the weekend and the phone is not answered)

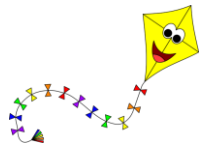
My child's fasting plan:

My child can have **solid food** until: _____

My child can have **formula/bottles/tube feed** until: _____

My child can have **chest/breastmilk** until: _____

My child can have **clear fluids** until: _____



What Information will the Surgeon's Office give me?

- Date and time of your child's surgery.
- Information about when your child must stop eating and drinking before surgery.
- Instructions on how to get a complete medical history from your family's primary care provider or from a walk-in clinic before your child's surgery (if required).
- May arrange for your child to see a specialist or have lab tests before surgery (if required).
- Your surgeon **may** also arrange for you to speak with an anesthesiologist for a consult before your child's surgery.
- Information related to your child's needs after surgery (if required).
- **If your child takes medications**, ask your surgeon if these should be given as usual before surgery?
- If your child has **a medical condition which impacts their blood sugar** or how long they can go without eating, make sure this is talked about with your surgeon so that arrangements can be made if needed.



How do I talk to my child about coming in for surgery?

Talking with your child about the hospital visit using pictures or stories can help them deal with this unfamiliar situation.

Here is a link to a teaching video which shows step-by-step what the hospital visit will be like:

<https://vimeo.com/901281694/6de23ce4a8>

- ▶ Child Life Specialists help your child by providing developmentally appropriate interventions, including therapeutic play, preparation, and education to reduce fear, anxiety and pain.
- ▶ If your child could benefit from extra support and preparation before surgery, please contact the Child Life Department at VGH at least one week before the surgery/procedure: vghchildlife@islandhealth.ca



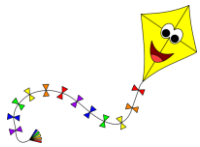
What can I do to prepare a few days before my child's surgery/procedure?

- ▶ Be sure to have infant's or children's Tylenol® (acetaminophen), Advil® or Motrin® (ibuprofen), and Gravol® (dimenhydrinate) available at home for pain control and nausea after surgery. Have some easy-to-digest snacks (popsicles, jello, apple sauce, soup)
- ▶ **If the legal guardian or parent is not able to attend on the day of surgery, please call Pediatric Surgical Daycare at (250) 727-4247 before the day of surgery.**
- ▶ Up to 2 parents/caregivers can accompany your child on the day of their surgery. If you have other children, please arrange for childcare so you will be available to best support your child.
- ▶ If possible, arrange for someone to drive you home, so you can give your full attention to your child.
- ▶ Plan for a quiet day at home so you can help them recover from anesthetic. We ask that an adult is present at all times with your child for the rest of the day after surgery.
*If your child is admitted for an overnight stay, one parent or caregiver will be able to stay at their bedside overnight.

From out of town?

- ▶ Jeneece Place provides low-cost accommodation on VGH grounds.
- ▶ To request accommodation at Jeneece Place, a referral must be sent by a healthcare professional.
- ▶ As soon as you know the surgery date, ask your surgeon to complete the referral or call the Pediatric Surgical Daycare to support referral.

For more information, please refer to their website at <https://islandkidsfirst.com/jeneece-place>



What do I need to do the night before my child's Surgery/Procedure?

Important Information- Fasting Guidelines

When your child receives an anesthetic, it is **VERY** important that their stomach is **EMPTY**. This is so they do not vomit or choke when the anesthetic is starting. We understand that it is challenging when your child is hungry, but we need your help to ensure that your child is safe when they are getting their anesthetic.

- ▶ For patients with endocrine disorders, please let the Endocrine Team know about the upcoming surgery so that they can provide some additional instructions about fasting and managing medications.

IF THE FASTING INSTRUCTIONS ARE NOT FOLLOWED, YOUR CHILD'S SURGERY OR PROCEDURE WILL BE POSTPONED OR CANCELLED.

