

at Children's Hospital of Pittsburgh of UPMC



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 at Children's Hospital in the Lawrenceville section of Pittsburgh.

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 412-692-5240.

Thank you!

Children's Hospital of Pittsburgh of UPMC Same Day Surgery Center

Ph: 412-692-5240 Fx: 412-692-6180

A Message From Peter Davis, MD

Chief of Pediatric Anesthesiology



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

Parental Presence at Induction (PPI)

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 and shoe coverings. Both the jumpsuit, hair and shoe coverings 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. The intravenous method requires 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

Please visit
www.chp.edu –
click on Parents link,
then "Getting Ready
for Outpatient
Surgery."

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, you will be guided back to the parent waiting area. We strongly encourage you to watch the video on PPI before you come to operating room with your child. The video can be found at http://www.chp.edu/our-services/anesthesiology/patient-procedures/parental-presence

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.

Online Educational Material

Children's Hospital of Pittsburgh of UPMC wants you to have the best, safest experience possible.

This is why we ask you to view an Emmi* program on pediatric anesthesia prior to your procedure.

Emmi is a web-based, educational program that takes

complex medical information and makes it easy to understand. Emmi uses animation and a soothing female voice to help you and your child prepare for an upcoming procedure. The program addresses many questions such as those you may think aren't important, or that you may have forgotten to ask as you walked out of the doctor's office. Plus, you can view the programs from the comfort of your own home or anywhere that has Internet access. You can even share Emmi with friends or family members.

Your health care provider will give you an 11-digit code that will allow you to access your Emmi program from any computer. Each Emmi program takes about 20 minutes to watch. You can view your program as many times as you like. As you watch the program, you also can write notes and questions that you can print out and bring with you to your next appointment.

Emmi programs are available for select procedures. Ask your doctor which

Night before procedure

One thing that's VERY important — your child's stomach has to be EMPTY for most medical procedures.





Representative screens from the Emmi Pediatric Anesthesia program. © 2010 Emmi Solutions, LLC.

Emmi program is right for you. Topics covered by Emmi programs include:

- Pediatric Anesthesia
- Cardiac Catheterization for Treatment (Heart Care)
- Tonsillectomy and Ear Tubes (Ear, Nose, and Throat)
- Colonoscopy and Upper Endoscopy (Digestive Health)
- Hydrocele and Hernia Repair (General Surgery)
- Hypospadias, Orchiopexy (moving an undescended testis) (Urology)
- Spinal Fusion

To view an Emmi program on pediatric anesthesia immediately, visit www.my-emmi.com/upmc and self-register.

Getting Ready — The Weeks Before

There are many things you can do to help prepare yourself and your child for admission for outpatient surgery at Children's Hospital.

- Call the surgeon's office if your child has a fever or flu-like symptoms the week before surgery. If your
 child has been exposed to a contagious disease such as chicken pox, measles, mumps, impetigo or lice
 up to three weeks before the surgery, call the surgeon's office.
- Do not plan any other activities for the day of your child's surgery. We encourage you and your child to take a pre-admission tour (see page 13).

Medications

- Do not allow your child to have any aspirin for at least 10 days before surgey or ibuprofen for at least
 7 days before surgery.
 - This includes Motrin^{*}, PediaProfen^{*}, Advil^{*}, Bayer^{*} children's aspirin, Aspergum^{*}, Pepto-Bismol^{*} and Alka-Seltzer Cold Plus^{*}. Your child may 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. Your child should not
 receive any vaccines 3 days before surgery.

Forms & Insurance

- Please remember to bring any completed forms from your physician's office with you on the day of your child's surgery.
- Check with your insurance carrier to determine whether 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 health maintenance organization (HMO) of your child's type and date of surgery before coming to the hospital. 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.
- Please remember to bring all legal guardianship papers and court orders with you.
- 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 Same Day Surgery Center via fax. The fax number is 412-692-6180.

Transportation & Child Care

- Make sure you have appropriate transportation home from the hospital. Your child should avoid public transportation (bus or trolley) immediately after surgery. Either drive or arrange for a relative or friend to take you and your child home.
- Please make child care plans for your other children for the day of surgery.

Pre-Procedure Phone Call

- You may receive a phone call from a Same Day Surgery nurse two to three days before your child's procedure. We will review your child medical history and current medications during this call. Please inform the surgery nurse if your child is taking any herbal or nutritional supplements at this time. If your child has a fever, cold or flu-like symptoms, please let the surgery nurse know.
- If you received a phone message from the Same Day Surgery history nurse and would like to reach them, please call 412-692-8422. You may access the Same Day Surgery automated information line at 412-692-7476 for day of surgery important information.

