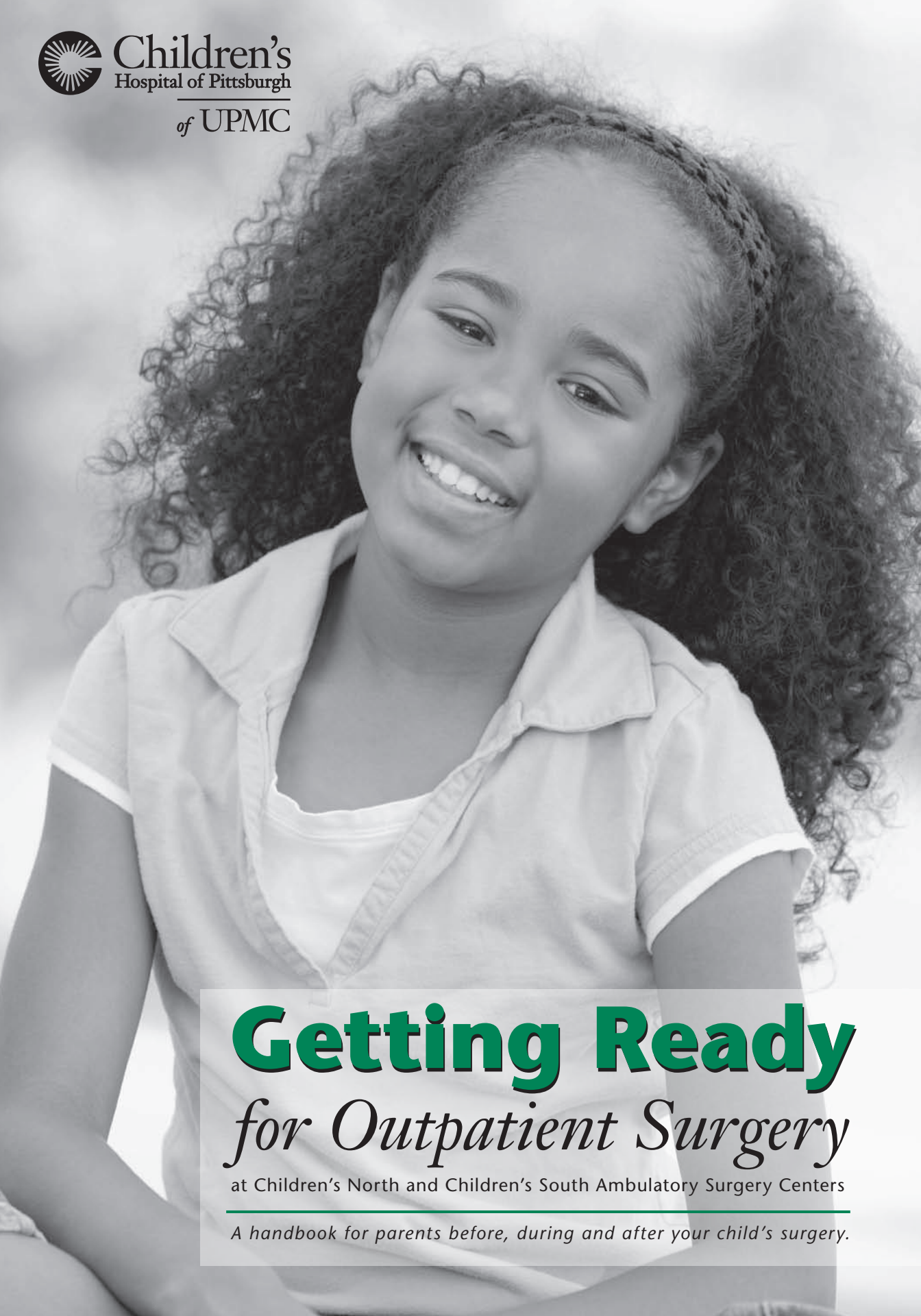
Children's Hospital of Pittsburgh of UPMC



Getting Ready *for Outpatient Surgery*

at Children's North and Children's South Ambulatory Surgery Centers

A handbook for parents before, during and after your child's surgery.

