

Patient information

Day Surgery Unit Pre-assessment information for parents

Nil by mouth instructions

If you are asked to bring your child in on a **morning list** at 7.45am:

- No food after midnight (this includes sweets, chocolate or chewing gum)
- Water only until 6.30am
- Nothing after 6.30am

If you are asked to bring your child in on the **afternoon list** at 12:30pm:

- Give a light breakfast before 7.00am
- No food after 7.00am (this includes sweets, chocolate or chewing gum)
- Water only until 11:30am
- Nothing after 11:30am

We will ask you to complete a child's menu card on arrival, or you may wish to bring a packed lunch for them.

A parent/guardian should accompany patients under 16 years of age. A consent form needs to be signed by the child's legal parent/guardian.

Failure to follow this nil by mouth or consent advice could lead to the cancellation of their operation.

Preparing your child

- Please bath or shower your child the evening before or morning of their operation.
- Arrange for a responsible adult to be with them at home for 24 hours post operation.
- You cannot take a child on public transport after a general anaesthetic, except a taxi and only then if you travel with them.
- It is advisable to have a supply of paracetamol (Calpol®) and ibuprofen (Nurofen®) at home.

Please help us

- Please remove any makeup or nail varnish on their fingers or toes
- Please remove any jewellery or body piercing
- Please wear glasses rather than contact lenses if possible
- Comfortable clothes and sensible shoes are recommended

Bring the following with you

- Any drugs, medicines or inhalers they are using
- Dressing gown and slippers
- Your child's favourite cuddly or toy
- If applicable, change bag, bottle feeds and special cups

Enquiries and visitors

- If you have other children, try to avoid bringing them on the day of operation

- In view of the short time that you will be in the Day Surgery Unit, visitors are not encouraged. However, enquiries can be made by telephoning 01284 713958/9
- Remember to bring change for car parking

Car park A at the front of the hospital is currently the designated patient/visitor parking area. There is a 20 minute drop off/collection area outside the Day Surgery Unit.

Paediatric information for the first 24-48 hours after their surgery

- Rest and quiet play is advised. Co-ordination may be affected, so care must be taken to avoid children injuring themselves.
- Do not allow your child to ride a scooter, bicycle or roller-skates.
- Do not allow them to use household appliances, which may cause harm or injury.
- Do observe any special instructions that the surgeon or anaesthetist may have advised.

Diet advice

A feeling of sickness or vomiting can happen after a general anaesthetic. If it does occur, keep your child quiet and go back to sips of clear fluid until it passes.

Otherwise eat and drink normally.

What will happen on the day?

- When you arrive you will be booked in at DSU reception. You will complete a menu card.
- The Day Surgery staff will admit your child.
- You and your child will meet the surgeon and anaesthetist prior to having the operation.
- The child's legal parent or guardian will be asked to sign a consent form.

You will find that you are asked the same questions more than once; this is all part of the careful checking system.

- **The Day Surgery Unit has several theatres. Children are called from the ward dependant on their age and the type of operation they are having.**
- **Please be advised your child may play in the pre-operation waiting/play area until it is their turn to be taken onto the ward. One person is allowed to accompany them into the theatre when they go to sleep.**

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>.