Rules for eating and drinking before surgery: (for children who do not have tube feeds)

STOP solid foods at midnight before surgery

- Solids include liquids with solid components (such as orange juice, soup broth, & Jell-O)
- Children no longer on bottle feeds should have no solids or milk after midnight
- No gum or candy after midnight

STOP bottle feeds at least 4 hours before the time you are scheduled to arrive at the hospital

STOP breastmilk (with or without fortification) at least 3 hours before the time you are scheduled to arrive at the hospital

STOP clear fluids at the time when you are scheduled to arrive at the hospital

For children with TUBE FEEDS:

- **STOP** solid foods and non-clear fluids at **midnight** before surgery
- **STOP** tube feeds with usual formula at **2am**
- **STOP** clear fluids 1 hour before scheduled hospital arrival time

Clear fluids are:

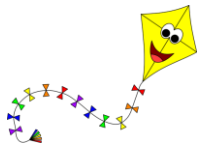
- ✓ **Water**
- ✓ **Pulp-free apple or cranberry juice**
- ✓ **Clear fluid complex carbohydrate drinks** (e.g. PREcovery)
- ✓ **Clear sports/electrolyte drinks** without added protein (such as Gatorade)
- ✓ **Clear tea** (no added milk or dairy substitute)
- ✓ **Popsicles** made from clear fluids only (not smoothie or dairy-based)
- ✓ **Clear carbonated drinks**

NOT clear fluids:

- Soup broth (may contain protein)
- Protein-supplemented drinks
- Milk/dairy or dairy substitute products
- Gelatin/Jell-O and juices using gelatin to thicken
- Citrus juices (such as orange juice)
- Juices containing pulp
- Smoothies
- Popsicles made from cream or smoothie-based products
- If you are not sure, consider it NOT a clear fluid

Important Information: Medication and bathing before surgery

- Give your child the prescribed pre-operative medication (if any).
- Remove any make-up, jewelry, or nail polish.
- Give your child a bath and wash their hair.
- Your surgeon may ask you to do a special scrub the night before and the morning of your child's procedure.



What to bring on the day of your child's procedure

Aim to pack what you need in a **single bag** that you can carry. Your day will be easier if you pack light. Island Health is scent free; please do not wear perfume, aftershave or other scented products, including essential oils.

Essential Items:

- BC CareCard or proof of substitute Medical Insurance Plan
 - If you do not have these, bring another form of personal ID
 - Loose-fitting clothing for your child to wear home



Suggested Items:

- Your child's favourite book/toy/blanket.
- Your child's housecoat and non-skid slippers or shoes.
- Your child's pacifier, usual feeding bottle or sippy cup.
- A book or snack for parent to have during child's procedure. Parents/guardians: make sure to eat something (out of your child's sight) before the surgery.
- If your child uses any medical devices, such as a feeding tube, please bring their supplies (feeding tube extension, etc.)
- Even if you are only planning on being at the hospital for day surgery, it can be helpful to pack as if you will be staying overnight. It is rare, but sometimes the schedule of surgeries must change, or your child may need a longer observation time at the hospital to make sure they are safe to go home.



Where do I bring my child the day of surgery?

Your surgeon's office will tell you what time to arrive at the hospital. This is usually 1.5 - 2 hours before surgery time. The hospital arrival time guides when your child should stop eating and drinking, so this is an important detail to write down.

Parking: Please follow the signs for visitor parking at Victoria General Hospital.

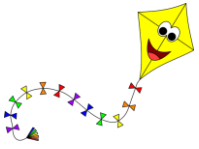
- Honk Mobile and PayByPhone are apps that can be used to pay for parking at VGH (available as free apps). There are also parking machines where you can purchase parking.

Step 1: Check in at admitting

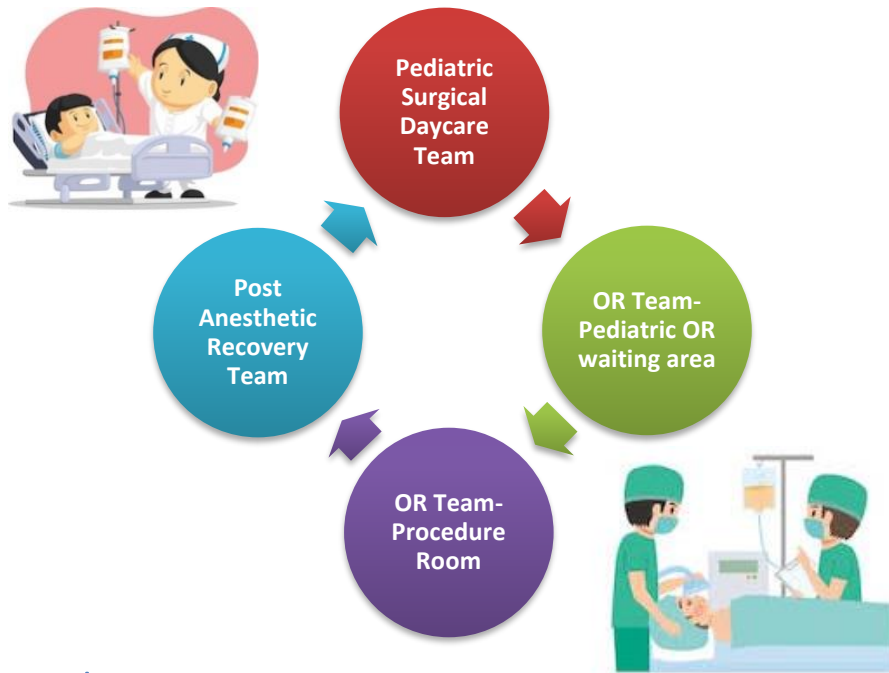
- Please check in at the **Main Admitting** desk. This is on the Main floor next to Good Earth Cafe.
(*Note the earliest you can check in at the Main Admitting desk is 6:30am)

