



Preparing your child for surgery/procedure with anesthesia

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

1-5 days before your child's Surgery

Expect a call from the Doernbecher PREP RN 1-5 days before your child's surgery day. We will call you between 9 a.m. and 4:30 p.m. We will 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

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.
- 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.
- 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.

Eating and drinking before surgery

Please read before the day of surgery

Be at the hospital at _____ at 8th floor (green maple leaf sign)

Type of food	Options Do not vary from options given	Latest time you can eat or drink
All solid foods All tube feeds	ALL solid foods Meal replacement formulas	Stop 8 hours before arrival to hospital
Milk Infant formula	Milk – All non-human/dairy milk All infant formulas	Stop 6 hours before arrival to hospital
Breast milk ***NO additives	Human breast milk ONLY	Stop 4 hours before arrival to hospital
Clear liquids	Water Pedialyte Clear juice, no pulp, filtered Clear sports drink **Limit to 8oz., or one regular cup	Stop 2 hours before arrival to hospital

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.

The reasons these guidelines exist is for the safety and health of your child. Eating or drinking before the time of anesthesia may cause lung injury from aspiration of food particles and liquids.

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 surgery/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.
- Container for glasses and retainers.
- 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.