

西雅图儿童医院：术前对照表

您的孩子需要做手术或接受医疗程序。在这份材料中，我们把这些都称为“手术”。请认真遵循这些说明，以确保您的孩子的安全，并防止手术被取消。如果您需要取消或者重新安排手术，请立即打电话给我们，以便我们安排另一位患者手术。

孩子姓名： _____

医生姓名： _____

术前通话日期： _____
星期 日期

孩子的手术日期： _____
星期 日期

预期住院天数： _____

专科诊所电话： (206) _____ - _____

手术一周前

- 继续让孩子服用正在服用的药物，除非孩子的医护人员另有指示。
- 手术前不要让孩子服用布洛芬（Motrin 或 Advil）、阿司匹林或萘普生（Aleve），至少在手术前七天停用此类药物。这些药物可能会增加手术部位出血的风险。
- 如果孩子的医务人员建议，可以让孩子服用醋氨酚（Tylenol）。
- 如果孩子正在服用抗凝剂（如阿司匹林、Coumadin 或 Lovenox），请向医生询问停药日期。
- 如果孩子正在接受医护人员的治疗，向他们询问孩子在手术前的停药或继续服药的指示。
- 手术前七天内不要除掉手术附近部位的毛发，除掉毛发（上蜡、剃除、脱毛霜、使用激光）会增加您的孩子手术部位感染的风险。
- 不要在手术前七天内做新的身体穿孔或纹身。
- 不要用指甲油（例如凝胶）专门做美甲，手术前无法去除指甲油。

了解更多信息

- 保险：如果您对您的孩子的手术授权有疑问，请打电话给 206-987-5757。
- 财务顾问：206-987-3333 或 206-987-5786（西班牙语）。
- seattlechildrens.org

免费口译服务

- 如果在医院，可以向您的护士询问。
- 如果不在医院，请拨打免费家庭口译电话专线 1-866-583-1527。告诉口译员您要找的人的姓名或需要接通的分机号码。

病童

如果您的孩子在手术前一周内发烧、咳嗽或呼吸有问题，请打电话给孩子的专科诊所。我们可能需要重新安排手术日期，等候孩子完全康复。

术前通话

在孩子做手术之前，您将接到一通电话，告诉您一些重要的信息，包括手术当日的到达时间和饮食指示。

- 请确保您的专科诊所有您目前的电话号码。
- 请把通话时得到的重要信息写在下面的方框中。
- 请告诉我们在手术当天是否有孩子的兄弟姐妹需要随您一起来。

除胃肠道（GI）手术之外的所有手术

- 如果您在手术日两个工作日没有接到我们的电话，请打电话给术前通话室，电话号码 206-987-7890。
- 如果孩子是做介入放射（IR）手术，请打电话给外科中心介入放射（IR）手术室，电话号码 206-987-2566。

胃肠道（GI）手术

- 对于做胃肠道（GI）手术（如结肠镜、内窥镜、乙状结肠镜或肝活检）的患者，您将在您的孩子手术日期三个工作日前接到这通电话。
- 如果您在手术日期三个工作日前没有接到我们的电话，请打电话给外科中心胃肠道（GI）手术室，电话号码 206-987-2849。

饮食说明

如果您没有遵守此处的饮食说明，孩子的手术必须取消，并重新安排。



术前通话时需要记下以下信息：

手术日期： _____

手术当天到达医院的时间： _____

手术当天到达医院前需要服用的药物：

_____	_____	_____
_____	_____	_____
_____	_____	_____

在以下时间之后停止进食固体食物、浓稠液体奶制品、婴儿配方奶或与婴儿配方奶混合的母乳：

在以下时间之后停止喂纯母乳： _____

在以下时间之后停止饮用/进食清澈饮料（水、清澈苹果汁、电解质水（Pedialyte）、七喜（7UP））、口香糖或硬糖： _____

您的孩子的手术地点

西雅图儿童医院主院区
Seattle Children's Hospital Main Campus
4800 Sand Point Way NE
Seattle, WA 98105

您的孩子的手术将在以下地点进行：

- Ocean 大楼** 在 Ocean 停车场任何一层停车，进入 Ocean 第 6 层，办理手术登记。在入口处登记台领取附照姓名标牌。
- Forest 大楼** 在 Forest 停车场任何有自行停车标志的停车位停车，乘电梯去大厅。在入口处登记台，会发给您一个可扫描的姓名标牌以及前往手术中心的路线图信息。

帮助孩子做好手术准备

- 告诉孩子要去医院以及将会发生的情况。如需了解有关提示，请阅读“手术当天会发生什么”（What to Expect on Your Surgery Day），请访问网站 www.seattlechildrens.org/patients-families/surgery，点击“帮助孩子做好准备”（Preparing Your Child）。这份网上手册由 Child Life 的专家编写，对消除孩子的顾虑和与孩子讨论手术信息很有帮助。

手术后需要什么

- 在家里准备好苹果汁、电解质水（Pedialyte）和其他清澈饮料。
- 如果需要，请准备好有关器械（如拐杖、助步器或淋浴椅），以便在术后护理孩子时使用。
- 安排将孩子安全地载回家中的交通工具。确保车内有孩子的汽车座椅或大龄儿童垫高椅。

