Preparing your child for surgery

When your child needs surgery, it is normal for the whole family to feel nervous. The best way for you to feel less anxious is to know what to expect and how to prepare for the surgery.

GPS address: 700 SW Campus Drive Portland, OR 97239

2 BUSINESS DAYS BEFORE THE SURGERY

☐ We will call you after 2 p.m. two business days before the day of surgery with information about:
  – Arrival time
  – Eating and drinking rules

1 DAY BEFORE THE TEST

☐ Call us if your child is feeling sick.
  – Before 4:30 p.m., call your surgeon’s clinic at ________________
  – After 4:30 p.m., call 503-418-5600.

☐ Remove all nail polish, jewelry and make-up from your child.

☐ If your child wears contact lenses, get them ready to wear glasses instead of contact lenses to the hospital.

☐ Make arrangements for the care of your other children. Only two healthy adults (parents preferred) can accompany each child.

☐ Have your child bathe or shower before going to bed. Use special soap if directed by your surgeon. Dress them in clean clothes or pajamas.

☐ Read and follow the eating and drinking rules on the next page.
Eating and drinking rules before your child’s surgery or sedation

PLEASE READ BEFORE THE DAY OF THE TEST WITH SEDATION

Time of arrival ________________________________ at 8th floor (green maple leaf sign)

<table>
<thead>
<tr>
<th>Type of food</th>
<th>Options – Do not vary from options given.</th>
<th>Latest time you can eat or drink</th>
</tr>
</thead>
<tbody>
<tr>
<td>All solid foods</td>
<td>ALL solid foods</td>
<td>Stop 8 HOURS before arrival time to hospital</td>
</tr>
<tr>
<td>Milk, formula and tube feeds</td>
<td>Milk, formula and tube feeds</td>
<td>Stop 6 HOURS before arrival time to hospital</td>
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<tr>
<td>Breast milk</td>
<td>Only breast milk</td>
<td>Stop 4 HOURS before arrival time to hospital</td>
</tr>
<tr>
<td>Clear liquids NO coloring or dyes</td>
<td>Limited to water and CLEAR Pedialyte</td>
<td>Stop 2 HOURS before arrival time to hospital</td>
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<tr>
<td></td>
<td>Limit to 8 oz, or 1 regular cup</td>
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Nothing to eat or drink during 2 hours before hospital arrival

1. Not following the above rules may result in delay and/or cancellation of your child’s procedure.
2. Medications can be taken with sips of water, unless directed otherwise.
3. Make sure to keep all food out of reach of children once they can no longer eat. 
   It’s IMPORTANT to check the car and car seats before child enters.
4. The reasons these guidelines exist is for the safety and health of your child. Eating or drinking before the time of anesthesia may cause your child to vomit and choke during the procedure or in the time immediately after.
5. Please call 503-494-0621 for any questions, or if you need any clarifications. 
   After 5:30 p.m. call 503-494-8311 and ask to speak to the pediatric anesthesiologist on call.
What to pack for your child's visit

☐ A change of clothes. If your child is staying the night, pack a small overnight bag. You will need to keep your child’s belongings with you during the procedure.

☐ A comfort item for your child like a blanket, stuffed animal, music player or video game. Please launder the comfort items.

☐ For younger children, bring an empty sippy cup or other favorite cup.

☐ Containers for glasses and retainers.

☐ Activities to do in the waiting room.

☐ Legal paperwork for guardianship, if applicable.
  Birth or adoptive parents do NOT need to bring a birth certificate or any other legal papers.
  – If you are a legal guardian, we will need to see the legal papers that say so.
  – If you are the parent but do not have legal custody, we will need to see the legal papers that allow you to make health care decisions for your child.

THE DAY OF YOUR CHILD’S TEST

☐ Have your child wear comfortable clothing.

☐ Give yourself extra travel time to make sure you get here before your arrival time.

☐ Patient parking is available in parking garage “F” on level 4. If you self-park, make a note of where you parked.

☐ Once inside Doernbecher Children's Hospital, take the elevators to the 8th floor and check in at the “Maple Leaf” symbol desk.