Dear Parent or Guardian,

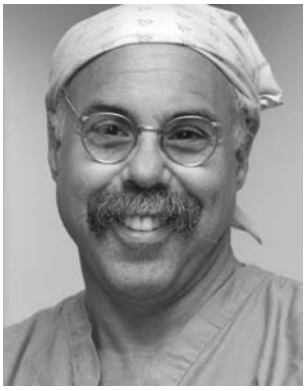
Children's Hospital of Pittsburgh of UPMC is pleased to offer you and your child a wide array of diagnostic and surgical procedures through Children's North and Children's South ambulatory surgery centers.

Remember, any procedure that involves anesthesia or sedation requires the skills of highly trained health care professionals, and your assistance and understanding as a parent or guardian.

This booklet is intended to answer questions that you and your child may have before, during and after your child's surgery. Please keep it handy until after your child's surgery, and feel free to call us with any questions at 724-933-3700, Option 2.

Thank you!
Children's North and South
Ambulatory Surgery Centers
Ph: 724-933-3700, Option 2
Fx: 724-933-3741

A Message From Peter Davis, MD
Chief of Pediatric Anesthesiology



Peter J. Davis, MD
Chief, Department of
Pediatric Anesthesiology

Parental Presence at Induction

Children's Hospital of Pittsburgh of UPMC is dedicated to the concept of family-centered care. As a result, parental presence at induction of anesthesia (PPI) is offered to reduce the stress and anxiety of children. A child who will benefit from having his or her parent present at the time of induction of anesthesia may have one parent accompany him or her to the operating room. Only one parent/care provider may accompany the patient to the operating room. For sterility purposes, this parent/child care provider will be asked to wear a special one-size-fits-all jumpsuit, as well as a hair covering. Both the jumpsuit and hair covering may be taken off and discarded after the parent/child care provider leaves the operating room. A parent may accompany the child as long as the child's condition allows and as long as the anesthesiologist agrees. In general, patients undergoing emergency surgery, patients who are extremely ill, and patients heavily sedated from their pre-medication will not be eligible to have PPI.

What To Expect During Induction

Anesthesia can be started with either your child breathing through a mask (no shots, no needles), or through an intravenous (IV) catheter. (This requires a needle to insert the IV catheter, and it is done with your child awake.) When anesthesia is given through an intravenous catheter, children fall asleep in seconds. When children are given anesthesia through a mask, it generally takes 60–90 seconds before the child is asleep. When going to sleep with a mask, some children will try to remove the mask, struggle and become combative as they go to sleep. Sometimes they cough or gag, snore, cry, or complain about the smell of the mask. Frequently, they will say that they cannot breathe. This is a common response to placing a mask over one's nose and mouth. After about 60–90 seconds, the child usually has fallen asleep and becomes limp and non-responsive. Once your child is asleep, the nurse in the operating room will guide you back to the parent waiting area.

As a parent, watching your child undergo anesthesia can be uncomfortable. However, there are ways you can help your child. It is important to remind your child you are there. You can hold your child's hand, caress his or her hair and face, or talk or sing to your child. Your voice can be very reassuring.

It is important to remember:

- Even with parents present, the operating room can be a scary place. Consequently, children frequently get upset even if you are there.
- PPI is for your child. Thus, your child's safety is our primary concern. If you are asked to leave the room, you must do so quickly. The medical staff needs to focus its attention on your child.
- If you, the parent, feel uncomfortable being in the operating room, your child can sense your concern. For PPI to be helpful for your child, you need to remain as calm and trusting as possible.

Thank you for your cooperation.

Getting Ready – The Weeks Before

There are many things you can do to help prepare yourself and your child for outpatient surgery at Children's Hospital of Pittsburgh of UPMC's ambulatory surgery centers.

- Follow the "under-the-weather" policy. Call the surgeon's office if your child has a fever or flu-like symptoms the day before surgery. If your child has been exposed to a contagious disease such as chickenpox, measles, mumps, impetigo or lice up to three weeks before the surgery, call the surgeon's office.
- Do not plan other activities for the day of your child's surgery.