Step 2: Go to Pediatric Surgical Daycare

- Take the **yellow elevators** to the 3rd floor to get to **Pediatric Surgical Daycare**.
(*Note: Pediatric Surgical Daycare doors do not open until 7:00 am.)



The day of your child's surgery/procedure: Meet your health care team!



1. Pediatric Surgical Daycare Team

- The Pediatric Surgical Daycare team is made up of a unit clerk, registered nurses, and a Child Life Specialist. There is often a volunteer present on the unit to suggest activities to make time pass before surgery, or to help parents find their way around the hospital. This is where your child will be before surgery, and where they will return after recovering from anesthetic.

2. Operating Room (OR) Team – Pediatric OR Waiting Area

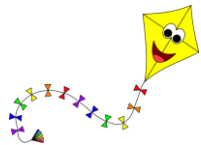
- A porter will assist with transporting your child to the OR Waiting Area. Here an OR nurse will greet you and your child, and you will meet the surgeon and anesthesiologist.

3. Operating Room/Procedure Room Team

- The OR/Procedure Team is made up of registered nurses, an anesthesiologist, surgeon(s), and Anesthesia Assistants. This is where the surgery/procedure will happen.

4. Post-Anesthetic Care Unit (PACU) Team

- After surgery your child will be moved to the recovery room. In the recovery room a nurse will be with your child at all times to monitor them as they wake up from the anesthetic. In most instances you can be present in the recovery room with your child. Your child will transfer back to Pediatric Surgical Daycare once they are awake enough and finish their recovery time with the Surgical Daycare Team.



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Pediatric Surgical Daycare Team- Preoperative

► What can your child expect in Pediatric Surgical Daycare?

1. A nurse will review your child's health history and screen for signs of infections/illness
2. A nurse will measure your child's vital signs (temperature, heart rate, weight, blood pressure).
3. A nurse will review that your child meets the fasting requirements.
4. Your child will be asked to change into hospital PJs and use the washroom.
5. A nurse may give your child pre-operative medications IF your surgeon or anesthesiologist has ordered any.
6. You will be shown where to store your belongings so that they are secure while you accompany your child to the OR waiting room.
7. As you and your child will likely have some waiting time prior to going to the OR, this is a great time to read or watch a movie. There is Wi-Fi available. A **Child Life Specialist** may check in with you or your child during this time. Additional education or medical play may be offered at this time by the Child Life Specialist.
8. When it is time to go to the OR, a patient porter will escort you and your child to the OR receiving area.

► What do I need to do while in Pediatric Surgical Daycare?

1. Support your child during their assessment.
2. Confirm and sign surgical consent.
3. Once your child is asleep in the OR, return to Pediatric Surgical Daycare, and change back into your street clothes if you are in scrubs.
4. Check in with the unit clerk and receive estimated time of OR completion. Please ensure you are back on Pediatric Surgical daycare at this time. Give staff member your **cell phone number**.
5. If time allows, take a quick break for a coffee or snack (there is a Good Earth Cafe on the Main floor). Please don't eat food on the surgical daycare unit because many of the patients are fasting. Please remain on hospital grounds.

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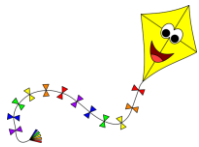
Operating Room (OR) Team

► What can your child expect in OR area?

1. You and your child will be escorted into the OR waiting area. One or both parents/caregivers can come to the OR waiting area.
2. The nurse, surgeon and Anesthesiologist will come and talk with you and your child. The team will review the preoperative safety checklist, and this is a time to ask any last-minute questions.
3. The anesthesiologist will determine if it is appropriate for a parent/caregiver to enter the OR while your child is being prepped for induction (going to sleep). If you will be entering the OR, scrubs, a hair cover and shoe covers will be provided.
4. Your child will be moved into the OR procedure area. If appropriate you will enter the OR with your child. Your child will be transferred onto a special bed and induction (going to sleep) will begin.

