Preparing for your child’s surgery or procedure

We want to ensure you and your child have a positive experience during their surgery or procedure. The following guidelines will help you prepare for your child’s surgery.

**How do I explain the upcoming surgery to my child?**

To help your child understand that they will soon be having a surgery or procedure, explain details in an age-appropriate way. For example, toddlers and preschoolers need more simple explanations than older children. You and your child can also attend a pre-surgery class at Primary Children’s Hospital and Primary Children’s Outpatient Services at Riverton.

**What happens during the pre-surgery class?**

Children who will be having surgery or a procedure can attend this class with their parents and siblings. It includes:

- A tour of the surgery area
- A video about what to expect during surgery
- A medical play session with a child life specialist to show children the equipment, smells, sights, and sounds of surgery
- Time for older children and teens to talk about their concerns
- Time for parents to ask staff questions

**When are the pre-surgery classes held, and how do I register?**

<table>
<thead>
<tr>
<th>Location</th>
<th>Primary Children’s Hospital</th>
<th>Primary Children’s Outpatient Services at Riverton</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Schedule</strong></td>
<td>Mondays and Wednesdays: 4:30–5:30 PM</td>
<td>Thursdays: 4–4:45 PM Other dates and times by appointment</td>
</tr>
<tr>
<td><strong>Directions</strong></td>
<td>100 N. Mario Capecchi Dr. Salt Lake City, UT 84113</td>
<td>3773 W. 12600 S. Bldg. 3 Riverton, UT 84065</td>
</tr>
<tr>
<td></td>
<td>Park and enter on the south side of the hospital. Take the elevators to the second floor. Child life specialists will meet you by the elevators as you get off.</td>
<td>Go to the main entrance, and take the elevators to the second floor.</td>
</tr>
<tr>
<td><strong>Registration</strong></td>
<td>Visit PrimaryChildrens.org/surgeryclass and click Register for a pre-surgery class or call 801.662.2824.</td>
<td>Call 801.285.1537</td>
</tr>
</tbody>
</table>

**Note:** If you call to register for a pre-surgery class, be ready to tell the coordinator:

- Your child’s name and age
- The day you want to attend the pre-surgery class
- How many adults and children are coming
- The type of surgery your child is having
- The day your child’s surgery is scheduled
What should I do 1 week before surgery?

☐ Call 801.442.8600 to pre-register. You will:
   – Confirm your insurance and billing information
   – Update contact information
   – Discuss your financial responsibility

☐ Register for and attend a pre-surgery class. You may also attend classes without pre-registration.

☐ Plan for childcare for other children in the family. Two adults and no other children (except breastfeeding infants) are allowed the day of surgery.

☐ Call your child’s surgeon if your child is sick. The surgery may be rescheduled.

☐ Call your child’s specialty healthcare provider (endocrinologist, hematologist, or cardiologist) for any pre-surgery instructions.

What should I do the day before surgery?

A pre-surgery nurse will call with your child’s surgery check-in time and diet instructions.

☐ Be prepared to discuss your child’s medicines and allergies, previous surgeries and health history.

☐ If your child’s surgery is scheduled Monday, the nurse will call Friday.

☐ If a nurse does not call by 4 PM Monday-Thursday, call:
   – 801.662.2840 for Primary Children’s Hospital (press option 2 and then option 3)
   – 801.285.1583 for Primary Children’s Outpatient Services at Riverton

☐ Write down your child’s diet instructions. Your child must not eat or drink for several hours before surgery. Anesthesia, the medicine that helps your child sleep, makes the stomach relax and can cause your child to vomit or choke during surgery. If your child swallows anything 3 hours before surgery, it may be delayed or canceled.

<table>
<thead>
<tr>
<th>Specific instructions for your child</th>
<th>Diet guidelines before surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surgeon's name:</td>
<td>At midnight the day before surgery:</td>
</tr>
<tr>
<td>Surgery time:</td>
<td>Stop all solid foods:</td>
</tr>
<tr>
<td>Arrival time:</td>
<td>• Candy</td>
</tr>
<tr>
<td>Stop eating:</td>
<td>• Gum</td>
</tr>
<tr>
<td>Stop drinking:</td>
<td>• Dairy or nondairy milk</td>
</tr>
<tr>
<td>Additional instructions:</td>
<td>• Thickened formulas or liquids</td>
</tr>
<tr>
<td></td>
<td>• Formula</td>
</tr>
<tr>
<td></td>
<td>• Fortified breast milk</td>
</tr>
</tbody>
</table>

4 hours before check-in time

• Stop breast milk

2 hours before check-in time

• Stop clear liquids:
   – Water
   – Apple juice

• Clear soda such as 7 Up® or Sprite®
• Electrolyte drinks such as Pedialyte®

Note: You and other caregivers should eat before bringing your child to the hospital. This helps you keep your energy level and lowers stress. Try not to eat or drink in front of your child.
(continued) What should I do the day before surgery?