Getting Ready — The Day Before

- Your child should not receive any vaccines 3 days before surgery.
- One business day before your child's procedure, you will receive a call from a surgery nurse between 1 and 5 p.m. The nurse will provide you with important information and will review your child's medical history, current medications, and readiness for the particular procedure if not previously completed. He or she will answer any questions you have and will give you the important instructions you and your child need to follow.
- The surgery nurse will provide you with instructions for eating and drinking. To ensure your child's safety for anesthesia, it is important to follow these specific times for eating and drinking. Please have paper and pen ready to write down instructions.
- The surgery nurse will provide you with an arrival time for the day of surgery. Remember: This is your arrival time, not your child's surgery time.
- If your child takes medications regularly, including herbal or nutritional supplements, please inform the surgery nurse during the pre-procedure phone call.
- Directions to Children's will be provided, if you need them. A map is included in this booklet.
 You also may visit our website at www.chp.edu for a map and directions.
- If your child has special needs, please inform the surgery nurse.
- Please allow extra time for travel traffic and parking.
- If you have questions or concerns about your child's surgery, or if you are not contacted by 5 p.m. the day before your child's surgery, please call Same Day Surgery at 412-692-5242. The Same Day Surgery department is open Monday through Friday, until 9 p.m. If you are calling after this time, please contact the Admissions Department at 412-692-5310 for your arrival time. If we should need to leave a message on your phone please check that your mailbox is set up and not full.



Getting Ready — The Night Before

- Please be sure that your child has a bath or shower and his or her hair is washed the night before the procedure.
- Have your child remove all nail polish, make-up, and jewelry, including all piercings.
- Discuss the next day's events with your child in terms that he or she can understand. We recommend
 providing honest and developmentally appropriate information. (Please see page 12 for more
 information.) Be careful to inform, but not alarm.
- Contact lenses are not permitted the day of surgery. Please bring a pair of glasses if necessary.

It is important that you adhere to the following Eating and Drinking Instructions:

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

Eating and Drinking Instructions To Ensure Your Child's Safety

Medications

Daily medications should be given as instructed by the Same Day Surgery
phone call nurse. If medication is given with a food item such as
applesauce, please let the surgery nurse know during your phone call,
so an alternate plan can be made.

Infants

- If your child is under 12 months of age, he or she should not eat any solid food after midnight. Your child may have unthickened formula five hours prior to his or her admission time.
- Breast feeding may occur up to three hours prior to your admission time.
- Water, apple juice or Pedialyte only may be given two hours prior to your child's admission time.
- Please let the surgery nurse know if you add cereal and/or thickener to your child's liquids.
 This is considered a meal and should not be added to any liquids after midnight.

Patients 12 Months and Older

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



Getting Ready – The Day of 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 trafffic and parking. Arriving late may cause delays in the surgery schedule for your child, and his or her procedure may need to be rescheduled for another day.
- Park at the Children's Hospital Penn Avenue Garage located on 44th street and bring your parking ticket with you when you check in to receive a discounted parking rate for the first 24 hours after your arrival to the hospital.

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.
- Your child's surgeon will speak with you and your child's surgical site will be identified by the surgeon and marked with a marker if applicable.
- One parent must remain with your child at all times. Parents of children admitted for diagnostic procedures will be given specific information about the procedure being performed.
- After you have met with the health care team members, you and your child may visit the playroom until
 your child's surgeon is ready.

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 members 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 members will double-check the answers you give them against documents provided by your doctor and any preoperative assessments.
- Depending on the type of surgery your child is having, the surgeon or another member of your health care team will mark the correct location on your child's body where the procedure is to be performed. This is 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.
- After your child is asleep, but before beginning your child's surgery, a "time out" with the surgical team is taken. During the time out, the members of the health care team again verify the correct procedure and the correct side-site on your child.

Same-Day Surgery Center

The Same-Day Surgery Center provides a progressive ambulatory facility designed for the care of children admitted for surgical and diagnostic procedures that require general anesthesia or narcotic sedation. The center also prepares children and their families for procedures that may require an overnight stay in the hospital.

Distraction Therapy

Distraction Therapy rooms at Children's Hospital of Pittsburgh of UPMC.





The Same-Day Surgery Center incorporates distraction therapy techniques to improve the hospital experience for our patients. Generously funded by American Textile Co., distraction therapy in the center consists of materials and images that serve to divert a child's attention from the clinical nature of his or her visit. With room designs ranging from underwater adventures to tree houses, patients are invited to imagine themselves someplace else as they search for treasures, count objects, and envision magical places and adventures. Many patients find the distraction therapy elements to be both engaging and calming – making the overall surgical experience better for the patients and their loved ones.





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. Please do not schedule other appointments or activities for the day of surgery and arrange child care for your other children.

When it is time to go into the Operating Room, your child may become upset. Our staff is very experienced in comforting children during separation. 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.

One parent/legal guardian must remain in the designated waiting area at all times during surgery. Your child's surgeon may need to contact you.

