

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. 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.



If your child's procedure is part of the enhanced recovery program, please read our handout "Enhanced Recovery Program After Surgery" at seattlechildrens.org/pdf/PE3475.pdf. You can also scan the QR code to access it.

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: _____

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 remove hair near the procedure area within 7 days before the procedure. Removing hair (waxing, shaving, depilatory creams, use of lasers) can increase the risk of your child getting an infection at the procedure 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.

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To Learn More

- Insurance: 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/patient-education

Free Interpreter Services

- In the hospital, ask your 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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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.
 - Please tell us if there are siblings who need to come with you on the procedure day.
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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.
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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.
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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), gum or hard candy after:

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Your child's procedure location

Seattle Children's Hospital Main Campus
4800 Sand Point Way NE
Seattle, WA 98105

Your child's procedure will take place in the:

- Ocean building.** Park on any level in Ocean parking and enter on Ocean, level 6 to check in for your procedure. Stop at the entrance desk for a photo name badge.
- Forest building.** Park in the Forest garage in any of the spaces indicated for self-parking and take the elevator up to the lobby. At the entrance desk, you will be given a scannable badge and wayfinding information to the Surgery Center.

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 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 the procedure

- Have apple juice, Pedialyte and other clear drinks at home.
- 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 at seattlechildrens.org/pdf/PE611.pdf. Hibiclens can be bought at most pharmacies if you need extra or did not get it 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 comfortable clothes. Your child can wear pajamas without feet (no footed pajamas).
- Please arrive on time. If you are late for your check-in time, your child's procedure may be cancelled and rescheduled.
- When you arrive at the registration desk, you will check in for your child's procedure and get a pager or a phone. The phone or pager will be used to communicate with you about your child's progress. You will also receive a copy of our handout Your Child's Procedure Day, which has information and a picture guide of what you can expect on that day as well as the resources that are available to you.
- Before the procedure begins, you will meet your child's surgeon and anesthesiologist and will have time to ask them any questions.

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- All people who have started menstruation are required to provide a urine sample for pregnancy screening before having surgery, anesthesia, or receiving certain types of medical care.
- 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.
- Please check with your child's nurse before taking pictures or videos.

Sick child

If your child is sick the morning of the procedure, call 206-987-2337.

What to bring to the procedure

- A list of all medicines, 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
- Have your child dress in loose, comfortable clothing (like sweatpants) and wear comfortable and supportive shoes (tennis shoes). Flip flops are ok if instructed by your care team.
- One favorite toy or blanket for comfort. Your child's comfort item can remain with them until they are taken back for their procedure.
- Symphony breast pump kit or your own pump and equipment (if appropriate) and a way to keep milk cool. If you do not have your own pumping equipment, you can use the hospital's Symphony pumps.

Hospital stay

If your child's procedure requires that they stay overnight we do our best to make sure your child's procedure happens on the day it is scheduled, but sometimes other children have emergencies and must stay overnight. If we do not have room in our overnight care units, we may need to reschedule your child's procedure. While this does not happen often, it has happened, and we would like to help you be prepared.

We recommended you:

- Purchase travel insurance or full flex fares for air travel. Before you purchase, you should check the rules about date changes for travel with any insurance you may buy.
- Let family and employers know your child's procedure may be rescheduled.

If we need to reschedule, we will contact you as soon as possible. This may be 1 to 3 days before the scheduled date of your child's procedure. We know this can be a stressful time, and we will do everything we can to answer your questions to reduce any anxiety you may feel. We also will work with your provider to understand what rescheduling would mean to your child's overall plan of care. Your child's care is very important to us. We realize this may be inconvenient, but we want your child's recovery to be in the safest environment.

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Bringing other children

If possible, do not bring other children to the hospital.

If you must bring them, please discuss this during your pre-procedure phone call.

Staying overnight

For more information about staying in the hospital go to seattlechildrens.org/patients-families/hospital-stay.

Questions?

If you have questions about your child's procedure or medicines or have an address or phone number change, please call your child's specialty clinic.

If you have a question about when your child can last eat or drink, call 206-987-7890.