

Your Guide To Day Surgery

If you have any questions or problems please contact:

Children's day surgery - 01305 255771

Kingfisher Ward - 01305 254253

You can also access more information and child friendly
leaflets from the Royal College of Anaesthetists:
www.rcoa.ac.uk/childrensinfo

 goes to

Day Surgery

on at



Your Operation

This leaflet tells you all about having your operation on the Day Surgery Unit.

We hope you enjoy reading it and colouring in the pictures.

Eating and drinking before your operation:

You must not have any food in your tummy when you have an anaesthetic so it is very important to follow these instructions precisely. If you have anything in your stomach during an anaesthetic, it might come back up while you are unconscious and get into your lungs. This would make you very poorly.

If your operation is in the morning

You must have nothing to eat at all before you come to Day Surgery. Please have a clear drink such as water or diluted squash before 6.30am. You must have nothing to drink after 6.30am.

If your operation is in the afternoon

You should have a light breakfast before 7.30am and nothing to eat after this. Then you should have clear drinks such as water or squash up until 11.30am. You must have nothing to drink after 11.30am.

Clear drinks are water or diluted
squash ONLY

On the day of your operation, you must not have anything:

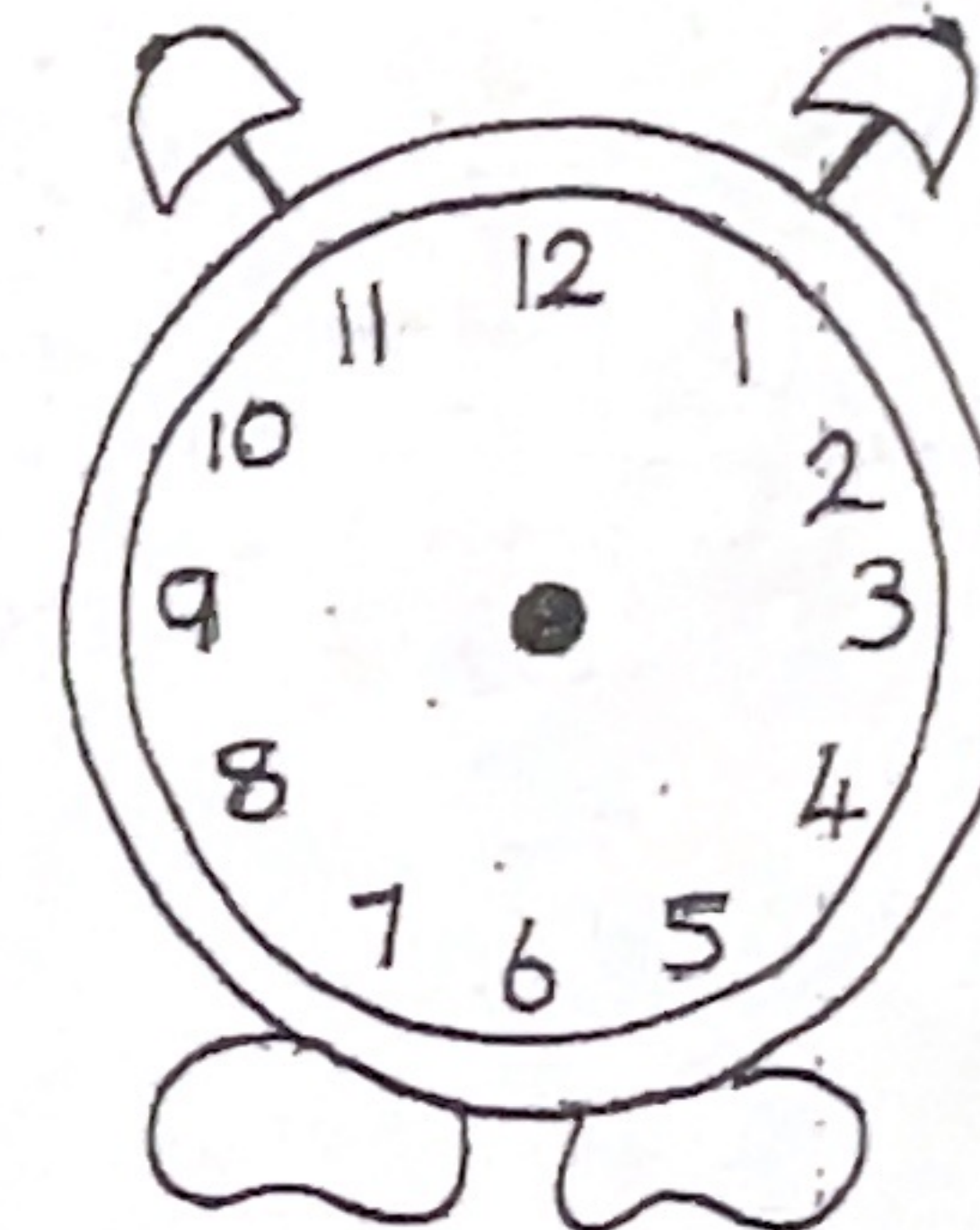
To eat after: _____

To drink after: _____

No food after ⇒



No drink after ⇒

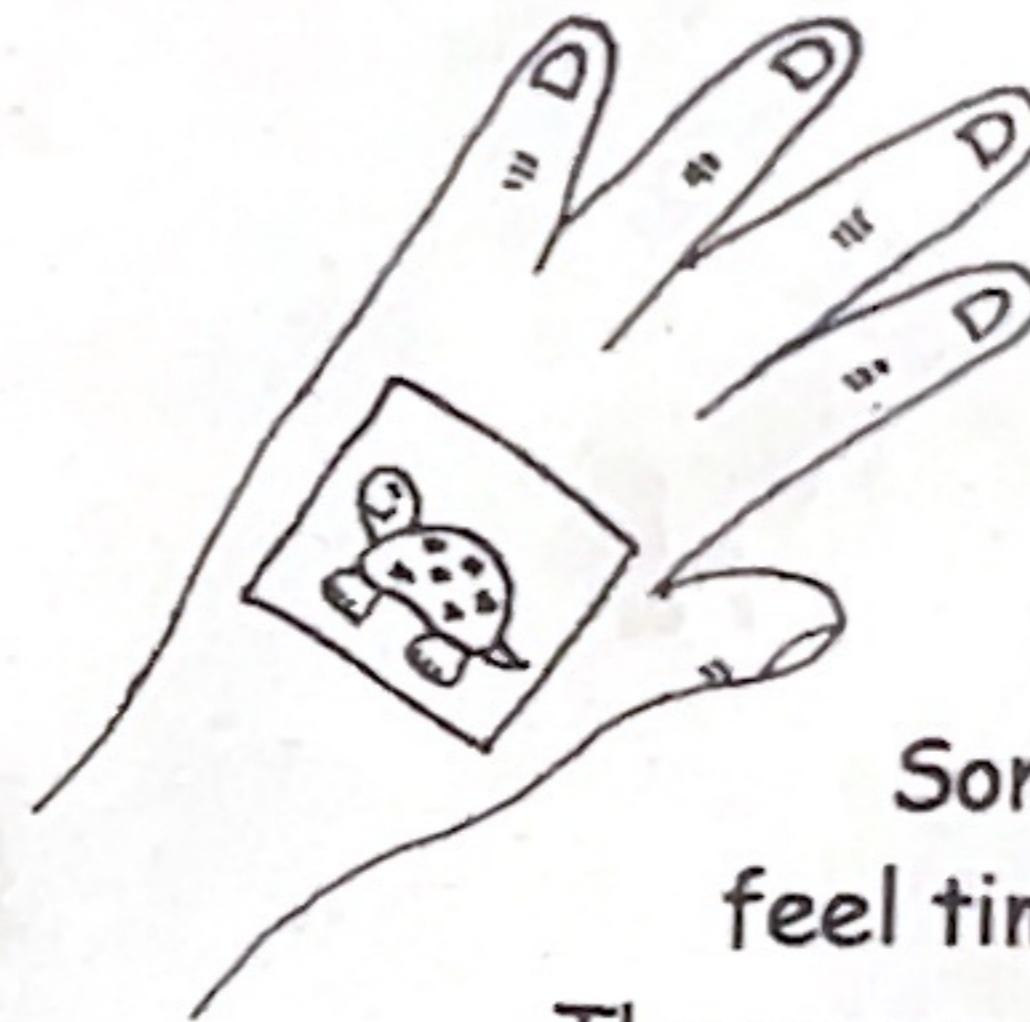


On the day of your operation you should bring some pyjamas (but not onesies) with you to wear while you are asleep and don't forget to bring your favourite teddy/toy.

You can also bring something to play with but if it is electronic please make sure you look after it so it does not get lost.



When you arrive on the Day Surgery Unit, one of the nurses who will look after you will say hello and show you which bed will be yours for the day.



The nurse will put some magic cream on the back of your hands which will be covered by a plaster to stop it being rubbed off.

Sometimes the cream makes your hand feel tingly.

