Preparing your child for surgery during COVID-19

When your child needs surgery, it is normal for the whole family to feel nervous. Knowing what to expect and how to get ready can help.

We also want to keep your family safe from COVID-19 infection. These guidelines will help you stay safe before your child’s surgery.

Some of the guidelines below may be different from what you have seen before. This is because we are constantly learning more about COVID-19 and how to stay safe. We will always update the guidelines when we have new information for you.

Our address
700 SW Campus Drive, Portland, OR 97239

Things to know about COVID-19 before surgery

Getting a COVID-19 vaccine before surgery

- If your child needs a COVID-19 vaccine, please get this at least 3 full days (72 hours) before surgery.
- You do not need to cancel your child’s surgery if they get a COVID-19 vaccine less than 3 days before surgery.
- If your child needs a second vaccine dose around the same time as surgery, tell your child’s surgeon.
- Your child needs a COVID-19 test before surgery, even if they got the vaccine.
- Getting a COVID-19 vaccine will not make your child test “false positive” for COVID-19.

2 days before your child’s Surgery

We will call you after 10 am, 2 days before your child’s surgery day. We will call back or leave a message if we do not contact you the first time.

In this call, we will talk with you about:

- What time to be at the hospital
- What is OK for your child to eat and drink before surgery
- How to test for COVID-19 before coming for surgery
How to avoid COVID-19 before surgery

– Stay 6 feet away from other people when you leave your home. Clean your child’s hands often. You and your child’s other caregivers should clean your hands often, too.

– Your child and everyone else who lives with you should avoid close contact with other people the week before your child’s surgery. Try not to leave your home during this week, except to get a COVID-19 test. Staying away from other people is especially important during the 2 days before surgery.

Have your child tested for COVID-19

– Your child will need a PCR test in the 2 days before their surgery. Ask your child’s doctor or nurse where to get this type of test. A home test or ‘COVID-19 antigen’ test is not enough.

– If you need help getting an appointment for this type of test, ask your child’s doctor or nurse. We might need to reschedule your child’s surgery if they do not get the necessary COVID-19 test within 2 days of their surgery.

Where to get a COVID-19 test at OHSU

We will call you to make an appointment.

OHSU Center for Health & Healing, Building 1
Pre-Op Covid Testing, 4th floor
3303 S. Bond Ave. Portland, OR 97239
7 a.m. – 5 p.m., Saturday-Wednesday and holidays

OHSU Center for Health & Healing, Building 2
OHSU Pre-Op Medicine Clinic, 8th Floor (Check in on 1st floor)
3485 S. Bond Ave, Portland, OR 97239
7 a.m. – 5 p.m., Thursday and Friday

Check for COVID-19 symptoms

Check for possible COVID-19 symptoms each day. Call the surgeon’s office if you or your child have:

– Fever, sore throat, runny nose, cough, shortness of breath, body aches or other symptoms.

– Been diagnosed with COVID-19.

– Had close contact with someone who has or might have had COVID-19 in the past 14 days.

– Traveled to a CDC level 3 risk country in the past 14 days. Check this website for information: www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notices

– Traveled on a cruise ship within the last 30 days.
If you have questions or concerns about COVID-19 symptoms, please contact your primary care provider. If you don’t have one, please call: OHSU Health COVID-19 Hotline at 833-647-8222, 8 a.m. to 8 p.m., 7 days a week.

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.

What to do the day before surgery
– 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.
– Only 2 healthy adults may come to the hospital with your child. One of these adults must be able to give legal consent for your child’s surgery. No other adults or children may come.
– If your child is staying the night at the hospital, only 2 adults per day may visit their hospital room.
– Have your child bathe or shower before going to bed. Use special soap if your child’s surgeon tells you to. Dress your child in clean clothes or pajamas.
– Read and follow the instructions on eating and drinking below. No meals 8 hours before the start of surgery.

Eating and drinking before surgery or sedation

Please read before the day of surgery or sedation
Be at the hospital at ______________ 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 at hospital</td>
</tr>
<tr>
<td>Milk, formula, thickened liquids, and tube feeding solutions</td>
<td>Milk, formula, thickened liquids, and tube feeding solutions</td>
<td>Stop 6 hours before arrival time at hospital</td>
</tr>
<tr>
<td>Breast milk</td>
<td>Only breast milk</td>
<td>Stop 4 hours before arrival time at hospital</td>
</tr>
<tr>
<td>Clear liquids with no coloring or dyes</td>
<td>Limited to water and clear Pedialyte Limit to 8 oz., or 1 regular cup</td>
<td>Stop 2 hours before arrival time at hospital</td>
</tr>
</tbody>
</table>

Your child should not eat or drink anything during the 2 hours before you arrive at the hospital.

Please follow the instructions above. Otherwise, we may delay or cancel your child’s surgery.

Eating and drinking before having anesthesia can make your child vomit and choke during or after surgery. This could be serious and even cause death. The instructions above are designed to keep your child safe.
Your child may take medication with a sip of water, unless we tell you something else.

**Important:** Keep food away from your child before surgery. Check your car and car seats before putting your child in the car to come to the hospital.

**Questions?**

Please call 503-418-5625 for any questions. After 5:30 p.m., call 503-494-8311 and ask to speak to the pediatric anesthesia doctor on call.

**What to pack for surgery**

- A change of clothes. If your child is staying the night, pack a small overnight bag with basic items. 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 wash or clean this before bringing it.
- For younger children, bring an empty sippy cup or other favorite cup.
- Something to put your child’s glasses or retainer in.
- Something for your child to do in the waiting room.
- Legal papers saying you are the child’s legal guardian, if you are. Birth or adoptive parents do not need papers.
- Legal papers allowing you to make health care decisions for your child, if you are a parent but do not have legal custody. Parents with legal custody do not need papers.

**Tips for your child’s surgery day**

- Have your child wear comfortable clothing.
- Give yourself extra time to make sure you get to the hospital before your arrival time.
- Patient parking is available in parking garage F on levels P1, P2, P3 and P4. If you park your own car, please note where you parked.
- Once inside Doernbecher Children’s Hospital, you will go through a screening checkpoint to make sure you and your child do not have COVID-19 symptoms. You will then take the elevators to the 8th floor and check in at the Maple Leaf desk.
- We request any adult to be fully vaccinated or have a negative COVID-19 test result from the last 72 hours.
- Adults and children over 2 must wear a mask at all times. Do not wear a mask with breathing valves. We can give you a mask if you need one. If you do not wear one, we might need to cancel your child’s surgery.
- You will be with your child in the pre-surgery area. You will see them as soon as possible after surgery.
**Tips for parents and caregivers**

Please stay fairly near the surgery area during your child’s surgery. It is fine to get something to eat or drink. You may want to tell the volunteer in the surgery waiting room that you are leaving and make sure we have your phone number.

Places you can wait include:

- In your car in an area with cell service
- In the 8th floor surgery waiting room at OHSU Doernbecher
- In a patient room at OHSU Doernbecher, if one is available

You can go to your child’s hospital room when we move them there. We will let you know when this happens.

**If surgery schedule changes.** We may need to reschedule your child’s surgery if there is an increase in COVID-19 cases or for some other reason. We will keep your child’s best interests in mind when making these decisions. Thank you for your understanding.