

Pre-operative instructions for pediatric patients

Patient: _____

Surgeon: _____

Care Coordinator: _____

Surgery date: _____

Procedure: _____



CONTACT INFORMATION

Child life specialists are available to help children cope with hospitalization. The operating room services child life specialist is available for pre-operative tours, as well as day-of-surgery support for all pediatric patients. For additional preparation, specific to neurosurgery, the neurology child life specialist can be consulted.

- Operating Room Services: Karleen Wray: **310-267-6771** or **childlifeorservices@mednet.ucla.edu**
- Inpatient: Alisha Sandalow: **310-267-9432** or **ASandalow@mednet.ucla.edu**

Pre-Operative Evaluation and Planning Center (Ronald Reagan UCLA Medical Center Main Operating Room): **424-259-8070**. Please call between the hours of 2:00 p.m. and 4:00 p.m.

During business hours, please call UCLA Neurosurgery: **310-825-5111**. Ask to speak with your child's surgeon.

After business hours, please call the UCLA page operator: **310-825-6301**. Ask to have the neurosurgical resident on call contacted for urgent questions.

1. IN PREPARATION FOR YOUR CHILD'S SURGERY

Does my child need to see any other doctor before surgery?

- Please call your child's primary care doctor** to have preoperative laboratory tests as well as a history and physical performed within 30 days of your child's surgery. Please verify with your care coordinator if she/he will schedule the appointment(s).
- If your child is under the care of a cardiologist, pulmonologist, hematologist-oncologist or other medical specialist, please inform your surgeon as additional pre-operative evaluations may be necessary.

How do I manage my child's medications before surgery?

- If your child is taking any **blood-thinning medications**, such as aspirin, or medications for diabetes and have not received instructions about when to stop them, please contact your surgeon's office immediately. Continue all other medications as prescribed by your child's doctor.
- If your child is taking daily or scheduled prescription medications, he/she may take them with a small sip of water on the day of the surgery **no later than 4:30am**.
- If your child takes any herbal supplements, please stop them as soon as possible before surgery unless instructed otherwise by your child's doctor.

PLEASE ask your surgeon when your child should stop taking the medications below.

ASPIRIN OR ASPIRIN-CONTAINING PRODUCTS

Plavix

NON-STEROIDAL ANALGESICS (NSAIDS)

Motrin

ANTICONVULSANT

Valproic Acid


If you are unsure if your medication(s) contain aspirin, please consult your pharmacist.

Is there any special skin/hair preparation before surgery?

- Please do not cut your child's hair or shave their back/neck before surgery.

When is the last time my child can eat or drink before surgery?

- For your child's safety and to avoid delay of surgery, it is important to follow instructions about eating or drinking before surgery.
- See the following page for the specific eating and drinking instructions (also referred to as "fasting" or "NPO" guidelines) for which your child is required to follow before his or her surgery or procedure. If you were given personalized fasting instructions from your child's doctor, please follow those instead.



	Clear Liquids include liquids you can see clearly through (e.g., Pedialyte, water, Gatorade, apple juice, Jell-O or broth); orange juice and sodas are NOT clear liquids	Breastmilk and Formula does NOT include breastmilk or formula mixed with a blenderized or pureed diet	Light Meals include plain bread or rice, dry cereal, steamed vegetables or potatoes without sauce; does NOT include any fatty or fried foods	Solid Foods include items part of your regular diet, gum, candy, or mints
Infants: Less than 6 months	STOP consumption 2 hours prior to the time surgery is scheduled	STOP consumption 4 hours prior to the time surgery is scheduled	N/A	N/A
Toddlers: 6 months and older, but less than 3 years	STOP consumption 2 hours prior to the time surgery is scheduled	STOP consumption 6 hours prior to the time surgery is scheduled	N/A	STOP consumption 8 hours prior to the time surgery is scheduled
Children: 3 years and older, but less than 12 years	STOP consumption 2 hours prior to the time surgery is scheduled	N/A	STOP consumption 6 hours prior to the time surgery is scheduled	STOP consumption 8 hours prior to the time surgery is scheduled
Adolescents and adults: 12 years and older	STOP consumption 2 hours prior to the time you are told to arrive	N/A	STOP consumption 6 hours prior to the time you are told to arrive	STOP consumption 8 hours prior to the time you are told to arrive

What if English is not my first language?

