

Bellevue: 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.

Call us right away if you need to cancel or reschedule the procedure. This will allow us to make the time available for another patient.

Child's name: _____

Surgeon's name: _____

Date of your pre-procedure phone call: _____
Day of Week Date

Date of your child's procedure: _____
Day of Week Date

Location: Bellevue Clinic and Surgery Center
1500 116th Ave NE
Bellevue, WA 98004

Specialty clinic phone number: (206) _____ - _____

One week before the procedure

- Continue your child's medicines as usual.
- **Do not** give ibuprofen (Motrin or Advil), aspirin or naproxen (Aleve) for at least 7 days before the surgery. These medicines can increase the risk of bleeding from the operation 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), contact your surgeon 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 surgery.
- **Do not** remove hair near the surgical site areas within 7 days before surgery. Removing hair (shaving, waxing, depilatory creams, use of lasers) can increase the risk of your child getting an infection at the surgical site.
- Do not get a new piercing or tattoo within 7 days of the surgery or procedure.
- **Do not** get special manicures with polish (i.e. gels) that cannot be removed for the procedure.

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

Three business days 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.
- Call the Bellevue Surgery Center Nurse Line at 206-884-9200 if you do not hear from us 3 business days before surgery.

Eating and Drinking Instructions



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



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 gum, hard candy or mints after: _____

No plain breast milk after: _____

No clear liquids (water, clear apple juice, Pedialyte, 7UP) after: _____

Preparing your child for the procedure

- Talk to your child about the hospital visit and what will happen. For tips, read "What to Expect on Your Surgery Day at Seattle Children's Bellevue Clinic and Surgery Center," visit seattlechildrens.org/patients-families/surgery and click "Preparing Your Child." Written by Child Life specialists, this helpful booklet can lessen worry and spark conversation.

What you will need after the procedure

- 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 the night before the surgery to help prevent infection at the surgical site. If you were given a Hibiclens packet by your healthcare provider, use it by following the instructions in the "Hibiclens Bathing" handout (seattlechildrens.org/pdf/PE611.pdf). Hibiclens can be bought at most pharmacies if you need extra or did not get from the clinic.

Day of the procedure

- Remove all makeup, nail polish, contact lenses, jewelry and piercings before coming to the hospital. If removing metal jewelry will result in the closure of the piercing, please contact your piercing professional to place non-metal jewelry.
- Dress your child in loose, comfortable clothes.
- Please arrive on time. **If you are late for your check-in time, your child's procedure will be cancelled and rescheduled.**
- Park in the underground parking lot at Seattle Children's Bellevue campus. Check in at 2nd floor registration desk. You can take the elevators to the second floor from the underground parking area.
- 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.
- One legal guardian needs to remain on site during the child's procedure.
- Please check with your nurse before taking pictures or videos.

Sick child

If your child is sick the morning of the procedure, call 206-884-9200.

To Learn More

- If you have questions about the authorization for your child's procedure call 206-987-5757
- Financial Counselors: 206-987-3333 or 206-987-5786 (Spanish).
- 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.

What to bring to the procedure

- A list of all medicines and supplements your child is taking or the medicines themselves
- A copy of legal papers granting you rights to make decisions about surgery for this child (if this applies)
- All medical insurance cards or coupons
- Have your child dress in loose, comfortable clothes (like sweatpants) and wear supportive shoes (tennis shoes).
- One favorite toy or blanket for comfort. Please note that your child's comfort item can remain with them until they are taken back for their procedure. It cannot go with them into the operating room.
- Breast pump kit (if appropriate) and a way to keep milk cool. No storage for breast milk is available.
- Bring any special food/snacks your child may require including milk or special formulas. You can bring their favorite bottle or cup.

Bringing other Children

- If possible, do not bring other children to the surgery center.
- Children under 18 years old are not allowed in any patient care area.
- If you must bring them, please arrange to have an adult with them at all times.
- Healthy siblings ages 3 to 11 may go to the Sibling Playroom on the second floor. **Children must be potty trained.** The playroom is open 6:30 a.m. to 5 p.m. and closed from 1:00 to 1:30 p.m. for lunch.

Questions?

- If you have questions about your child's procedure, need to reschedule your appointment, or have an address or phone number change, please call your child's surgical clinic.
- If you have a question about when your child can last eat or your child is sick on the day of surgery, call 206-884-9200.