

Pre-Surgery Instructions

Patient Name: _____

Surgery Date: _____

Physician: _____

ARRIVAL TIME _____

☐ Please call _____
the day before surgery after 10:00AM
to confirm the time of surgery

ARRIVAL LOCATION

☐ Clinical Care Center 7th floor
Ambulatory Surgery Suite
6701 Fannin St.



☐ West Tower 17th floor
Texas Children's Heart
Center Waiting Room
6621 Fannin St.



☐ West Tower 3rd floor
Surgery Admissions & Waiting
6621 Fannin St.



☐ West Campus (Katy Location)*
18200 Katy Freeway
3rd floor

Please follow the animal icons to your surgery location. When you arrive at the hospital, surgery representatives in blue vests or guest services representatives in black vests can direct you to the correct location.

ARRIVAL INSTRUCTIONS

Upon arrival to the hospital, please be sure to let Valet Services park your car. Valet parking will be validated for the day of surgery only. Information concerning nearby parking garages and rates for subsequent days are available online at <http://www.texasmedicalcenter.org/parking>.

EATING AND DRINKING INSTRUCTIONS

- **No solid foods, gum, or hard candy after midnight the night before surgery**
- Your child can have milk and formula until 6 hours before your arrival time
- Your child can have breast milk until 4 hours before your arrival time
- Your child can have clear liquids until 2 hours before your arrival time
 - Clear liquids include: water, Pedialyte, Sprite or 7-Up, apple juice (no orange juice)
- Continue taking **all** prescribed medications prior to surgery unless otherwise specified

Please be aware that if these pre-surgical instructions are not followed, the surgery may be cancelled.

0215

If you have any questions, please call

(832) 822-3950 Pediatric Neurosurgery office to speak with your doctor's staff

Preparing for Your Child's Surgery

When preparing your child for surgery, it is important to provide information at your child's level of understanding. This helps to explain any ideas that are not correct and to lessen fears and feelings of guilt. The key is to help your child understand the reason for surgery and to become familiar with the surgery process.

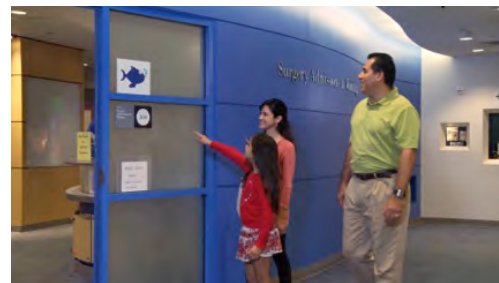
- Use simple words
- Be honest
- Include information about the sights, sounds and smells of the hospital
- Ask your child how he or she feels about the surgery
- Encourage your child to ask questions
- Support your child with your presence, gentle voice and touch

RESOURCES FOR PARENTS AND CAREGIVERS

Visit <http://texaschildrens.org/preparingforsurgery/> to find interactive information on the surgery experience at Texas Children's Hospital.

For Parents – “Preparing For Your Child's Surgery” video

This video will explain the surgery experience for parents. It includes instructions for eating and drinking before surgery and an overview of what will happen during the day of surgery.



For Children – Surgery Photo Tour

You and your child can view a photo tour of the hospital and the surgery experience from a child's point-of-view. This can help prepare your child for what to expect on the day of surgery.



IMPORTANT INFORMATION ABOUT EATING OR DRINKING BEFORE SURGERY

Your child will most likely receive general anesthesia during surgery. Anesthesia is a medicine given by a doctor so your child feels no pain or sensation during surgery.

Before receiving anesthesia your child must have an empty stomach. Having food or liquids in your child's stomach can cause choking or vomiting during the surgical procedure.

Make sure that your child isn't sneaking snacks after the food and drink cutoff time. If your child does not follow these rules and does not have an empty stomach, the procedure may be cancelled for safety reasons.



CHILD LIFE

Texas Children's child life specialists are trained to assist each child with the hospital experience based on the child's emotional and developmental needs. They are available to talk with your child about what to expect during the surgery process. Child life specialists are also available to help ease the fear and anxiety often associated with hospitals by promoting positive coping techniques.

To speak with a child life specialist on the day of your child's surgery, simply indicate on the sign-in form that you are interested in learning more about the surgery process from a child life specialist. To receive child life services, you do not need to arrive earlier than the time you are told.