- A representative from Interpreter Services is always available at no cost.** Please notify the Pre-Operative Evaluation Center at **424-259-8070** the day before the surgery if you will need an interpreter.

2. THE DAY PRIOR TO YOUR CHILD'S SURGERY

What do I do if my child feels sick the day before surgery?

- Please make sure to let your doctor's office know immediately if your child has had a fever, cough, runny nose, sore throat, nausea or diarrhea anytime in the two weeks before surgery.

When is the admission check-in time confirmed?

- On the business day before your child's surgery, you must call the Pre-Operative Evaluation Center at **424-259-8070** between the hours of 2:00 pm and 4:00 pm to find out what time to arrive at the hospital. If your child's surgery is on a Monday, call the preceding Friday afternoon. If you are not able to reach the Pre-Operative Evaluation and Planning Center, please leave a message and they will return your call.

Can the planned surgery start time change?

- In unusual circumstances, it may be necessary to delay or postpone your child's planned procedure. Your child's care will be prioritized so that his/her procedure can be performed at the earliest possible time. Your child's surgeon will keep you informed if there is an unforeseen change in the schedule.

What do I bring to the hospital?

- Since we are unable to replace lost or misplaced personal items, we recommend that you bring only essential items to the hospital, such as glasses, home oxygen monitors or hearing aids. If your child has a special toy, item or video that helps keep him/her comfortable, it is recommended to label it with your child's name.
- Bring your cell phone and charger.

A reminder of what you can bring to the hospital for your child:

INFANTS	TODDLERS	SCHOOL AGE	ADOLESCENTS
comfort items: blankets stuffed animals pacifiers	favorite items: blankets stuffed animals toys books DVDs pajamas	favorite items: blankets pillows slippers toys books handheld games laptop	favorite items: pillow books games laptop tablet phone and charger

3. THE DAY OF YOUR CHILD'S SURGERY

How do I get to Ronald Reagan UCLA Medical Center?

See page 7 for instructions and page 8 for maps.

Where do I check in with my child?

- Check in on the morning of your surgery at the **Admissions Office**, which is located on the first floor of Ronald Reagan UCLA Medical Center. If you enter at the main entrance of the hospital, proceed straight ahead and the Admissions Office is on the opposite side of the building, on the left (See map on page 8 of this packet).

Where will we go after check in?

- When your child's admission process is completed, you will be directed to go to the **Preprocedure Treatment Unit (PTU)**. This area is located on Level 2 of the hospital adjacent to the operating rooms. Patient care needs require that we limit the number of persons in this area. Two parents/ adults are allowed with pediatric patients in the PTU. Anyone else with you should remain in the first floor waiting area called Maddie's Room (see next page).

What paperwork will be verified with me in the Preprocedure Treatment Unit?

- You will be asked to sign an Informed Consent document for your child's surgery and anesthesia. Children and minors (under 18 years of age) must have an Informed Consent signed by a parent or appropriate legal representative. If necessary, please bring proof that you are the minor's legal guardian.
- In some cases, consent for blood transfusion will be needed. You will be informed about the risks and benefits of blood transfusion. If you choose your child to NOT receive blood under any circumstances for religious or other reasons, you will be asked to sign a form documenting that choice. If you have questions about donation of your own blood or blood from designated donors that have not been answered by your surgeon, please contact the surgeon's office as soon as possible. If you have been told that it may be difficult to find blood that matches your child's blood type, please notify your surgeon's office as soon as possible.
- It is hospital policy to perform pregnancy testing in females age 10-53 years old in the PTU.

Where will we wait during my child's surgery?

- Upon surgical admission the day of your child's surgery, you will designate a primary contact person by giving your name and telephone number. Once your child's surgery is done, the primary contact person will be contacted so that you can meet with your child. In order to provide the best postoperative care following your child's surgery, we must limit visitor access to only two people at a time during the recovery phase.
- The surgical waiting area, which is called Maddie's Room, is located on the first floor of Ronald Reagan UCLA Medical Center. Volunteer staff members are present from 7:30 am to 8:00 pm, Monday through Friday. This area is designed to be a resource for your family and friends. All persons who accompany you and your child on the day of surgery should wait in this area until your child is discharged from the Post Anesthesia Care Unit (PACU).

4. DURING YOUR CHILD'S HOSPITALIZATION

What can I expect during my child's hospitalization?