Medications & Child Care

- Do not allow your child to have any aspirin or ibuprofen for at least two weeks before the surgery. This includes Motrin®, Pediaprofin®, Advil®, Bayer® children's aspirin, Aspergum®, Pepto-Bismol® and Alka-Seltzer Cold Plus®. Your child can take acetaminophen (Tylenol®).
- Check with your doctor to see whether there are any prescription or non-prescription medications that your child should avoid taking or stop taking temporarily before his or her surgery.
- Please make child care plans for your other children.
- Write down your questions or concerns. It may be easier than trying to remember them.
- Prepare your child for surgery by talking to him or her and allowing your child to ask questions. See the guidelines on page 9. We also encourage you and your child to take a free Pre-Admission Tour. (See page 10.)

Forms & Insurance

- You will receive two forms in the mail or at the physician's office: the History and Physical form, and the Consent form. Please remember to bring your completed History and Physical and Consent forms with you on the day of your child's surgery.
- Check with your insurance carrier to determine if you need written authorization before receiving the scheduled services. To make sure you receive the insurance coverage to which you are entitled, please notify your insurance company or HMO of your child's type and date of surgery before coming to the ambulatory surgery center. If you have questions about insurance requirements, ask your child's primary care physician or call Children's Patient Access staff at 412-692-5310.
- If blood work was ordered by your child's doctor or surgeon, make sure it is completed. Bring the results with you, or have them sent to the Surgery Center via fax. The fax number is 724-933-3741.

Transportation

Care Wheels

Children's Hospital of Pittsburgh of UPMC and PLS Transportation Services are working together to provide Care Wheels, a program providing our patients and their families transportation services to and from the Children's North and Children's South Surgery Centers.

If you are in need of transportation assistance, please contact your surgeon's office and ask about the Care Wheels Program, or call Children's North Surgery Center at 724-933-3700, option 2 for details. The Care Wheels Program was developed to help those families who do not have an available or affordable means of transportation to the Children's North and Children's South Surgery Centers. This program is only to be used to transport patients from their home to either the Children's North or South Surgery Center. This is a free door-to-door service for patients and families.

Updated contact information must be provided so the transportation service can confirm the address and time of arrival. The parent/guardian must know the height and weight of the child to determine the appropriate car seat, if needed.

Outlined below is the necessary information you need to ensure you receive safe and prompt service to and from the Children's North and Children's South Surgery Centers.

Family Responsibilities

- You will be contacted by the Same Day Surgery staff prior to the patient's surgery with important information about preparing the patient for surgery and the time that you need to arrive at either the Children's North or Children's South Surgery Center.
- The Same Day Surgery staff will contact PLS Transportation Service with you on the phone to coordinate the pick-up and return times.
- When the PLS Transportation Service dispatcher calls to confirm your transportation times, please also confirm the Surgery Center — either Children's North or Children's South.
- The transportation service is limited to only three persons: the patient and two adults.
- Please be mindful of your personal belongings. Take everything with you when you leave the car.

PLS Transportation Services Responsibilities

- PLS Transportation Services, under agreement with Children's Hospital of Pittsburgh of UPMC, will provide a safe and courteous trip to and from the child's location to the Children's North or Children's South Surgery Center.
- PLS Transportation Service drivers will identify themselves to the child and family by showing proper identification.
- If the family does not have a car seat and one is required, PLS Transportation Services will provide the appropriate level car seat. (The parent or guardian must provide the child's height and weight.)

We hope you enjoy this transportation service and our attempt to make your experience as pleasant as possible. If you have any questions or comments, please contact us at one of the numbers below.

Children's North Surgery Center
724-933-3700, option 2

Children's South Surgery Center
412-851-8604 (Monday & Tuesday only)

All other days calls to Children's South Surgery Center should be made to one of these numbers:

Children's North Surgery Center
724-933-3700, option 2

Patient Representative Department
Children's Hospital of Pittsburgh of UPMC
412-692-5489

