

Let's Talk About...

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?

Location	Primary Children's Hospital	Primary Children's Outpatient Services at Riverton
Schedule	Mondays and Wednesdays: • 4:30–5:30 PM	Thursdays: • 4–4:45 PM Other dates and times by appointment
Directions	100 N. Mario Capecchi Dr. Salt Lake City, UT 84113 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.	3773 W. 12600 S. Bldg. 3 Riverton, UT 84065 Go to the main entrance, and take the elevators to the second floor.
Registration	Visit PrimaryChildrens.org/surgeryclass and click Register for a pre-surgery class or call 801.662.2824.	Call 801.285.1537

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



- 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.

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.

Specific instructions for your child	Diet guidelines before surgery
<p>Surgeon’s name: _____</p> <p>Surgery time: _____</p> <p>Arrival time: _____</p> <p>Stop eating: _____</p> <p>Stop drinking: _____</p> <p>Additional instructions: _____ _____ _____ _____</p>	<p>At midnight the day before surgery:</p> <p>Stop all solid foods:</p> <ul style="list-style-type: none"> <li style="width: 50%;">• Candy <li style="width: 50%;">• Thickened formulas or liquids <li style="width: 50%;">• Gum <li style="width: 50%;">• Formula <li style="width: 50%;">• Dairy or nondairy milk <li style="width: 50%;">• Fortified breast milk <p>4 hours before check-in time</p> <ul style="list-style-type: none"> • Stop breast milk <p>2 hours before check-in time</p> <ul style="list-style-type: none"> <li style="width: 50%;">• Stop clear liquids: <ul style="list-style-type: none"> – Water – Apple juice <li style="width: 50%;"> <ul style="list-style-type: none"> – Clear soda such as 7 Up® or Sprite® – Electrolyte drinks such as Pedialyte® <p>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.</p>

(continued) What should I do the day before surgery?

- Bathe your child with soap and shampoo.
 - Dress them in clean clothing
 - Do not use lotions, creams, powders, deodorants, or makeup
- Put clean sheets on your child's bed

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

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

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

Location	Directions
Primary Children's Hospital	100 N Mario Capecchi Dr. Salt Lake City, UT 84113 <ol style="list-style-type: none">1 Park and enter on the south side of the main hospital.2 Same-day surgery: Take the elevators to the second floor3 Children's procedure center: First floor
Primary Children's Outpatient Services at Riverton	3773 W 12600 S, Bldg. 3 Riverton, UT 84065 <ol style="list-style-type: none">1 Register on the first floor

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