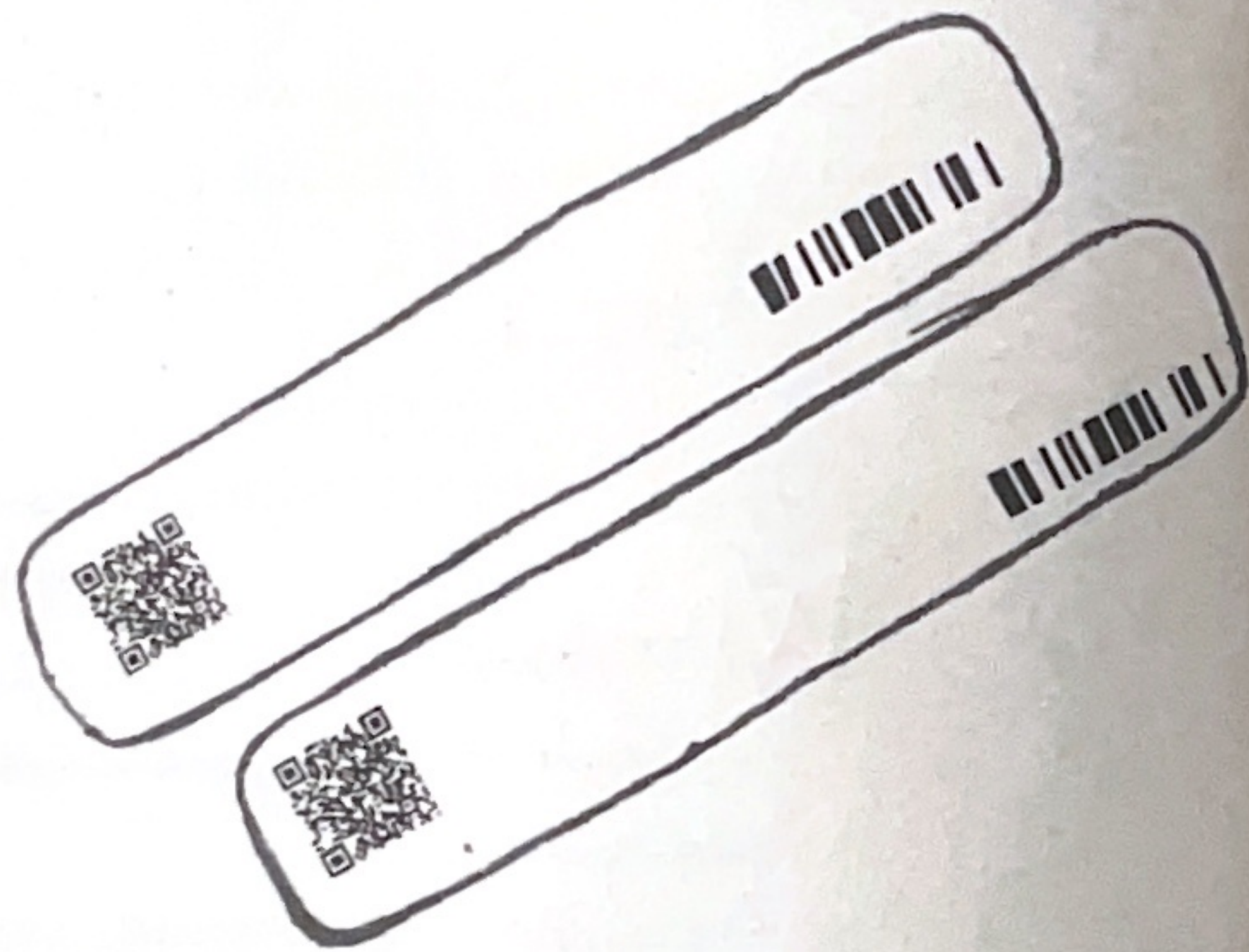
The cream stops you feeling the scratch of the little tube that is put in your hand when it is time for your operation.

The nurse will also check your temperature and ask some questions.



The nurse will put a bracelet on your wrist and one on your leg. These bracelets have your name on them - now all the nurses looking after you will know your name.

You can write your name on these bracelets.....



If you have an allergy you will also need a red bracelet like this one



.....and colour the allergy one red.

A special doctor called an anaesthetist will come and say 'hello'. This person may be wearing a blue hat and looks after you when you are asleep. Are they wearing a blue hat today?

The surgeon (the doctor who will do your operation) will also come and see you.

Once you have seen the anaesthetist and surgeon you can play with the toys, do some drawing or maybe watch a DVD.



When it is time for you to have your operation, you need to collect your favourite toy, then go with your grown-up and your nurse down the corridor to the theatres.

Look out to see what number is on the door of your theatre.



In theatre some 'sticky buttons' are put on your chest and tummy. These let the anaesthetist know how fast your heart is beating while you are asleep.

The magic cream will be taken off and the anaesthetist will put the little tube (cannula) in your hand. Then some sleepy medicine which looks like milk will be put in to the little tube and you will fall asleep very quickly.

Sometimes the anaesthetic might be started using a mask. The mask smells like felt tip pens and takes a bit longer to work. You will still need a little tube in your hand but this will be put in once you are asleep.

