

Checklist for your child's surgery with parent and carers top tips



Please help to prepare your child for their hospital experience from the comfort of your own home by downloading the little journey app.



Little
Journey



Please make sure you know the date and time of your admission and the ward you are being admitted to.

- See the map enclosed.
- Please note the time you arrive is not the time of your operation but the time of admission and review by the surgical and anaesthetic team. It is important you remain on the ward until this is done.
- For daycase surgery you could possibly be in for the whole day, this could be until 8pm at night.
- If you have other children we ask that you make childcare plans for the whole day, and that you do not bring them with you as space is limited.
- We have facilities to accommodate one parent or carer if a child is staying overnight.



Interpreters

If you will need an interpreter, please inform the secretary **before** the day of admission



Consent

The person with parental responsibility must accompany the child in order to give consent. Patients over 16 years can give their own consent if competent.



Please follow the fasting instructions for the time your child is coming in, either morning or afternoon (see admission letter)

If your child has eaten beyond these times they cannot have their operation on the day and will be sent home. It is dangerous to have an anaesthetic if your stomach is full of food.

7:30am admission for the morning operating list:

- **2.30am** is the latest your child can have any food and most drinks - this includes milk, formula milk feed, fizzy drinks, thickened drinks, smoothies, fruit juice and sweets.
- **4.30am** is the latest that breast milk can be given.
- **7.30am** is the latest your child can have water or clear diluted squash such as Robinsons or similar, please give them a drink at this time

12noon admission for the afternoon operating list:

- **7.30am** is the latest your child can have any food and most drinks - this includes milk, formula milk feed, fizzy drinks, thickened drinks, smoothies, fruit juice and sweets.
- **9.30am** is the latest that breast milk can be given.
- **12.30pm** is the latest your child can have water or clear diluted squash such as Robinsons or similar, please give them a drink at this time



5 What to bring on the day.

- The admission letter.
- Please bring all medication/inhalers your child has at home and pain relief for after the operation. We do not routinely give pain killers for you to take home. Most families have Paracetamol (Calpol) and Ibuprofen (Nurofen) at home. Please bring yours with you and we will label it correctly to ensure your child has the appropriate pain relief.
- It is advisable to bring a change of clothes (nightwear), nappies if required, any comforters or favourite toys.
- If your child has a favourite food you are welcome to provide this to consume following surgery.



If your child is unwell during the 48 hrs before the date of admission please contact the secretary using the number on the letter.

- If your child is suffering from a new cough or cold (sore throat, runny nose, fever), diarrhoea, vomiting, rash, infectious disease eg chicken pox or has required paracetamol or ibuprofen to relieve a fever their surgery may have to be postponed until they have recovered.
- If you need to contact the ward on the day of admission for advice or if your child has taken ill on the morning of the operation please contact the ward using the contact numbers below.

Ward 49 (day procedure) 7.30am to 8pm 0113 392 7449
CSAL (overnight stay) 7.30am - 4pm 0113 392 6502



Rearranging your child's surgery

If you need to rearrange your child's surgery please contact the secretarial team as soon as possible. This will allow us to rearrange this date and offer the operation to another child on the waiting list.



Going home after surgery

If your child is travelling home on the same day as their procedure they cannot travel home on public transport. Please make sure you have arranged transport via private car or taxi.

Please note ambulance transport must be booked via your GP, the hospital does not book ambulance transport for patients coming into hospital.

What did you think of your care? Visit bit.ly/nhsleedsfft

Your views matter

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