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Coming to HSC Winnipeg Children's Hospital for Surgery

PLEASE NOTE: Due to the COVID-19 pandemic, entrances, visitors allowed, and access points may be changed. Please speak with your Nurse for more information about visiting the hospital

A Booklet for Families and Caregivers

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Welcome to the Children’s Hospital Surgery Program

To the Reader:

Caregivers know their child best and play an important role in preparing their child for surgery. This booklet will give you and your child the information needed to prepare for coming to the Children’s Hospital for a surgical procedure.

TABLE OF CONTENTS Page

GENERAL INFORMATION2-3

PROCEDURE MAY NEED TO BE RESCHEDULED.....3

PRE-OPERATIVE ASSESSMENT CLINIC (PAC) 3

FAMILY INFORMATION LIBRARY..... 3

FOOD AND DRINK BEFORE SURGERY (FASTING INSTRUCTIONS) 4
Medications

PREPARING YOUR CHILD 5-7
The Night Before Surgery/The Day of Surgery

GOING TO DAY SURGERY8

GOING TO THE IN-PATIENT UNIT.....8

AT HOME.....9

HOSPITAL RESOURCES.....9

NUMBERS TO CALL IF YOU HAVE QUESTIONS/MAPS.....10

NOTES.....10

General Information

- The office of the Surgeon will call you with the details of the surgery including date and time of the procedure, when to stop feeding your child, give you any special instructions, and give you directions for where to go on the day of surgery.
- A caregiver **must** be present on the day of surgery and stay with their child before and after the procedure. Your Surgeon will tell you ahead of time if your child will go home after their surgery or be admitted and stay in the hospital.
- **Pre-operative Assessment Form:**
This form is completed by a health care professional after reviewing your child's history and a physical exam. It may be done in the surgical clinic or you may be asked to have your family doctor complete it. This form **must** be completed and sent to the surgical office before they can book the surgery date.
- **Pre-operative Questionnaire:**
You will need to complete this form so we can learn about your child and prepare for the procedure. Tell your Surgeon or Nurse if there are any family members that have had a bad reaction to an anesthetic or trouble with bleeding. This form may be done in the surgical clinic or it will be mailed to you. It **must** be completed and returned to the surgical office before the procedure can be booked.
- **Consent:** A legal caregiver must sign the consent form giving permission for the Surgeon to perform the procedure. This is usually signed in the surgical clinic by the surgical team or on the day of surgery. This consent form confirms the caregiver and child (if applicable) understands the procedure and the risks. Please let us know if your child is under the care of Child and Family Services and the surgical office will contact them to get consent.
- **Bloodwork:** Your child may have a blood test before the surgery. All infants less than one year of age need a blood test. Also, families from the Caribbean, Central or South America, Greece, Italy, Middle East, India or Africa may have a blood disorder called *Sickle Cell disease* or *Thalassemia*. Your Surgeon will determine if your child needs a blood test. It may be done if you are seen in the surgical clinic, if your child visits the Pre-Operative Assessment Clinic (PAC), or by your family doctor before the day of surgery.
- **Siblings:** We recommend you make arrangements so you do not bring any other children on the day of surgery. There are no services in the hospital to help you look after other children and they are not allowed in the recovery room.
- **Staying in the city:** If you do not live in Winnipeg or nearby, you may need to plan to stay in the city for a period of time. Your Surgeon will tell you if it would be best to stay in the city after the procedure.
- **Other Specialty Physicians:** Tell your Surgeon if your child is followed by any specialists as they may need to work with them when planning the surgery. It is important to tell your Surgeon if your child is already booked for another procedure or waiting for a surgery date. Sometimes the two procedures can be done on the same day. Your Surgeon will contact the specialty physician if needed.

- **If your child becomes ill:** If your child starts to show signs of illness (eg. fever, cough, runny nose or vomiting) within two weeks before surgery please contact the office of the Surgeon. For the safety of your child and to minimize the anesthetic risk, the date of the surgery may need to be changed. The risk to your child if an anesthetic is given during an illness (including a common cold) can be very high, so we ask that you let the surgical office know of any concerns of illness.
- We value all **ethical, spiritual, and personal values** that families have. Please share any information that can help us work together to best meet your needs and the needs of your child and family.

Procedure May Need to be Rescheduled

PLEASE NOTE:

- Sometimes a procedure must be rescheduled before the day of surgery, or on the day of surgery after you have arrived at the hospital.
- The hospital cannot safely go ahead with a procedure if there is no bed available for your child, or if Nurses, the Surgeon, or Anesthesiologist, are not available.
- We acknowledge that this can be frustrating but hope you understand that everything must be available to safely manage the procedure and care of your child afterwards.
- If the procedure is to be rescheduled, the office of your Surgeon will contact you with a new date and time on another day.

