



## Paediatric Department

# Attending UHCW's Children's Department for a General Anaesthetic

### Parent/Carer Information and Advice

This leaflet contains advice and information about what to expect when your child is having a procedure that requires a general anaesthetic.

A general anaesthetic means they will be asleep for the operation/procedure.

**It is very important to read the instructions given below.**

### Pre-operative Fasting for paediatric patients

Time before general anaesthesia	Fluid or food intake
Up to 6 hours	Solid food, milk
Up to 4 hours	Breast milk
Up to 2 hours	Clear fluids (black coffee/tea, squash, preoperative carbohydrate drink)
Up to 1 hour	water



## Patient Information

### **Morning operating lists:**

- **No solid food after 02.00hr-including chewing gum**
- **No milk drink after 02.00hr**
- **No breast milk after 04.00hr**
- **No squash after 06.00hr**
- **No water after 07.30hr**

### **Afternoon operating lists:**

- **No solid food after 06.30hr-including chewing gum**
- **No milk drink after 06.30hr**
- **No breast milk after 08.30hr**
- **No squash after 10.30hr**
- **No water after 11.30hr**

Surgical patients both adults and children, should be allowed and encouraged to drink water up to one hour, and clear fluids up to two hours, before induction of general anaesthesia while waiting for surgery on the ward

\*Milk: includes cow's milk / formula and any drink containing milk.

Chewing gum or sweets are not allowed prior to anaesthetic.

Food such as toast / cereal can be eaten up until the start of the fasting period.

## Patient Information

### Medications

- Please give your child a sip of water with any medication prescribed;
- Please bring with you all of your child's medication including inhalers;
- Please inform us if your child has diabetes/is taking hormonal medication/or is taking complementary or alternatives therapies.

Please make sure you have enough Calpol, Paracetamol, Ibuprofen etc., at home for your child's pain relief after discharge.

### General information

Up to the age of 16 years your child should be accompanied by a parent or legal guardian. If you are the child's legal guardian please bring the necessary documentation as proof.

Please note that the cancellation of an operation is rare and will only occur in unforeseen circumstances.

If your child is unable to attend on your appointment date or you have any queries or concerns about your child's admission please contact:

**Children's Unit: 024 7696 7224**

It is most important that you inform staff as soon as possible, so that your place can be allocated to another patient if necessary.

If your child is unwell during the week prior to admission please seek advice from your family doctor regarding any necessary treatment and check whether admission to hospital should go ahead.

### How to prepare your child

You should tell your child in a simple and truthful way why they are being admitted to the Children's Unit/Surgical Day Unit. Please see the links at the end of this information; some of them are in child-friendly format.

## Patient Information

Reassure them that you will stay with them throughout their stay in hospital. Please remove any make-up or nail varnish your child may be wearing.

### **What to bring for your child's stay**

- Slippers, dressing gown, wash kit and towel;
- Your child's favourite toy, comforter and bottle or cup;
- No makeup/false nails.

**Please note the hospital is not responsible for any valuable items such as electronic equipment.**

### **On arrival**

If your letter instructs you to go to the Surgical Day Unit you should report to the reception desk in the Surgical Day Unit on the ground floor.

If your letter instructs you to attend the Children's Unit on either Ward 14, 15 or 16, (located on the first floor of the west wing) you should enter the Children's Unit and use the intercom to enter the appropriate ward.

### **Discharge information**

It is important that your child is accompanied home by a parent or legal guardian. Your child must not walk home or travel on public transport. These arrangements should be made prior to your child's admission.

Your child should not be left alone for 24 hours after discharge. They should not attend school or nursery for at least 48 hours. This will be discussed with you before your child's discharge.

### **During this time:**

- No strenuous activities such as contact sport, riding bicycles, football / rugby etc.
- Please don't allow your child to lock the door when using the bathroom.

## Patient Information

It is usual for Day Surgery patients to be discharged on the day of surgery. Information will be given to you prior to discharge regarding:

- Pain relief at home
- Wound care
- Who to contact in an emergency

## Further Information

Links for further information can be found on the following websites:

- Royal College of Anaesthetists [https://www.rcoa.ac.uk/childrens info](https://www.rcoa.ac.uk/childrens%20info)
- Royal College of Nursing <http://www.rcn.org.uk/>
- Royal College of Surgeons <http://www.rcseng.ac.uk/>
- Action for sick children <http://www.actionforsickchildren.org/>

**If you have any more questions or would like further information, please call the Children's Unit on 024 7696 7224.**

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6850 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Document History

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