Seattle: Before Procedure Checklist

Your child is having a surgery or procedure. In this handout we will call it a procedure. Please follow these instructions closely for the safety of your child and to prevent the procedure from being cancelled.

| Child's name: | ____________________________ |
| Doctor's name: | ____________________________ |
| Date of your pre-procedure phone call: | ____________________________  
  Day of Week  Date |
| Date of your child's procedure: | ____________________________  
  Day of Week  Date |
| Anticipated length of inpatient stay: | ____________________________ |
| Location: Seattle Children's Hospital Main Campus  
  4800 Sand Point Way NE  
  Seattle, WA 98105 |
| Specialty clinic phone number: | (206) ________ - ________ |

One week before the procedure

- Continue your child’s medicines as usual unless your child's healthcare provider gave you different instructions.
- **Do not** give ibuprofen (Motrin or Advil), aspirin or naproxen (Aleve) for at least 7 days before the procedure. These medicines can increase the risk of bleeding from the procedure site.
- It is OK to give acetaminophen (Tylenol), if recommended by your child’s healthcare provider.
- If your child is taking an anticoagulant (like aspirin, Coumadin or Lovenox), ask your doctor for the stop date.
- If your child is under the care of a medical provider, ask them for instructions on stopping or continuing medicines before the procedure.
- **Do not** shave near the procedure area with a hand-held razor within 7 days before the procedure. Shaving can increase the risk of your child getting an infection at the procedure site.

Sick child

If your child becomes ill with fever, cough or breathing problems within 1 week of the procedure, call your child’s specialty clinic. We may need to reschedule the procedure at a time when your child is fully recovered.
Before procedure phone call

Before your child’s procedure you will get a call with important information about your child’s check-in time, and eating and drinking instructions.

☐ Make sure your specialty clinic has your current phone number.
☐ Write this important information in the box below.

For all procedures, except Gastroenterology (GI) procedures

• If you do not hear from us 2 business days before the procedure, call the Pre Procedure Call Room at 206-987-7890.

• If your child is having an Interventional Radiology (IR) procedure, call the Surgery Center’s IR procedure room at 206-987-2566.

For Gastroenterology (GI) procedures

• For patients having a GI procedure, such as a colonoscopy, endoscopy, sigmoidoscopy or liver biopsy, you will get this call 3 business days before your child’s procedure.

• If you do not hear from us 3 business days before the procedure, call the Surgery Center’s GI Procedure Room at 206-987-2849.

Eating and Drinking Instructions

⚠️ If you do not follow these eating instructions, your child’s procedure must be cancelled and rescheduled.

Fill this out during the before procedure phone call

Date of procedure: ________________________________

Time to check-in on day of the procedure: ________________

Medicines to be taken before check-in on the day of the procedure:

_________________________  __________________________
_________________________  __________________________
_________________________  __________________________

No solid food, thickened liquids milk products, formula, or breast milk mixed with formula after: ________

No plain breast milk after: _________________________

No clear liquids (water, clear apple juice, Pedialyte, 7UP) after: ________
Preparing your child for surgery

☐ Talk to your child about the hospital visit and what will happen. For tips, and to read What to Expect on Your Surgery Day, go to www.seattlechildrens.org/patients-families/surgery and click Preparing Your Child. Written by Child Life specialists, this helpful online booklet can lessen worry and spark conversation.

What you will need after surgery

☐ Have apple juice, Pedialyte and other clear drinks at home for after the procedure.
☐ Make sure you have equipment, if needed, such as crutches, a walker or shower chair, to care for your child after surgery.
☐ Arrange for a safe ride home for your child. Make sure the car has your child’s car seat or booster seat inside.

The day before the procedure

☐ Give your child a bath or shower and shampoo to help prevent your child from getting an infection at the procedure site. If you were given a Hibiclens packet by your healthcare provider, use it by following the instructions in the “Hibiclens Bathing” handout (www.seattlechildrens.org/pdf/PE611.pdf).

Day of the procedure

☐ Remove all makeup, nail polish, jewelry, piercings and contact lenses before coming to the hospital.
☐ Dress your child in comfortable clothes. Your child can wear pajamas without feet (no footed pajamas).
☐ Arrive 15 minutes before your check-in time. If you are late for your check-in time, your child’s surgery may be cancelled and rescheduled.
☐ Park and enter on Ocean, level 6. Stop at the entrance desk for a photo name badge.
☐ Before the procedure, female patients 12 years and older will be required to provide a urine sample for pregnancy screening.
☐ Sign consent forms - A parent or legal guardian with medical decision-making rights must come with the child having the procedure or be available by phone to give verbal consent. Grandparents, aunts, uncles, and foster parents who are granted physical custody of a child may not have legal rights to sign for the child’s procedure.

Sick child

If your child is sick the morning of the procedure and it is a weekday, call 206-987-2045. If it is the weekend or a holiday, call the hospital operator at 206-987-2000 and ask to talk to the anesthesiologist on call.
What to bring to the procedure

☐ A list of all medicines, vitamins and herbal supplements your child is taking or the medicines themselves

☐ A copy of legal papers granting you rights to make decisions about the procedure for this child (if this applies)

☐ All medical insurance cards or coupons

☐ An extra change of comfortable clothes (like sweatpants) for your child after the procedure

☐ A favorite toy or blanket for comfort – just one item, please; it’s hard to keep track of more

☐ Symphony breast pump kit or your own pump and equipment (if appropriate). If you do not have your own pumping equipment, you can use the hospital’s Symphony pumps.

To Learn More

- Insurance: If your child is going to be admitted after the procedure, call 206-987-3940. If your child is going home on the day of the procedure, call 206-987-5757.
- Financial Counselors: 206-987-3333 or 206-987-5786 (Spanish).
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child’s nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

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| - If possible, do not bring other children to the hospital. | - If your child is staying overnight in the hospital after their surgery, there is enough room for 2 parents or legal guardians to stay with your child. | - If you have questions about your child’s procedure, medicines or have an address or phone number change, please call your child’s specialty clinic.
| - If you must bring them, arrange to have another adult with them at all times. | - Siblings and visitors may not stay overnight in the hospital. | - If you have a question about when your child can last eat or drink, call 206-987-7890.
| - Siblings can also go to the Sibling Playroom for up to 2 hours at a time. | - Siblings, friends and family may visit between 8 a.m. and 8 p.m. | |

Seattle Children’s offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children’s will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children’s. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s healthcare provider.

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