Pre-Operative Assessment Clinic (PAC)

- Some children need to be seen in the Pre-Operative Assessment Clinic (PAC) before the day of surgery to look over any special needs your child may have in order to better plan for the procedure. You and your child will meet a Clinic Nurse and an Anesthesiologist. They will review how to prepare for the surgery, how pain can be managed and order bloodwork if needed. If your child would like to have a tour before the day of surgery to help them learn what to expect, call the clinic to make an appointment at 204-787-1949.
- If your child has been diagnosed with Autism, a Child Life Specialist along with a Pre-admit Nurse will review our Autism Care Plan with you. This can be done over the phone or in person if you wish. Call 204-787-1949 to make an appointment.
- If you do not need to attend the PAC, a Nurse from Children's Hospital will contact you about 1-2 days before your child's surgery. The Nurse will confirm the procedure date and time and answer your questions. You can also call the Nurse if you have questions at 204-787-3898.

Family Information Library

Your child may find age appropriate books to be helpful. These books are available in most bookstores, public libraries, or the Children's Hospital Family Information Library-

About the Family Information Library:

- Items can be borrowed and mailed to you free of charge and returned the day of your child's surgery – you don't need a library card.
- For a complete listing of resources available please contact the library: Phone: 204-787-1012, Email: familylibrary@hsc.mb.ca or Online: www.hsc.mb.ca/family-info-library.html

Food and Drink Before Surgery - (Fasting Instructions)

It is very important that your child has an empty stomach when going for surgery. Your child's surgery will be cancelled if the stomach is not empty!

- All patients having surgery must not eat or drink for several hours before the procedure.
- During anesthesia, the cough and gag reflex may be absent or weak.
- This means stomach contents could be vomited up or vomited into the lungs (aspirated). This could result in a pneumonia which could be life-threatening.
- **These rules need to be strictly followed to ensure a safe anesthetic.**
- The office of the Surgeon or the Pre-operative Assessment Clinic will give you instructions on when to stop feeding your child before the procedure.

Infants and children who drink breast milk or formula:	All other children:
<ul style="list-style-type: none"> - No solid food 8 hours before surgery. - Formula-fed infants may have formula up to 6 hours before surgery. - Breast-fed infants may have breast milk up to 4 hours before surgery. - Clear apple juice or water may be given until 90 minutes (1 ½ hours) before surgery. 	<ul style="list-style-type: none"> - No solid food 8 hours before surgery. - No milk 6 hours before surgery. - No chewing gum after midnight. - From midnight until 90 minutes (1 ½ hours) before surgery: only water, clear apple juice, oral rehydration solutions (e.g. Pedialyte®) or clear sports drinks that are non-fizzy may be given. The drinks should not be thickened or carbonated.

NOTHING ELSE SHOULD BE GIVEN AFTER THIS TIME.

Medications:

- For two weeks before surgery **do not give** your child aspirin (ASA) or any products that contain ASA (let your Surgeon know if your child takes a medication with ASA in it)
- For two weeks before surgery **do not give** your child herbal medications.
- For two days before surgery **do not give** naproxen or ibuprofen (eg. Motrin®, Advil®, Aleve®).
- If your child is having a tonsillectomy and/or adenoidectomy, do not give naproxen or ibuprofen (eg. Motrin®, Advil®, Aleve®) for two weeks before surgery. These medications could increase the risk of bleeding.
- You can give your child acetaminophen if needed (Tylenol®, Tempra®).
- Tell your Surgeon if your child is on any medications at home.

Preparing Your Child

- How you will prepare your child will depend on their age, level of understanding and how they usually cope with new or stressful situations.

Infants (under 24 months)	Toddler/Preschool	School age	Teens
<ul style="list-style-type: none"> - May be hungry and frightened at the change in location. -Bring a favourite comfort item such as a blanket, stuffed animal or pacifier. -Having you there will give the most comfort to your infant. 	<ul style="list-style-type: none"> - May be hungry and frightened at the change in location. -Tell your toddler about the procedure 1-2 days before the day of surgery. -They do not understand time and will find it easier to prepare closer to the day. -Bring a comfort item and allow them to make decisions where possible to give them a sense of control. -They may like to learn from simple books. 	<ul style="list-style-type: none"> -They like to know at least a week ahead of time so they can think about it and ask questions. -They often like to pretend play- (6-8 year olds). -They may find picture books helpful. -Talk about the “sleep medicine” that will keep them asleep until the procedure is over. -Remind them they will not feel anything during the surgery and will not wake up until after the procedure is over. 	<ul style="list-style-type: none"> -Should be told about the surgery as soon as possible so that they can prepare and change their plans. -They may want more information about the procedure. -Remind them that hospital staff will respect their privacy. -Encourage them to talk about any concerns such as a procedure that may change their body appearance or having pain after.