Getting Ready – The Day Before

- It is recommended that your child not receive any vaccines the day prior to surgery.
- One business day before your child's procedure, you will receive a call from the outpatient surgery center nurse between 8 a.m. and 4 p.m. The nurse will ask several questions about your child's medical history, any current medications and readiness for the particular procedure. He or she also will answer any questions you have and will give you the important instructions you and your child need to follow. Please have paper and pen ready to write down these instructions.
- The surgery nurse will provide you with instructions for eating and drinking. To ensure your child's safety for anesthesia, we require that you follow the specific "eating and drinking" times. Remember that if your child eats or drinks after the scheduled times, his or her surgery may be rescheduled for another day.
- If your child takes medications regularly, including herbal or nutritional supplements, please inform the surgery nurse during the pre-procedure phone call.
- Directions to the ambulatory surgery center will be provided, if you need them. A map is included in this booklet. Or, you may visit our Web site at www.chp.edu for a map and directions.
- If your child has special needs, please inform the surgery nurse.
- At this time, the surgery nurse also will answer any questions and will give you important instructions, including your arrival time. This is your arrival time, not your child's surgery time.
- If you have questions or concerns about your child's surgery, or if you are not contacted by 4 p.m. the day before, call the surgery center nurse at 724-933-3700, option 2. Or, call the Children's operator at 412-692-5325 and have the surgery center director paged.
- The ambulatory surgery centers are not 24-hour facilities. If your child would require further treatment, he/she would be transferred to Children's Hospital in Lawrenceville.

Things To Bring Checklist

- ☐ Any papers provided by your child's doctor, including the History and Physical form and the Consent form
- ☐ Legal guardianship papers
- ☐ Insurance card and Social Security card
- ☐ Storage cases for your child's eyeglasses, contact lenses or orthodontic retainer
- ☐ Favorite security object from home (pacifier, toy, blanket, iPod®, etc.)
- ☐ Preferred bottle, sippy cup or sports bottle

If you are not the biological parent (natural mother or father) of the child, you must bring copies of court documents (with medical rights) of your legal right to give consent for the procedure and anesthesia. If you have any questions, please contact the social worker for the surgical service that cares for your child by calling 412-692-5255.

Getting Ready – The Night Before

If you have questions or concerns about your child's surgery, or if you are not contacted by 4 p.m. the day before, call the surgery center nurse at 724-933-3700, option 2. Or, call the Children's operator at 412-692-5325 and have the surgery center director paged.

Eating and Drinking Instructions

Infants

- If your child is under 12 months of age, he or she should not eat any solid food after midnight. Your infant may have milk or formula **six hours prior to your admission time.**
- Breast feeding may occur up to **four hours prior to your admission time.**
- Clear liquids such as water, apple juice, Pedialyte™, and Gatorade™ may be given **two hours prior to your admission time.**
- Please let the surgery nurse know if you add cereal and/or "Thick It" to your child's liquids. This is considered a meal and should not be added to any liquids after midnight.

Children Over 12 Months

- Absolutely no food, gum, candy or milk products after midnight prior to surgery.
- Your child may have clear liquids — water, apple juice, Pedialyte™ or Gatorade™ — **two hours prior to your admission time.**
- Please let the surgery nurse know if you add cereal and/or "Thick It" to your child's liquids. This is considered a meal and should not be added to any liquids after midnight.

Your child's surgery may be rescheduled for another day if he or she drinks or eats after these times.

Before the Surgery or Procedure

There are many things you can do to help prepare yourself and your child for admission for outpatient surgery.

Getting There

- Dress your child in loose-fitting, two-piece clothing such as sweats. If you wish, you may bring your child to the center in pajamas.
- Allow adequate time for travel. If you arrive late, it may cause delays in the surgery schedule for your child and your procedure may have to be rescheduled for another day.

At Children's

- The nursing staff will check your child's height, weight and vital signs and will review preoperative information and consents.
- A member of the anesthesia team will speak with you.
- One parent must remain with the child at all times. Parents of children scheduled for diagnostic procedures will be given specific information about the procedure being performed.

Several steps will be taken to ensure your child's safety.

- You will be asked to sign an informed consent form, which verifies that you and your doctor have discussed the surgery that is to be performed on your child, the expectations that you have of each other, and the risks associated with the surgery.
- The staff responsible for your child's care will verify your child's identification by name and birth date, the specific surgery he or she is having and the part of your child's body on which the surgery is to be performed. You will be asked these questions several times. The staff also will double-check what you tell them against documents provided by your doctor and any preoperative assessments.
- Depending on the type of surgery your child is having, the doctor who will perform the surgery (or another member of your health care team) will mark the correct location on your child's body on which the procedure is to be performed. Called side-site marking, this is a critical step in ensuring your child's safety. For example, if your child is having a right-ear tube placed, the surgeon will make a mark on the right ear.
- Ask the doctor if he or she plans to take a "time out" with the surgical team just before beginning your child's surgery. During the time out, the members of the health care team again verify the procedure and the correct side-site on your child.