The family liaison nurse can assist you with concerns and provide updates while your child is in the Operating Room.

Vending machines and coffee are available. 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. You will be called to the Recovery Room once your child is awake. The length of time your child spends in the Recovery Room will vary with the procedure and the child. A maximum of two adults are permitted in the Recovery Room. Siblings and other children under 18 years of age are not permitted in the Recovery Room.

- Children who are scheduled to stay overnight will be assigned an inpatient room. There may
 be times when your child will go to the Same Day Surgery post-op unit until an inpatient room is ready.
- Children who are going home will return to the Same Day Surgery Center's post-op unit to be prepared
 for discharge. Remember to follow up with your doctor about any therapy or medications your child
 may need for his or her recovery, and when your child can resume certain activities, including school.
- Please let your surgeon know if you would like your child's prescriptions filled in our outpatient pharmacy.

After 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.

School or employment excuses are available upon request for the date of surgery.

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 afterward.

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 business day.



Guidelines To Help Your Child Prepare for Surgery

1–3 years

If your child is toddler age, 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.

3–6 years

For children 3–6 years, 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 his or her 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 his or her 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 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 412-692-6366.

Frequently Asked Questions

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

The safest way for your child to receive anesthesia and decrease the possibility of your child vomiting, aspirating and developing pneumonia is by following the detailed instructions for eating and drinking. This means no 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. Refer to page 6.



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 caseworker prior to the day of admission to assist you in this process.

Outpatient Surgery Pre-Admission Tours

Children's offers free, weekly preparation tours at the Lawrenceville campus to help prepare children, adolescents and their families for the surgical experience. The tours are conducted by a child life specialist — a clinician trained to provide developmentally appropriate education and coping supports. Tours are focused on helping reduce the fear of the unknown, having a hands-on learning experience and introducing medical equipment in a positive atmosphere. Brothers and sisters are also encouraged to attend. If you need any additional information or to register for a tour, please call 412-692-6366.

For children or teens having surgery at Children's North Surgery Center, tours may be scheduled by calling 724-933-3701.

Condition Help Dial 412-692-3456 (692-3456 from a hospital phone)

No one knows a child better than a parent.

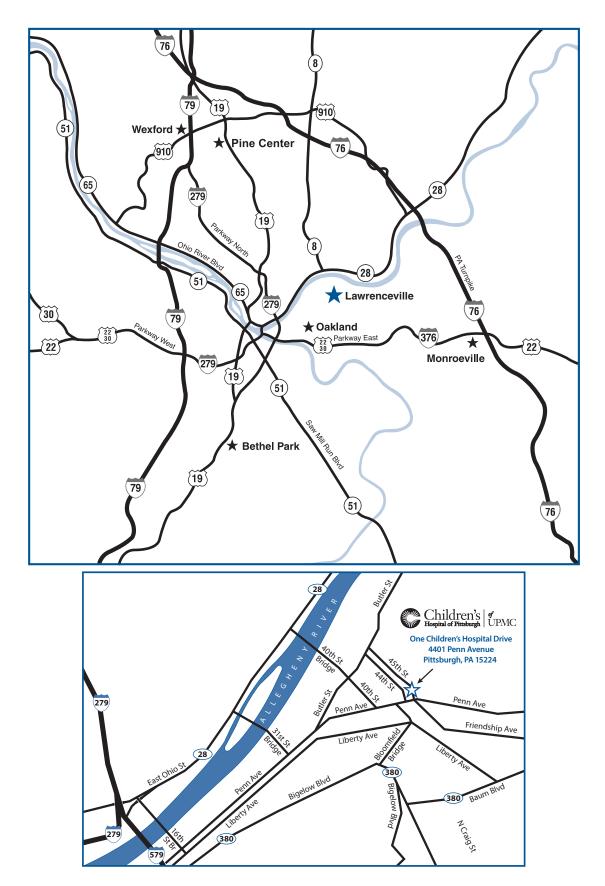
At Children's Hospital of Pittsburgh of UPMC, we know that families should play an integral role in the healing process. That's why we place such an emphasis on family-centered care, and why we were one of the first pediatric hospitals in the United States to create "Condition Help," an important patient safety program that gives families an immediate voice in their child's medical care.

What is Condition Help?

Condition Help empowers parents with the ability to call a special phone number (412-692-3456, or 692-3456 from a hospital phone) to have your child evaluated by a different medical team if you feel your child's immediate health could be endangered. If you call the Condition Help number, the operator will ask you to identify yourself and give your child's name and room number. Within minutes, a special "Help Team" will come to your child's room to meet with you about your concerns.