What to bring to the hospital:

<ul style="list-style-type: none"> - Manitoba Medical card and any other insurance forms 	<ul style="list-style-type: none"> - All medications your child takes
<ul style="list-style-type: none"> - Comfortable clothing that is loose fitting and easy to put on and over the IV, will not rub on the surgical site, and will fit over a cast if needed 	<ul style="list-style-type: none"> - A pen, paper/journal to write down your questions or any information your Surgeon or Nurse may tell you after the procedure
<ul style="list-style-type: none"> - Comfort item (eg. blanket or stuffed animal) 	<ul style="list-style-type: none"> - Special formula/ special bottles/sippy cups

**Please note the hospital is not responsible for the loss of valuable items such as a phone or iPad.
Think about leaving valuable items at home.**

If your child is being admitted to the hospital:

You may find the following items helpful to make your stay more comfortable. Remember to label all belongings with your child's name.

<ul style="list-style-type: none"> - Toiletries such as toothpaste/brush, body lotion, deodorant, tissue and comb 	<ul style="list-style-type: none"> - Extra pillow or blanket for yourself
<ul style="list-style-type: none"> - Pajamas, housecoat and non-skid slippers 	<ul style="list-style-type: none"> - Books, magazines
<ul style="list-style-type: none"> - Spare clothing for your child and yourself 	<ul style="list-style-type: none"> - Chargers, ear buds for listening to music

The Night Before Surgery:

- **Fasting Instructions:** Make sure you follow the fasting instructions, or the procedure may be cancelled or delayed to later in the day.
- **Medications:** If your child takes medications by mouth, tell your Surgeon or Nurse beforehand so they can advise you if your child should take them the morning of the procedure.
- **Bathing:** Your child should be bathed, and their hair washed. Remove nail polish, make-up, and jewelry. Let the Nurse know if your child has body piercings as they may need to be removed. You do not need to shave any surgical areas.
- **Siblings:** Make sure you have arrangements made for any other children as they cannot go with you to the hospital.

The Day of Surgery:

- A parent or guardian must come with the child and stay with them until after the procedure – this may take several hours.
- Please be aware that the Health Sciences Centre is a scent-free facility. Do not wear any perfume or scented toiletry products.
- Be aware there is no smoking allowed in or around the hospital.



- We suggest you park in a hospital parkade as parking on some streets is metered and too quick for your child's stay and your vehicle may be towed:

The William Parkade is on William Street across from the Emergency Department	The Emily Parkade is on Emily Street and the Tecumseh Parkade is on Tecumseh Street, both near the hospital
The Sherbrook Parkade is in the loop on Sherbrook Street near the front entrance to the hospital	Parking passes can be purchased from the Parking office: please call 204-787-2715 for more information

Checking in:

- Arrive at the admitting desk at 840 Sherbrook Street entrance of Children's Hospital. Staff at the admitting desk will register your child and check that your information is correct. **You must be there 1 ½ hours before the time of surgery.** (Exception: if your child's surgery is at 7:45 a.m., check in at 6:30 a.m.). You will be given directions to the Day Surgery Unit.
- In the Day Surgery Unit your child will be checked in and asked to change into hospital clothes.
- The Nurse will check your child and make sure they are healthy.
- If the Nurse is concerned your child may be ill, your Surgeon will be told, and your child looked at by the Anesthesiologist.
- They will decide if your child can safely go ahead with the surgery or it must be rebooked for another day when your child is well.

- The Nurse may apply freezing cream over the area where the intravenous (IV) line will be inserted in the operating room.
- You and your child will then stay in a waiting room until the porter arrives to take you to the operating room waiting area.
- Provide the Nurse with a contact phone number so they can call you if needed during your stay.

Going to the Operating Room (OR) waiting room:

- You will go with your child to a waiting room near the Operating Room (OR). There you will meet the Anesthesiologist who will talk to you about how they will put your child to sleep and monitor them.
- ***Prepare your child by telling them that you will not be able to go into the OR with them.*** Their comfort item such as a stuffed animal or blanket can go along with them. Make sure to let your child know you will join them after the procedure.

During surgery:

- You may wait for your child in the recovery room waiting area. Hospital staff will show you where this is. If you wish to go for a snack or coffee, there are maps in the pre-operative waiting area that will show you how to get to Guildy's Coffee Shop on the first level of the MS building or the second level cafeteria in the HSC General Hospital (Green Owl Zone)
- You will need to return to the recovery room waiting area before the procedure is over. Your Surgeon will tell you how long the procedure is expected to take.