The Surgery or Procedure

How long will it take?

The total length of stay varies with each child and depends in part on the type of procedure and the time it takes your child to recover. Your child's surgery or procedure includes spending some time in the surgical holding/play area, where children wait for a short time before going into the Operating Room.

When it is time to go into the Operating Room, your child may become upset. To help make it easier:

- Be honest with your child.
- Let your child know where you will be waiting. Reassure your child that you will see him or her when the procedure is over.
- Allow your child to express his or her feelings, even if he or she wants to cry. Our staff is very experienced in comforting children during separation.
- If your child would be more comfortable, please make arrangements for your clergy to visit.

One parent/legal guardian must remain in the designated waiting area at all times during surgery.

Vending machines and coffee are available for parents and guardians. A café is available at the Children's North Surgery Center. We suggest that you have a snack before going to the Recovery Room.

After the Surgery or Procedure

After your child's procedure is completed, he or she will be taken to the Recovery Room until the effects of anesthesia begin to wear off. The length of time your child spends in the Recovery Room will vary with the procedure and the child. A maximum of two adults and no other children are permitted in the Recovery Room or any patient care areas with your child.

After your surgery, your doctor or nurse will ask about any pain your child may have. Whenever your child is asked to take a medication, especially a new one, ask what it is for and its side effects. This will ensure that you are kept informed. If you have questions or concerns about any medication, ask the doctor or nurse.

Discharge instructions will be given to you by your child's nurse and/or physician.

School or employment excuses are available upon request.

Caring for Your Child After Surgery

Prepare in advance by buying a supply of clear liquids such as ginger ale, Popsicles®, apple juice, etc. before the day of the procedure so you will have something to offer your child to drink afterwards.

Have your child eat lightly for the next meal. Restaurant meals, especially fast food, are not recommended on the day of surgery.

Keep the discharge instructions on your refrigerator or near the telephone. Call your surgeon if you have any questions or if problems arise.

You will receive a follow-up phone call to check on your child's progress the next working day.

Guidelines To Help Your Child Prepare for Surgery

1–6 years

If your child is between the ages of 1 and 3, it is best to wait until the morning of surgery to discuss the procedure. Give brief, but honest explanations using simple, carefully chosen words. Words such as "fix" and "make it better" are less threatening than "cut," "incision" and "take out." Reassure your child that the surgery or diagnostic procedure is not a punishment. (Do not threaten your child with a medical procedure or with doctors or nurses.) Emphasize that eating and drinking before surgery will make your child sick. For children from 3 to 6 years old, encourage pretending and role-playing. If possible, read books with your child about going to the hospital and having an operation.

7–12 years

Many of the guidelines for younger children apply to children of this age; however, you should discuss the surgery and hospitalization before the day of surgery. Give a matter-of-fact explanation of the procedure and why it needs to be done. Allow your child to ask questions and discuss fears with you. Reassure your child that he or she will stay asleep for the entire surgery. Tell your child that it is all right to cry if something is uncomfortable.

13–18 years

Reassure your teenager that privacy will be respected as much as possible and that all information is kept in confidence. Give detailed answers to questions, and encourage your teenager to ask questions of the doctor and the nurse. Reinforce that it is all right to cry. Don't refer to him or her as a "baby" for crying or having fears. Allow as much independence as possible.

If you have questions about preparing your child emotionally for surgery, please contact a specialist in Children's Child Life Department at 412-692-6103 or 412-692-6366.

Frequently Asked Questions

Why can't my child eat or drink before surgery?

The safest way for your child to receive anesthesia is on an empty stomach. This means no chewing gum, candy, milk, tooth-brushing or water. Eating or drinking after the restricted times given to you by the surgery nurse may cause a delay of up to eight hours, or having to reschedule your child's surgery.

What if my child has a cold or is exposed to a disease before surgery?

If your child develops a cold or flu-like symptoms a day or two before surgery; or if your child has been around someone who has measles, chicken pox, shingles or mumps within 21 days before the surgery; please contact the surgeon.

Can a grandparent or stepparent sign consent for surgery?

The only people permitted to sign surgery and anesthesia consent forms (legal documents) are legal parents or guardians. If you are not the biological or adoptive parent, but you do have guardianship of the child, please bring your legal proof of guardianship. If you have custody of the child, please contact your social worker or case worker prior to the day of admission to assist you in this process.

