

## At Home

- Please follow the advice sheet specific to your child's surgery (enclosed).
- Encourage your child to drink.
- Your child can eat as normal.
- Your child might be tired. Allow them to rest and check them regularly.
- Your child's operation site might be a bit sore. Your nurse will advise you regarding the administration of pain relieving medication before you go home. In addition, your child may complain of a sore throat. This is due to the anaesthetic and will resolve in a few days.
- Your child **must not** go to school the following day.

If you have any questions after you return home, please call us using the contact numbers that you have been given.

## Further information can be obtained from:

NHS Direct	Dial 111
Or contact your GP	
Bluebell Ward, Lister Hospital, Stevenage (24 hours)	01438 284008
Children's A&E, Lister (24 hours)	01438 284333
Children's Day Services (Mon to Fri: 08.30-17.00)	01438 286315
Patient Advice and Liaison Service	01438 285811

[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

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You can request this information in a different format or another language.

# Coming into Hospital

## Child Health Patient Information Leaflet



## Introduction

This leaflet aims to give you an outline of what to expect on the day of your child's operation, the preparation at home before admission and to assist you in planning for when you go home.

## How to get to the Lister Hospital, Coreys Mill Lane, Stevenage, SG1 4AB.

The hospital is located near to the A1, Junction 8.

The hospital can be accessed via public transport or by car.

## Parking at the Lister Hospital

There is multi-storey car park on site. This facility is payable on exit. There are also a few drop off spaces at the back of the Day Surgery Unit.

## Location of the Day Surgery Unit

The Day Surgery Unit is located at the rear of the hospital. It can be accessed by walking to the back of the hospital in the direction of the Diamond Jubilee Maternity Unit. On reaching the Maternity Unit turn left (rugby ground in front of you) and follow the signs to staff car park. The Day Surgery and Endoscopy Unit is on your left, before the staff car park.

## About the General Anaesthetic

A general anaesthetic means that your child will be given drugs to induce an unconscious state, so that they will not feel or remember the treatment. It can take up to 24 hours to recover from the effects of a general anaesthetic.

### If your child is having surgery in the morning:

- No food (including milk) after midnight.
- **Before 07:00am** - offer water or squash then **nothing else to drink** before the operation please.
- **After 07:00am - NO food or drink** is to be consumed.

### If your child is having surgery in the afternoon:

- No food (including milk) after 07:00am.
- **Before 11:00am** - offer water or squash then **nothing else to drink** please.
- **After 11:00am - NO food or drink** is to be consumed.

**Do not chew gum or suck sweets please.**

- Do take regular medication as normal, unless advised otherwise. Please bring this medication into hospital with you, e.g. Inhalers, liquids and tablets.
- Please remove any make-up (including nail polish) or jewellery before coming to the hospital

### What to bring with you on the day:

For your child - clothing, loose fitting nightwear/jogging bottoms, preferably not their best.

A favourite toy and buggy, particularly for younger children. We do have some toys, books and a television etc. Please bring with you any books and games that you may wish to use while you are with us. We have a small selection of refreshments for after the operation, but we do advise you to bring a packed lunch for you and your child. Please note that the Day Surgery Unit is a distance from the shops.

### On Arrival

Please report to reception on Day Surgery Unit at \_\_\_\_\_ hours.

### Before Your Treatment

You will be introduced to your anaesthetist and your surgeon,

who will explain your child's treatment and answer any questions that you might have. You will be asked to sign your child's Consent to Treatment form.

Please help your child to get changed into their own nightie or pyjamas.

### After Your Operation

- Your child will be assessed in the recovery room. It is best for us to let your child wake up gradually, so don't be alarmed if they are in recovery for half an hour or more. As soon as they start to wake up your child will be transferred back to the ward.
- As soon as your child feels well enough, a drink and then a light snack will be offered. It is common for children to complain of a sore throat following an operation. This is due to the anaesthetic and is often relieved with a cold drink.

### Getting Ready to go Home

As soon as your child is feeling well, and tolerating food and drink, you will be able to go home.

Your nurse will prepare you for this. You will be advised on all aspects of aftercare and given contact numbers for additional advice, if required.