

# Addenbrooke's Treatment Centre

## Day surgery unit

# Preparing for your child's operation

It is very important that your child's stomach is empty before your operation. On the day of your child's operation your child must:

**Stop eating and drinking** (including chewing gum) at .....

They may continue to drink **water or squash only** until .....

### Checklist

- Make up and nail varnish need to be removed before your child's appointment. Please leave all jewellery and body piercing at home.
- You may bring your child's dressing gown, slippers and toiletries with you. You may also bring a favourite doll, teddy bear or book.
- Please do not bring large sums of money or jewellery with you, as we are unable to accept any responsibility for loss or damage to your property.
- You must arrange for a parent or adult to take your child home and to stay with them for 24 hours following their operation.
- Please bring all your child's medicines and inhalers on the day of the operation.
- Public transport should not be used to take your child home after their operation.

### What will happen on the day?

- Parents are encouraged to stay with their child in the Day Surgery Unit.
- When you arrive you will meet your nurses who will prepare your child for surgery and anaesthesia. You will then meet your child's surgeon and anaesthetist. You will be asked to complete a questionnaire and consent form.
- Please be aware that your child's appointment time is not the time of your surgery, and a wait will be involved.
- Your child's anaesthetic will be selected to ensure rapid recovery and as few after-effects as possible. It may be given by mask or injection.
- At the discretion of the anaesthetist you may be able to stay with your child while they are being given their anaesthetic.
- After about one hour, most children are ready to enjoy a drink; if necessary your child will be prescribed painkillers to take. Arrangements will be made for any follow up treatment your child may require.
- Post-operative information will be given to you before leaving the day surgery unit.

## Discharge

- The average day surgery stay is half a day but discharge times may vary according to the nature of your child's operation and sometimes there are unforeseen delays. Please bear this in mind when planning your day.

## For 24 hours after your child's operation

- Remember any operation, no matter how minor requires aftercare.
- Rest is advised especially if nausea or dizziness occurs.
- Do not allow your child to cycle or go on busy roads or playgrounds.
- Observe any special precautions which the surgeon or anaesthetist have advised.
- If you are worried about your child's condition, contact your general practitioner first.

## Contact details:

- Telephone enquiries: 01223 216288 (Cambridge)
- Patient collection: 01223 348597/348596



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

## Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



## Document history

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Contact number	01223 245151
Publish/Review date	March 2011/March 2014 (no changes made)
File name	Preparing_surgery_DSU
Version number/Ref	2/PIN2429