Outpatient Surgery Pre-Admission Tours

Having a surgery or procedure can be a challenging experience for children and parents, so Children's offers weekly pre-admission tours to help you prepare. The tours are conducted by a registered nurse and are focused on helping reduce the child's fear of the unknown. The children have the opportunity to have hands-on experience with the surgical and operating room equipment in a positive atmosphere. Brothers and sisters also are encouraged to attend. The tour takes about one hour.

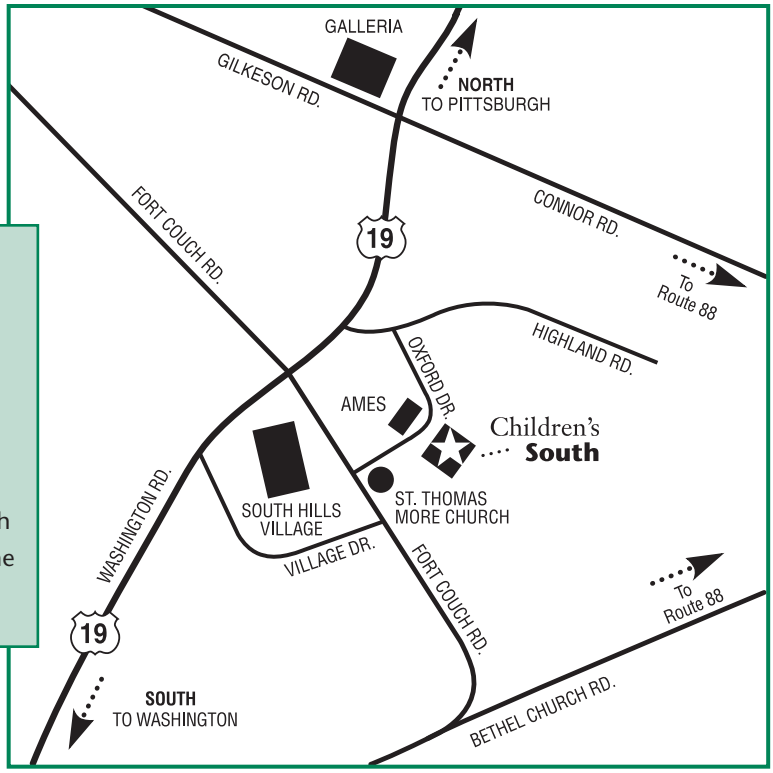
Tours and parking are free. Tours are offered Sunday afternoons at 1 p.m. at Children's in Lawrenceville, and are scheduled as needed at Children's North and South. Individual weekday evening tours can be arranged for older children or for those families who cannot attend the Sunday tour. Registration is required by calling 412-692-6366.

To schedule a tour at Children's North or Children's South, please call 724-933-3700, option 2.

Children's South
1300 Oxford Drive
Bethel Park, PA 15102

Direction Hot Line:
412-692-8088

Location:
Ground floor level of UPMC South Hills at 1300 Oxford Drive. Use the rear, lower-level entrance.



Directions to Children's South

Via Interstate 79 North

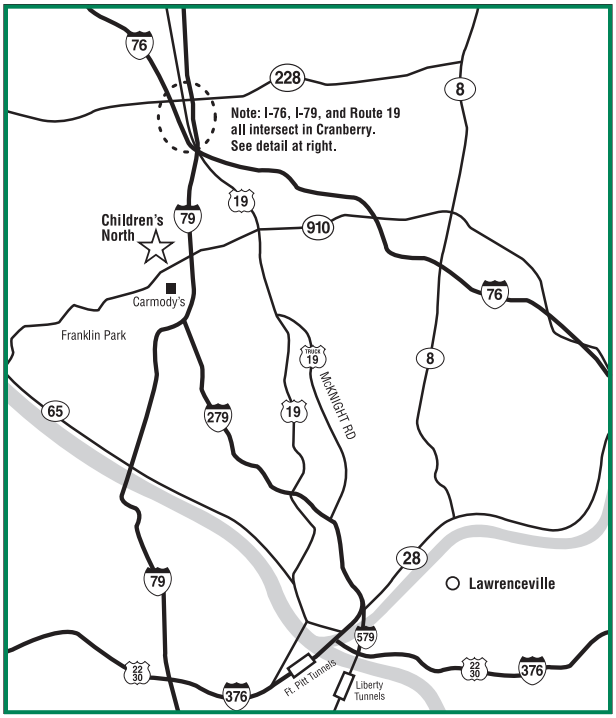
If you are coming to Children's South via Interstate 79 North, take Exit 55 and turn right onto Route 50. At the first stoplight, turn left onto Vanadium Road. At the next light, turn right onto Bower Hill Road. Follow Bower Hill Road, and at the second light turn left onto Painters Run Road. Follow Painters Run Road, and at the first light, turn right onto McMillan Run Road. Then take the first left onto Fort Couch Road. Follow Fort Couch Road, and at the third light, turn left onto Oxford Drive. Follow Oxford Drive, and at the first light, turn right. Children's South is located at 1300 Oxford Drive and will be on your left. Turn left into the parking lot and park in the rear of the building. Children's South is located in the first suite on your left as you enter the rear of the building.