- Following recovery in the Post Anesthesia Care Unit, your child will be transferred to a room, either the pediatric intensive care unit or the pediatric unit. A multidisciplinary team will be taking care of your child. Your child will progressively regain his/her baseline activities, including drinking, eating, urinating, and walking. We will **need your participation as well as your child's participation** to optimize his/her recovery.

What can my child expect regarding pain management?

- It is normal to experience some postoperative pain. Your medical team will do everything they can to ensure your child's comfort, but you know your child best so it is important to let the nurse know if your child is experiencing pain so that appropriate medication can be given. Depending on your child's age and developmental level, the nurse will assess your child's pain using the appropriate pain assessment scale and give medication appropriately.
- During your child's stay in the Post Anesthesia Care Unit and the first night after his/her surgery, if needed, your child will be given intravenous pain medication until he/she can safely swallow. By the day after surgery, your child should have transitioned to oral pain medications.

Can a family member stay overnight?

- Most hospital beds at UCLA Medical Center are private rooms.
- The neurosurgical unit rooms include a day bed (bed bench) where one family member can sleep.
- The pediatric unit rooms include one chair bed (recliner) and one day bed (bench bed). One to two adults can sleep in the pediatric unit room with the child.
- The Pediatric Intensive Care Unit rooms have one chair bed (recliner) for one parent.
- Children other than the patient are not allowed to stay overnight in any location.
- Tiverton House: UCLA Tiverton House is a 100 Room hotel designed to meet the needs of Ronald Reagan UCLA Medical Center patients and their families in Westwood. <http://tivertonhouse.ucla.edu/>

5. PREPARING FOR DISCHARGE

Will I receive information about the planned discharge on a daily basis?

- Your child's discharge plan will be discussed with you on a **daily basis** by the multidisciplinary team to ensure that we take care of all your child's needs in anticipation of their discharge from the hospital.
- The team caring for your child will let you know the day before discharge that he/she should be able to be discharged from the hospital the next day.
- Using one-on-one education sessions and written documents, we will assure your child is ready for a safe return home or transfer to another facility.
- If you have any questions regarding when your child can resume his/her normal activities or clearance to return to school, please contact your surgeon's office.

What do I need to know about the day of discharge from the hospital?

- Your child's team will be reviewing all the important information points with you and your child prior to discharge. You will also receive a discharge packet that contains all the information for your child's safe return home.
- At-home care, rehabilitation, physical therapy and any other outpatient services that your child may need following the surgery will be coordinated prior to your child's discharge from the hospital.
- Prior to discharge from the hospital, your doctor will provide you with your child's prescriptions for the medication he/she is to take at home. You may fill the prescriptions at the UCLA Outpatient Pharmacy, or you can have them filled at a pharmacy closer to your home.

DRIVING INFORMATION

Ronald Reagan UCLA Medical Center

757 Westwood Plaza, Los Angeles, CA 90095

From the San Diego Freeway (405): Take Wilshire Boulevard east off-ramp. At the third traffic light, turn left onto Westwood Boulevard. Continue on Westwood Blvd, across Le Conte Avenue, and the street becomes Westwood Plaza. The medical center is located on the left side of the street, past UCLA Medical Plaza. Valet parking is available on Westwood Plaza, at the east end of the hospital. When you enter the hospital proceed to the west end of the hospital, where Admissions is located. For current parking rates, go to www.transportation.ucla.edu.

Driving Directions From Los Angeles International Airport (LAX): Take the San Diego Freeway northbound to Wilshire Boulevard east, and continue as described above.

PARKING INFORMATION

Patients and visitors to Ronald Reagan UCLA Medical Center have valet parking services available on Westwood Plaza from 4:30 am to midnight, daily. When leaving, you will retrieve your vehicle from the Valet Lobby located on Level P.

Patient drop-off is available at all entrances. Alternate parking is available on campus.

Short-Term Parking:

Daily Single Entry is available. Pay on exit at Level P pay station, discharge lobby pay station, or parking cashier.

Long-Term Parking:

24-hour parking with in/out privileges is available.

Extended Parking:

Should you or your visitors require parking over an extended period of time, you may want to consider purchasing a consecutive-day discounted parking permit. For information regarding long-term discounted parking permits please contact Patient Affairs at (310) 267-9113.

