

So your Child is Coming to the Day Ward for an Operation in the morning



**THE ADELAIDE & MEATH
HOSPITAL, DUBLIN**
INCORPORATING THE NATIONAL CHILDRENS
HOSPITAL



Statement of Values

Respect - Caring - Openness -
Partnership - Teamwork Fairness &
Equality

Developed by the nursing staff of Beech Day Ward and the Children's Operating Theatre Department with support from the Nursing Practice Development Team, The National Children's Hospital Revised by the ED June 2010

Fasting times

Monday to Friday

•Bring your child to Beech Day Ward at 08.00am in preparation for an operation later that morning. Give your child a small glass of apple juice or flat 7UP (about 150mls or 5ozs) before 6.30 in the morning.

Weekends and Public Holidays

•Bring your child to Beech Ward at 09.00am in preparation for an operation later that morning. Give your child a small glass of apple juice or flat 7UP (about 150mls or 5ozs) before 07.00am.

•Do not give your child any food, milk or milky drinks after 3.00am in the morning.

•Give your child all regular morning medicines, for example steroids, epilepsy medication, inhalers or Ritalin, at or before 6.30am in the morning. If your child is in pain we recommend that you continue to give pain medicine.

•Do not give your child any more food or drink of any kind after 6.30am mid week and 07.00am at weekends.

•Feed your child as normal on the day before the operation to avoid fasting too long. If your child is fasting too long it can cause a lack of fluid in the body (dehydration) and/or a low blood sugar level (hypoglycaemia).

Breastfeeding

• If your child is breast-fed, the last feed should be given at 5.30am in the morning.

On the Day

- Only the child who is to have the operation, and the parent(s) or legal guardian(s) should come to the hospital.
- Your child's theatre slot is not booked for a particular time, this decision will be made on the day of the operation by the doctors and nurses in the theatre department.

Clothing

- Bring your child's pyjamas with you when coming to the hospital.
- A T-Shirt and shorts may be worn if your child does not usually wear pyjamas at home.
- Remove all underwear (including bras and underpants) before going to theatre.
- Usually the above clothing will be worn by your child when going to theatre. However theatre gowns may sometimes be needed.

Jewellery/Make-up

Remove all jewellery and make-up, including body piercing and nail varnish, before going to theatre.

Medication before the Operation

Occasionally children who are anxious may need special medicine before going to theatre to relieve anxiety. If this is needed for your child it will be discussed with you first. This medicine is usually given as a syrup 15-20 minutes before going to theatre.

If you have any queries about any of the information in this leaflet or any other matter related to your child coming in for his/her operation you can contact the Emergency Department on **01 414 3510**