► What do I need to do while in the OR?

1. You are there as a support for your child - offer reassurance and confidence in the team.
2. Please be mindful that the OR is a sterile environment, follow the guidance of the OR staff.
3. The anesthetic will make your child go to sleep very quickly. This can look shocking for parents. If you feel faint or dizzy at any time, tell the closest nurse or doctor.
4. Once your child is asleep you will leave the OR area. Please return to Pediatric Surgical Daycare.



3

Post-Anesthetic Care Unit (PACU) Team



- The OR Team will bring your child to the PACU to recover. The PACU team is made up of registered nurses, and the anesthesiologist is available to support your child in the PACU if needed.

Supporting Your Child in PACU

PACU can usually support 1 parent/caregiver to be present once your child has been assessed by their nurse and their breathing and blood pressure are stable (not requiring support). Sometimes a parent/caregiver will not be able to be in PACU with their child, such as when an older child declines having a parent/caregiver present, and other situations where infection control measures must be followed.

PACU is a busy unit. There are other patients who will have monitors, alarms, and equipment. In addition to this, some parents feel stress seeing their child confused, acting upset, or restless while they are waking up after surgery and are still having effects from the medications given for anesthesia. For some people this can be overwhelming. If you do not want to go to PACU, your child will still be closely monitored and comforted by their nurse.

If you choose to go to PACU, please be aware that there is no phone use or photography/videography allowed in PACU (to maintain privacy of other patients). If you will be supporting your child in PACU, the Pediatric Surgical Daycare team will help prepare you. A staff member will walk you to the PACU and provide information/instructions to help prepare you for the environment and support your child.

Sometimes the usual ways your child is soothed may not work because of ongoing effects of the medications given for anesthesia. This can be normal after surgery.

If your child is bottle-feeding or chest/breastfeeding, please bring the supplies you need to feed them (formula, bottle, nipple, pillow, etc). Your child is likely to be hungry after fasting for surgery and/or may want to feed for comfort.

(Older children will start with a popsicle and slowly try drinking or light foods to make sure they are not nauseous).

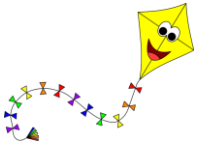
PACU nurses have specialized training and will closely monitor your child. When your child begins waking up, the PACU nurse will ensure they are comfortable and safe. This will include checking their surgical site and treating any pain or nausea.

► What can your child expect in PACU area?

- Your child will be sleeping when they arrive in PACU. They will be connected to a monitor to measure their vital signs (Heart Rate, Blood Pressure, and oxygen levels)
- Usually they will have an IV, which will be wrapped up.
- As your child wakes up, they might feel agitated or confused. The nurse will reassure your child and offer them a distraction or a special stuffed animal or book. If appropriate, the PACU nurse will call Pediatric Surgical Daycare to request that a parent/caregiver come to PACU.
- Once your child is ready to leave PACU, the nurse will call the Pediatric Surgical Daycare nurse to let them know your child is ready to transfer back for the last stage of their recovery, or to the pediatric ward for further observation as discussed with the surgeon.

► What do I need to do while my child is in the PACU area?

- You can wait for your child at Pediatric Surgical Daycare. If you decide to leave the unit, make sure that staff has your cellphone number, and make sure your ringer is on loud. The surgeon will call or visit you in person.



Recovery On Pediatric Surgical Daycare

► What can your child expect during recovery

- Your child may be awake or asleep on arrival and will be monitored by a nurse. They will usually have an IV in their hand or arm.
- The nurse will ensure your child is comfortable and provide medication if needed.
- The nurse will offer your child clear fluids once they are awake.
- The nurse will observe if your child is feeling well enough to drink fluids (not throwing up or having pain which might make drinking hard).
- The nurse will go over discharge teaching with you and your child.
- Once your child is not requiring medication through the IV and is drinking fluids well, their IV will be removed.
- When your child has recovered and meets the discharge criteria or standards, they will be discharged home to go home with you.

What do I need to do while my child is recovering

- Your child may be confused or agitated (acting upset or restless). Offer support by comforting your child: talk to them, sing or tell a story, provide a favourite comforting toy, or play a familiar song or show.
- Recovery time differs for each child. Plan on about a 4-hour stay. You may email Pediatric Surgical Daycare the day before surgery to get an estimate of how long your child might stay: vghpedscopy@islandhealth.ca