Via Route 19 South

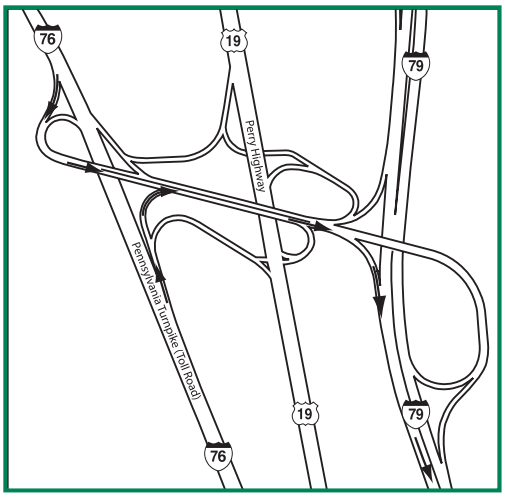
If you are coming to Children's South via Route 19 South, turn left onto Fort Couch Road. If you are coming to Children's South via Route 19 North, turn right onto Fort Couch Road. Follow Fort Couch Road to Oxford Drive and turn left. Follow Oxford Drive and at the first stoplight turn right. Children's South is located at 1300 Oxford Drive and will be on your left. Turn left into the parking lot and park in the rear of the building. Children's South is located in the first suite on your left as you enter the rear of the building.

To Reach Route 19 From the North

To reach Route 19 from the North, take Interstate 79 South to Interstate 279 South to Exit 8A (Interstate 579 South), Veterans Bridge. Take Interstate 579 South ramp to Crosstown Boulevard. Bear right onto Crosstown Boulevard; street becomes Liberty Bridge. Continue through the Liberty Tunnels. Continue onto West Liberty Avenue, which becomes Route 19 (Washington Road), approximately three-tenths of a mile, then make a left turn onto Fort Couch Road.



Cranberry Connector Detail



Directions to Children's North

Via the Pennsylvania Turnpike

If you are coming to Children's North via the Pennsylvania Turnpike take Exit 28, the Cranberry Exit. From there follow the signs toward I-79 SOUTH/PITTSBURGH and merge onto I-79 SOUTH. Take Exit 73 WEXFORD and turn RIGHT onto Wexford Bayne Road. Go approximately one-tenth of a mile and Children's North will be on the right-hand side of the road, across the street from Carmody's Restaurant.

From Points North or South

If you are coming to Children's North from points North or South, take I-79 to Exit 73, which is the Wexford/Route 910 exit. Follow Route 910 West for approximately one-tenth of a mile. Children's North will be on the right-hand side of the road, across the street from Carmody's Restaurant.

Children's North

2599 Wexford Bayne Road
Sewickley, PA 15143

Directions Hot Line:
412-692-8088

Location:
One-tenth of a mile west of the Wexford/Route 910 exit of I-79 (Exit 73), across from Carmody's Restaurant.

Children's
Hospital of Pittsburgh
of UPMC

Ambulatory Surgery Centers

Children's North
2599 Wexford Bayne Road
Sewickley, PA 15143

Children's South
1300 Oxford Drive
Bethel Park, PA 15102

Ph: 724-933-3700, option 2
Fx: 724-933-3741

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