After the surgery:

- Your Surgeon will speak to you about the procedure and answer your questions.
- You will be called to the recovery room after your child wakes up.
- Some children wake up angry and fighting, some children appear confused and unsteady. Do not let this alarm you; children do not usually remember this. They will return to their usual behavior as they wake up and the anesthetic wears off.
- When your child is ready to leave the recovery room you will return with your child to the Day Surgery Unit or the in-patient unit if your child needs to be admitted to the hospital.

Managing Your Child's Pain:

- Your child will receive medications after surgery to help manage their pain. A team of Doctors, Nurses, Pharmacists and Anesthesiologists will help guide the best plan for your child. Since you know your child best, your opinion and suggestions for managing your child's pain is very important and valued.
- **Acute Pain Service (APS):** This is a team of Nurses and Anesthesiologists who help manage your children's pain for major surgeries when pain management can be challenging. This decision is often made during a visit to the Pre-Operative Assessment Clinic or on the day of surgery. APS may or may not be needed for your child. However, they are available to consult with if the surgical team needs their help.

Going to Day Surgery

Your child will have their procedure and go home the same day.

- In the Day Surgery Unit we ask that you stay with your child. You will be there for at least one to two hours after surgery. We want you to help in your child's care as you know your child best.
- Your child is ready to go home when they:
 - are drinking and not throwing up
 - can move around as usual and safely unless restricted by an appliance
 - are comfortable with over the counter medicine by mouth
- The Surgeon and Nurse will talk to you about how to care for your child at home.
- If you live out of town, you may wish to stay in Winnipeg for one night. Your child may not feel well enough for traveling. Your Surgeon may also suggest you stay in the city for a period of time, so you are closer to the hospital if you need help.

Going to the In-Patient Unit

Your child will be admitted to the hospital and stay as long as your child needs our help.

- Parents/Caregivers can visit 24 hours a day. Everyone else may visit from 8:30 a.m. – 8:30 p.m. Please speak with your Nurse if you have any questions about visitors. There are times when visiting may be restricted (not allowed) during certain seasons. Your Nurse will discuss this with you when you arrive to the in-patient unit.
- Plan your arrangements for where you will stay after your child arrives on the in-patient unit. One caregiver may stay with the child overnight in their room.
- Exception: If your child needs a special *monitored bed* you can visit but cannot sleep at the bedside. The space around the bed must be available to help your child. Talk with your Nurse or Surgeon before the day of surgery if you need help to find a place to stay overnight. There are a few options for places to stay in and around the hospital. Please look at this link for more information: <http://www.hsc.mb.ca/servicesPlacesToStay.html>
- Your surgical team will tell you when your child is ready to go home. Please make plans so that you can pick up your child as soon as possible when they are discharged.

Follow-up:

- Your Surgeon will speak with you about the follow-up plan for your child. There may be a need to see the Surgeon after surgery. In talking with your Surgeon, there may be another plan such as a phone call, telehealth, virtual visit on a computer, your family doctor, or at a rural health centre near you.

At Home

- After you take your child home there are some things you need to know because your child has had a general anesthetic. The anesthetic will affect your child for **about 24 hours** (even though your child may seem normal).
- Until the anesthetic wears off it is important that you watch your child closely:
 - Keep your child in the house doing quiet things such as reading or watching TV.
 - Don't allow your child to do things that need balance and coordination; such as running up and down stairs, climbing or riding a bicycle.
 - Allow your child to drink freely, but do not force eating if they do not want to.
 - Your child may return to school when they feel well enough.
 - Your Surgeon will tell you if your child should not join in on certain activities such as gym class until they are healed.

Hospital Resources

<p>Book Corner and Family Information Library Blue Dr. Goodbear Zone, Room CH253 204-787-1012</p>	<p>Playroom Blue Dr. Goodbear Zone, Room CH299 Birth-5 years of age: 9:30am-12pm 6 years of age and older: 1:30-4pm</p>	<p>CHTV-Channel 7 In-hospital closed circuit TV station with age appropriate, commercial free programming. Only available in Children's Hospital</p>
<p>Schoolroom Blue Dr. Goodbear Zone, Room CH299 Monday-Friday 9:30am-11:30am Teachers visit wards in afternoon</p>	<p>Child Life Specialist Offer play sessions on wards In-patient unit TV and games Baby swings, mobiles, toys, books and movies</p>	<p><i>Ronald McDonald House Charities Manitoba</i> supports pediatric families with two programs:</p> <p>Ronald McDonald Family Room: A home within the hospital. For families with a child receiving treatment in the HSC Children's Hospital. This room is open 7 days a week and is located inside of Children's Hospital. Contact 204-787-4627 for more information.</p> <p>Ronald McDonald House: A home away for families from rural Manitoba and out of province with a child needing treatment at a nearby hospital. The house is located on 566 Bannatyne Avenue, only 2 blocks from HSC Children's Hospital. It is open 24 hours a day, 7 days a week. Contact 204-774-4777 for more information.</p>

