

Patient information

Information for parents of children having a planned operation

Welcome to Rainbow Ward children's unit. We hope you and your child have a positive experience whilst staying with us.



The day before



At 7.00pm on the evening before your child is due to come in for their operation, please ring Rainbow Ward on 01284 713315 to confirm that a bed is available and to be given any further instructions.

Please ensure you remove any nail varnish from your child's nails and remove any jewellery and body piercings before they come into hospital.

If your child is unwell when they are due for admission, please ring Rainbow Ward to discuss. In most cases we will ask you to bring your child in at the specified time anyway and the anaesthetist/surgeon will decide whether they are fit for surgery or not.

Please ensure you have a good supply of paracetamol and ibuprofen at home, ready for when your child is discharged. We do not supply these on discharge.



On the day



If your child is on a morning theatre list they will need to arrive on Rainbow Ward at 7.00am.

If they are on the afternoon list they will need to arrive on Rainbow Ward at 10.00am.

Nil by mouth instructions

For a **morning** operation your child should have no food after midnight.



For **afternoon** operations your child can have a light breakfast to finish no later than 7:30am. They should have no food after 7:30am.

Your child can drink water or diluted squash until admission to the ward. They will then be offered measured amounts of water by staff until they go to theatre.

For your child's safety, failure to follow this advice could lead to cancellation of their operation, so please ensure that you read and follow the instructions carefully. Please note that for nil-by-mouth purposes sweets, lollipops, fruit juices, cows milk and formula milk are all classed as food.

After the operation

After your child's operation, they will be offered food and drink when the nursing staff feel they have recovered enough to safely eat and drink. We have a supply of snacks available at all times for children having operations.

Things to bring with you

- ✓ Any medication your child takes regularly eg inhalers.
- ✓ Your child's favourite toy or cuddly teddy.
- ✓ An overnight bag with things for both your child and whichever parent might be staying with the child overnight.
- ✓ Changing bag with nappies, bottles, formula feeds and any special cups etc.

Things not to bring with you

- ✗ Valuables such as jewellery and money.
- ✗ Siblings: we ask that you do not bring brothers and sisters into hospital with you at the time of admission.

Visiting

Each child is allowed two visitors during the day (both parents or main carers). During your child's admission **ONE** parent can be resident with each child overnight. A 'put me up' bed will be placed next to your child's bed for you to stay with them overnight.

Bear in mind this information might change accordingly to hospital policy on visiting during the pandemic.

Getting to the hospital



When you come to the hospital, you may park in the front or rear car park. Disabled parking is allocated at the front, side and rear of the hospital.

Pay machines can be found: in the main entrance lobby, in the day surgery unit reception and near the Macmillan Unit/rear entrance (external machine).

Please note: Unfortunately there are no concessions for car parking. Parking charges (as of June 2022)

Up to 20 minutes	No charge
Up to one hour	£2.20
Up to two hours	£4.20
Up to three hours	£6.40
Up to four hours	£8.40
Up to five hours	£10.60
Up to six hours	£12.70
Daily ticket	£12.70
Weekly ticket	£30.00
Day ticket for carers	

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo) <https://www.accessable.co.uk>