手术前一天

- 给孩子洗澡或洗淋浴，并且洗发，这样做有助于防止您的孩子的手术部位感染。如果医务人员向您提供了洗必泰（Hibiclens）用品包，请在使用时遵循《洗必泰洗浴手册》中的说明（seattlechildrens.org/pdf/PE611SC.pdf）。如果您需要更多的洗必泰或者没有从诊所领取洗必泰，可在大多数药房购买。

手术当日

- 去医院之前，清除/取下所有化妆品、指甲油、隐形镜片、首饰和耳环/鼻环/体环。如果取下金属首饰会导致穿孔闭合，请与您的穿孔专业人员联系，在穿孔内放入非金属首饰。
- 让孩子穿舒适的衣服，可以穿不连脚的睡衣（不能穿连脚睡衣）。
- 请按时到达。如果迟到，孩子的手术可能被取消或重新安排。
- 当您到达登记台时，您将为您孩子的手术办理登记手续，并领取寻呼机或电话。电话或寻呼机将用于与您沟通您孩子的手术进展状况。您还将收到一份传单“您的孩子的手术日”，其中包括有关您在手术当天可以期待什么以及您可以使用的资源的信息和图示指南。
- 手术开始前，您将与您的孩子的外科医生和麻醉师会面，并有时间向他们提出任何问题。
- 手术前，年满 12 岁的女性患者需要提供做妊娠筛查的尿样。
- 签署同意书 — 一名享有医疗决策权的家长或法定监护人必须陪伴孩子前来做手术或通过电话提供口头许可。被授予实际监护权的祖父母、阿姨、叔伯/舅舅等亲属和寄养父母可能不具有在孩子的手术同意书中签名的法定权利。
- 拍照或录像前，请向您的孩子的护士询问。

病童

如果您的孩子在手术当天早上生病，请打电话给 206-987-2337。

手术时携带什么

- 孩子正在服用的所有药物和补充剂清单，或带上这些药品
- 证明您有权对孩子的手术作出决定的法律文件（如适用）
- 所有医疗保险卡或优惠券
- 让您的孩子穿宽松、舒适的衣服（如宽松运动裤）和有良好支撑的舒适鞋子（网球鞋）。如果您的护理团队让孩子穿拖鞋，可以穿拖鞋。
- 一件孩子喜欢的玩具或一条毯子。孩子可以将这件给他带来安慰的物品带在身边，直到手术结束。
- Symphony 牌吸乳器或您自备的吸乳器和设备（如适用）以及保持母乳冷却的方法。如果您没有自己的吸乳器，您可以使用医院的 Symphony 牌吸乳器。

住院

如果您的孩子的手术要求住院，我们将尽量确保您的孩子的手术在预定的日期进行，但有时其他孩子会出现紧急情况，必须住院。如果我们的住院部没有病房，我们可能需要重新安排您的孩子的手术日期。尽管不会经常出现这种情形，以前曾出现过此种情形，我们希望让您有思想准备。

我们建议您：

- 为航空旅行购买旅行保险或全额弹性机票。在购买之前，您应该查看有关您可能购买的任何保险的旅行日期变更规定。
- 告诉家人和雇主您的孩子的手术日期可能变更。

如果我们需要变更手术日期，我们会尽快与您联系。这可能是为您的孩子安排的手术日期前的 1-3 天。我们知道，这可能会造成压力，我们将尽量回答您的问题，减轻您可能出现的任何焦虑情绪。我们还将与您的医务工作者合作，了解手术日期变更给您的孩子的总体护理计划带来的影响。我们非常重视您的孩子的护理。我们了解这样做可能带来不便，但我们希望您的孩子能在最安全的环境中康复。

带其他孩子一起来

- 如果可能，请勿带其他孩子来医院。
- 如果您必须带上他们，在术前通话时讨论这个问题。

在医院过夜

- 如果孩子手术后在医院过夜，只有一名家长或法定监护人在医院陪伴孩子过夜的场地。
- 如果第二位家长或照护人需要在医院陪护，请在术前通话时讨论这个问题。
- 如需了解更多在医院陪护的信息，请访问网站 www.seattlechildrens.org/patients-families/hospital-stay。

有问题吗？

- 如果您对孩子的手术或药物有任何疑问或者需要更改地址或电话号码，请打电话给孩子的专科诊所。
- 如果您希望了解孩子应当在何时停止进食或喝饮料，请打电话给 206-987-7890。

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.

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

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.



Seattle: Before Procedure Checklist

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.
-

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), gum or hard candy after: _____

Seattle: Before Procedure Checklist

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.
- Before the procedure, female patients 12 years and older will be required to provide a urine sample for pregnancy screening.

Seattle: Before Procedure Checklist

- 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.

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.

Seattle: Before Procedure Checklist

Staying overnight

- If your child is staying overnight in the hospital after their surgery, there is room only for 1 parent or legal guardian to stay with your child.
- If a second parent or caregiver needs to stay at the bedside, please discuss this with us during your pre-procedure phone call.
- 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.