Preparing your child for surgery

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.

These guidelines will help you stay safe before your child’s surgery.

Our address
700 SW Campus Drive, Portland, OR 97239

2 days before your child’s Surgery

Expect a call from the Doernbecher PREP clinic RN 2 days before your child’s surgery day.

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

Check for signs of illness

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

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 503-418-8311.
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 you 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 on the next page. No meals 8 hours before the start of surgery.

Eating and drinking before surgery

Please read before the day of surgery

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>
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<tr>
<td>Breast milk</td>
<td>Only breast milk</td>
<td>Stop 4 hours before arrival time at hospital</td>
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<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>
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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.
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, take the elevators to the 8th floor and check in at the Maple Leaf desk.

– You will be with your child in the pre-surgery area. You will see them as soon as possible after surgery.