☐ Bathe your child with soap and shampoo.

☐ Dress them in clean clothing  ☐ Put clean sheets on your child’s bed

☐ Do not use lotions, creams, powders, deodorants, or makeup

Complete any labs if ordered by your child’s surgeon.

<table>
<thead>
<tr>
<th>Lab</th>
<th>Directions</th>
<th>Hours and contact information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Children’s Hospital</td>
<td>81 N. Mario Capecchi Dr. Salt Lake City, UT 84113</td>
<td>7 AM–6 PM 801.662.2121</td>
</tr>
<tr>
<td>Outpatient Lab</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Primary Children’s Hospital</td>
<td>100 N. Mario Capecchi Dr. Salt Lake City, UT 84113</td>
<td>Always open 801.662.2121</td>
</tr>
<tr>
<td>After-hours Lab</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Primary Children’s Riverton</td>
<td>3773 W. 12600 S. Riverton, UT 84065</td>
<td>8 AM–5 PM 801.285.1001</td>
</tr>
<tr>
<td>Outpatient Lab</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Where do I take my child for their surgery or procedure?

<table>
<thead>
<tr>
<th>Location</th>
<th>Directions</th>
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<tr>
<td>Primary Children’s Hospital</td>
<td>100 N Mario Capecchi Dr. Salt Lake City, UT 84113</td>
</tr>
<tr>
<td></td>
<td>1 Park and enter on the south side of the main hospital.</td>
</tr>
<tr>
<td></td>
<td>2 Same-day surgery: Take the elevators to the second floor</td>
</tr>
<tr>
<td></td>
<td>3 Children’s procedure center: First floor</td>
</tr>
<tr>
<td>Primary Children’s Hospital</td>
<td></td>
</tr>
<tr>
<td>Outpatient Services at Riverton</td>
<td>3773 W 12600 S, Bldg. 3 Riverton, UT 84065</td>
</tr>
<tr>
<td></td>
<td>1 Register on the first floor</td>
</tr>
</tbody>
</table>

Visit Primarychildrens.org and click on Maps and Directions under the quick links for more information.

What should I bring the day of my child’s surgery?

On the day of your child’s surgery, bring:

☐ A urine sample in a clean disposable container wrapped in a plastic bag if your child is female, 12 years or older, or has started menstruating

☐ Your photo identification, health insurance card, and other documents you’ll need

☐ Your child’s favorite blanket, toy, books, and activities for the waiting room (label everything in case it gets lost)

☐ Comfortable clothes for your child to wear home after surgery

What should I expect the day of my child’s surgery?

When you arrive at the hospital for your child’s surgery:

☐ Make sure your child follows the dietary guidelines unless their surgeon gave you different instructions

☐ Have your child remove contact lenses, jewelry, and non-permanent retainers
Who can come to the hospital for my child’s surgery?

Only two adults will be allowed with your child during their surgery.

• Don’t bring other children to the hospital, except breastfeeding infants.

• If your child is staying overnight, one adult will need to stay in their room with them. If other parents need lodging, call the parent resource center at 801.662.3795.

What if I have questions?

If you have questions about your child’s upcoming surgery, call a pre-surgery nurse:

• Primary Children’s Hospital
  801.662.2840

• Primary Children’s Outpatient Services at Riverton
  801.285.1583.

If you have billing questions, call 801.442.8600.

You’ll use chlorhexidine (CHG) wipes to clean your child’s body.

Your child will receive an ID band with their name on their wrist or ankle. A healthcare provider will check the ID band when talking to your child and before their surgery or procedure.

You’ll receive an ID band or code so hospital staff know you are your child’s parent.

Note: Your child’s surgery time is an estimate. It may change if you arrive late or other surgeries take longer than expected. It is important to arrive on time. Your child may go to surgery sooner or later than expected.

Notes

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