

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

Your child's surgery will be Date: \_\_\_\_\_ Time: \_\_\_\_\_

# What to Do Before Surgery

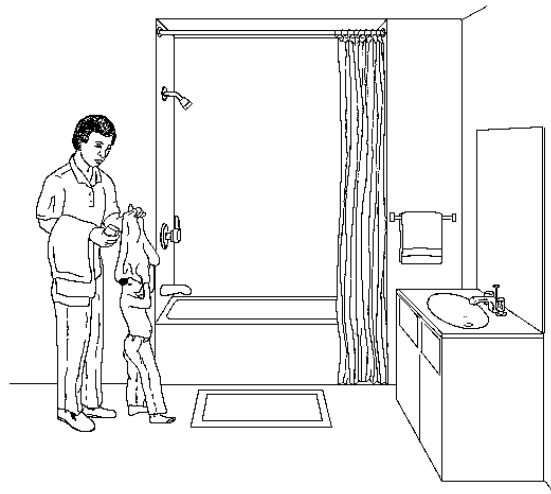
Here's what you need to do to get your child ready for surgery.

## Plan a tour

A Child Life specialist can help your child prepare for surgery. To schedule a tour, call 602-933-1540. During the tour, the Child Life specialist will show you and your child what to expect and answer questions. Many families find this reduces fears and stress.

## Tests before surgery

Tests and exams help your doctor learn a lot about your child's body before surgery. Tests may include an x-ray, blood tests, urine tests, and others. Your nurse and doctor will tell you what tests your child needs, and may give you appointments for those tests.



## Washing

The night before surgery,

- wash your child's hair
- give your child a bath
- use CHG cloths on your child, if ordered by your child's doctor.

**The night before surgery  
give your child a bath  
and wash your child's hair,  
then use CHG cloths.**

CHG (2% chlorhexidine gluconate) cloths are germ-killing (antiseptic) wipes used to clean the skin. Germs live on the skin. CHG cloths kill 99% of the germs on the skin to help prevent germs from causing a serious infection.

When should CHG cloths be used at home?

- Before your child has surgery or a procedure where the skin will be broken.
- CHG cloths will be used once on the night before the surgery or procedure.
- CHG cloths will be used again the day of surgery or procedure before coming to the hospital.

Ask your nurse or doctor for the CHG handout that matches the weight of your child:

- Using CHG Cloths at Home Before Surgery if your child is less than 20 pounds.
- Using CHG Cloths at Home Before Surgery if your child is between 20-60 pounds.
- Using CHG Cloths at Home Before Surgery if your child is more than 60 pounds.

## Eating and Drinking

For your child's safety, he or she must have an empty stomach during surgery. This makes it less likely for your child to throw up during or after surgery. If your child has anything to eat or drink the surgery would be delayed or cancelled.

Your child should not eat or drink anything after:

Day \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

If your child has a special diet or special needs, talk to your child's nurse.

## Medicine

When planning the surgery, tell the surgeon all the medicines, herbs, vitamins, and supplements you give your child. There are some your child should not take one or two weeks before the surgery. For example, ibuprofen, Advil, Motrin, and Aleve may increase bleeding.

If your child takes medicine, ask the surgeon if you should give the child that medicine on morning of the surgery.

## What to bring to the hospital

When you come to the hospital for the surgery bring:

- your insurance card and driver's license
- your medicine and a change of clothes
- a list of your child's medicines and doses
- if you are not the parent, legal documentation of guardianship
- if your child has heart problems, a written OK for surgery from the heart doctor (also called **cardiac clearance**)
- telephone numbers of the people you will want to call from the hospital

You may also want to bring to the hospital for your child:

- a favorite stuffed animal or blanket
- a favorite bottle
- a favorite toy
- a favorite book
- music to listen to with headphones

The surgery may be done later than the time it is scheduled for. Bring something for your child and you to do while waiting for surgery.

The surgery may be done earlier than the time it is scheduled for. We may call you on the day of surgery to come in at a different time. Make sure we have the right phone number to reach you.

## What to leave at home

- Remove your child's jewelry and contact lenses.
- The hospital has diapers, gowns, formula, bottles, soap, and a playroom with toys. The hospital also has showers for you.
- Do not bring things you don't want to lose, like jewelry, to the hospital.
- You do not have to bring your child's medicine.

## In the hospital

Go to the main entrance of the hospital to check in at the lobby. They will direct you to the Admissions Office. Before surgery, someone will talk to you about insurance (show your card) and things to know when your child is in the hospital.

You may stay with your child until he or she goes to surgery.

When your child goes to surgery, you can go to the surgery waiting room. If you leave the waiting room, give the staff member or volunteer at the desk your cell phone number. There is no food allowed in this waiting room. You can buy food in the cafeteria.

When your child's surgery is done, someone will bring you to a room to explain how the surgery went. About 30 minutes after that, you will be brought to your child in the recovery room.

If your child gets a fever, runny nose, or is ill before the surgery, call your child's surgeon before coming to the hospital.



If you have any questions or concerns,  
call your child's surgeon at \_\_\_\_\_

## Now that you've read this:

- Tell your nurse or doctor what you will do to get your child ready for surgery.  
(Check when done.)
- Tell your nurse or doctor what you will bring to the hospital.  
(Check when done.)
- Tell your nurse or doctor when you will have your child stop eating and drinking before surgery. (Check when done.)



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-933-1400  
866-933-6459  
[www.phoenixchildrens.org](http://www.phoenixchildrens.org)  
[www.theemilycenter.org](http://www.theemilycenter.org)  
Facebook: [facebook.com/theemilycenter](https://www.facebook.com/theemilycenter)  
Twitter: @emilycenter  
Pinterest: [pinterest.com/emilycenter](https://www.pinterest.com/emilycenter)

**Disclaimer**

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

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#506 • Illustrated by Dennis Swain and Irene Takamizu

## What to Do Before Surgery

Name of Health Care Provider: \_\_\_\_\_

Date returned: \_\_\_\_\_  db

## Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No

easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center  
Health Education Specialist  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016-7710

602-933-1395

**Thank you for helping us!**