

Coming into hospital

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 Lister Hospital, Coreys Mill Lane, Stevenage, SG1 4AB

Lister Hospital is located near to the A1(M), Junction 8. The hospital can be accessed via public transport or by car. There is a 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 Endoscopy and Day Surgery Unit.

Location of the Day Surgery Unit

The Endoscopy and Day Surgery Unit is located at the rear of the hospital. It can be reached 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 Endoscopy and Day Surgery Unit is on your left just before the staff car park.

Anaesthetic

A general anaesthetic means that your child will be given drugs to induce an unconscious state (will be asleep) 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 7:30 am** - offer water or squash then **nothing else to drink** before the operation.
- **After 7:30am** - **NO food or drink** is to be consumed.

If your child is having surgery in the afternoon:

- No food (including milk) after **7:00 am**.
- **Before 12:00 pm** - offer water or squash then **nothing else to drink** before the operation.
- **After 12:00 pm** - **NO food or drink** is to be consumed.
- **Do not allow your child to chew gum or suck sweets on the day of their operation.**
- 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 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 the reception on Day Surgery Unit at _____ hours.

Visiting information

Please ensure that the accompanying adult has legal parental responsibility for the patient.

We are able to have two consistent adults by the bedside of each patient, although there may be some circumstances on the ward when we may ask one adult to wait in the waiting area.

Please be aware we cannot have any other relatives or siblings waiting in the department.

Before your child's treatment

You will be introduced to the anaesthetist and 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 child's 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.

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. Before you go home, your nurse will advise you about giving your child pain relieving medication. 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

Royal College of Anaesthetists (RCoA)

- Website www.rcoa.ac.uk/patient-information/patient-information-resources/information-children-parents-carers

NHS

- Website www.nhs.uk

Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Bluebell Ward, Lister Hospital

- Telephone 01438 284008

Children's Emergency Department

- Telephone 01438 284333

Bramble Ward

- Telephone 01438 286315

Children's Day Surgery, Level 4

- Telephone 01438 285775

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. It is available 24 hours a day, 7 days a week - Telephone 111.

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

Date of publication: June 2019

Version number: 4

Author: J. Callard

Reference: Children

Review Date: May 2027

© East and North Hertfordshire NHS Trust
www.enherts-tr.nhs.uk