ON THE DAY OF SURGERY

After arriving at the hospital and checking in for your surgery, you and your child will be taken to the Pre-Operation Area. In this part of the operating room suite, many people will talk to you and your child. Nurses will confirm your child's name and ask about the type of surgery your child is having. They will ask questions about when your child last ate food or drank liquids. They will also ask about any allergies your child may have.

More than one person will ask these questions. This is to double- and triple-check facts making sure your child's surgery is as safe as possible. The nurses will also confirm that you have signed consent forms for surgery.

You and your child will meet with an anesthesiologist before surgery. The doctor will ask questions about your child's health and if they have had surgeries before. Next, the surgeon will visit your child and, if necessary, mark the part of the body that is to be operated on.

Once the pre-surgical checks have taken place, your child will be taken to the operating room by nurses and operating room staff. They will tell you where you can wait during surgery.

WAITING FOR YOUR CHILD DURING SURGERY

It is important to let someone know where you will be during your child's surgery if you leave the waiting area. The surgeon and nursing staff needs to be able to reach you for updates during and after the surgery.



FAQs and Reminders for Surgery

FAQS

What should my child wear to the hospital?

Dress your child in comfortable clothes that are easy to remove.

Should my child wear his or her contact lenses to the hospital?

If your child wears contact lenses, bring the case and the solution to store them. Contact lenses must be removed before surgery.

Where do I park?

Valet parking will be validated for one vehicle on the day of surgery. Tell the valet attendant your child is here for surgery.

Where do I go after I've parked?

Go to the arrival location indicated on the Pre-Surgery Instructions at the time indicated on the form.

Will my child's surgery be delayed for any reason?

Please keep in mind that the scheduled surgery time is our best estimate. Your child's surgery could be earlier or later for many reasons, so please be flexible and patient. If your child's surgery will be delayed for an extended time, your child will be provided with clear liquids to drink.

REMINDERS

Items to Bring for Surgery

- Your child's insurance card to the hospital
- A favorite toy or blanket to help your child relax. Put a pillow and blanket in the car for the ride home
- A special bottle if your child uses one
- A complete list of all medications your child is taking, including over-the-counter medications and herbal supplements

Do Not Bring

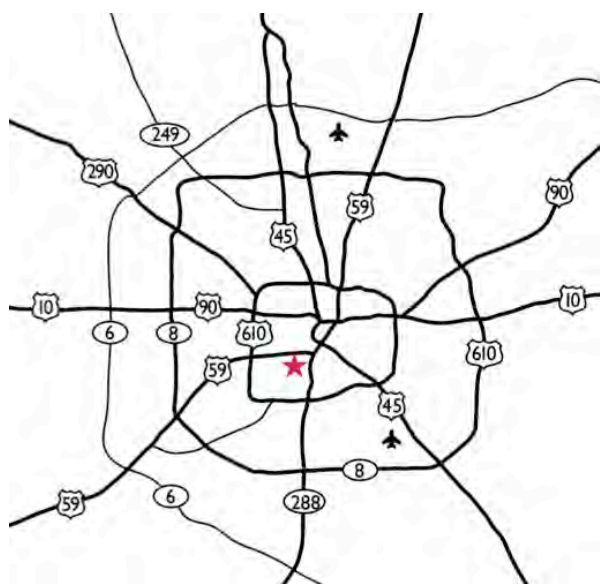
Jewelry and other valuables. Please leave them at home.

After Surgery

If your child is going home on the same day as the surgery, we will give you supplies and instructions for your child's care at home.

If your child is being admitted to the hospital after surgery, you will be transferred as soon as the appropriate room or unit is available.

West Tower and Clinical Care Center



FROM THE NORTH

Take I-45 or US Hwy 59/69 South to Hwy 288 South. Exit right at Holcombe Blvd. Continue west, turn right on Fannin St.

FROM THE EAST

Take I-10 West To US Hwy 59 South to Hwy 288 South. Exit right at Holcombe Blvd. Continue west, turn right on Fannin St.

Clinical Care Center

Use TMC Entrance 10 to Bates Ave.
6701 Fannin St.
Houston, TX 77030

FROM THE SOUTH

Take Hwy 288 North. Exit right at Yellowstone Blvd. Turn left onto Holcombe Blvd. Turn right onto Fannin St.

FROM THE WEST

Take I-10 East to I-45 South to Hwy 288 South. Exit right at Holcombe Blvd. Continue west, turn right on Fannin St.

West Tower

Use TMC Entrance 11 to Bellows Dr.
6621 Fannin St.
Houston, TX 77030