NOTES:

Arrival Time
No solids or milk after midnight
No formula after
No breast milk after
No clear liquids after



Directions to Children's Hospital of Pittsburgh of UPMC Please allow time for travel, traffic and parking

From the 40th Street Bridge

- Follow 40th Street through the traffic light at Butler St. and up the hill to the traffic light at Penn Ave. Turn left.
- Follow Penn Avenue to 44th St. The hospital is on the left. To reach the Penn Avenue Garage, turn left at 44th St. The Penn Avenue Garage is immediately on the right. To reach the main patient entrance, continue to 45th St., turn left and follow the parking signs.

From the South Hills

- Follow West Liberty Ave. through the Liberty Tunnel and across the Liberty Bridge.
- Follow signs for the Crosstown Blvd. and Veterans Bridge/Route 579 North.
- Cross the bridge in the right lane and follow signs for Route 28 North.
- Follow Route 28 North to the traffic light at the 40th Street Bridge and turn right on the bridge.
- See above for directions from the 40th Street Bridge.

From South and West (Airport)

- Follow Route 279 (Parkway West) through the Fort Pitt Tunnel and over the Fort Pitt Bridge.
- Follow left lane signs for Fort Duquesne Bridge/ Route 279 North.
- Cross Fort Duquesne Bridge and follow right lane exit signs for Route 279/28 North.
- Follow right lane exit signs for Route 28 North.
- Follow Route 28 North to the traffic light at the 40th Street Bridge and turn right on the bridge.
- See above for directions from the 40th Street Bridge.

From South via Route 51

- Follow exit ramp through the Liberty Tunnels (left lane)
- Drive over the Liberty Bridge
- Exit to the right onto Bigelow Blvd./PA-380
- Take Bigelow Blvd. to the Bloomfield Bridge (exit right)
- Stay in the right lane over the bridge. Go straight through the 1st traffic light onto Main St.
- Turn right at 2nd light onto Penn Ave. Hospital is on the left.

From North

- Take 279 South and follow the exit signs for Route 28 North before the Veterans Bridge.
- Follow Route 28 North to the traffic light at the 40th Street Bridge and turn right on the bridge.
- See above for directions from the 40th Street Bridge.

Route 28 Approach

The new hospital is visible for miles up and down the Allegheny River, and from Troy Hill and other North Side neighborhoods.

- Take Route 28 from the north or south and get off at the 40th Street Bridge.
- Go straight up 40th Street to Penn Ave. and make a left. The 44th St. entrance to the hospital is four blocks ahead.

From Allegheny Valley

- Follow Route 28 South to the light at the 40th Street Bridge.
- Turn left at the light onto the bridge.
- See above for directions from the 40th Street Bridge.

From East (Monroeville)

- Follow Route 376 (Parkway East) to the Edgewood/ Swissvale Exit (the last exit before the Squirrel Hill Tunnel).
- Follow exit signs for Edgewood, and turn right onto Braddock Ave.
- Continue on Braddock Ave. for approximately one mile through two traffic lights. At the third light, turn left onto Penn Ave.
- Continue on Penn Ave. for approximately three miles (you will see the landmark of East Liberty Presbyterian Church on your left at roughly the half-mile mark).
- Watch for the fence bordering Allegheny Cemetery on your right. At the end of fence, you'll see Children's Hospital's main patient entrance at the intersection of 45th St. and Penn Ave. Turn right at the entrance and follow the parking signs.
- For the Emergency Department entrance, follow Penn Ave. one block along the front of the hospital to 44th St. Turn right at the light. The patient entrance to the Penn Avenue Garage is immediately on the right.

Overnight Accommodations

In the event your child has to stay overnight at the hospital after his or her surgery, the majority of our patient rooms provide bedside accommodations for parents who wish to stay with their children:

- Each child must sleep in his or her own hospital bed or crib to allow nurses to reach him or her easily.
- In acute care rooms, the sofa becomes a sleeping space, enabling two parents to stay with their child overnight.
- In critical care units, one parent, guardian, or caregiver may stay overnight.
- Vacant hospital beds in double rooms may not be used by parents because they may be needed for a child who is being admitted.
- While siblings or other children are not permitted to stay in the hospital, other accommodations are available to meet your family's short- and long-term needs. Ask your child's caregivers for more information.
- Each acute care room is equipped with a full bathroom for use by your family. Free personal care kits are available at the Welcome Center. In the PICU, each room shares a powder room, and parent showers are distributed throughout the unit.

Ronald McDonald House

Ronald McDonald House Charities is connected to the hospital by an enclosed pedestrian bridge and provides 60 private apartments with the amenities of home for families who live 40 miles from the hospital who have a child under 21 years of age receiving medical care. For more information, visit www.rmhcpgh.org or call 412-362-3400. Advanced notice to the Ronald McDonald House will be needed.

Other Lodging

For a list of nearby hotels, and links to information about our local neighborhoods, visit www.chp.edu/accommodations+overnight.

UPMC | CHILDREN'S HOSPITAL OF PITTSBURGH

Same Day Surgery

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