Your grown-up will stay with you until you are asleep.



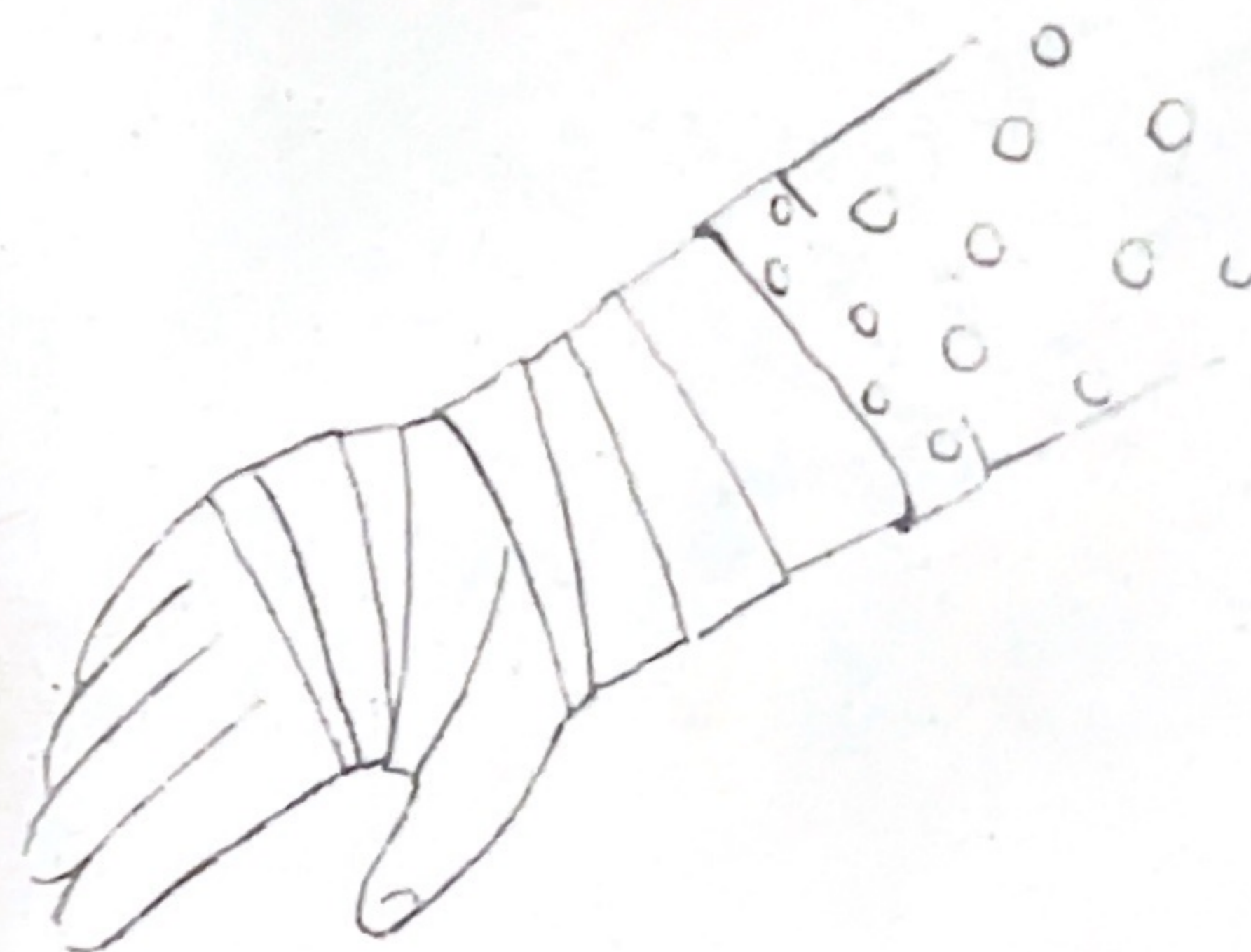
While you are asleep your grown-up will be waiting for you nearby. The anaesthetist will stay with you all the time and look after you.

After your operation some different nurses will be looking after you in the recovery room until you wake up. You might have a little green mask on your face.

Did you have a little green mask on your face when you woke up?

When you have woken up you will be taken back to the ward to see your grown-up. You might feel a little bit sleepy at first.

Sometimes the little tube in your hand will be hidden under a white bandage. This will be taken off before you go home.



When you are back on the ward you will be able to have a drink and when you are properly awake you can have something to eat and a milkshake.



Are you feeling better now?
You will soon be able to go home.



Your grown-up will be given an information leaflet.

Now you can go home to rest.

Who's who and what's what

Nurses

People who look after you while you are in hospital.



Anaesthetist

The doctor who gives you the sleepy medicine and looks after you until it's time to wake up again.

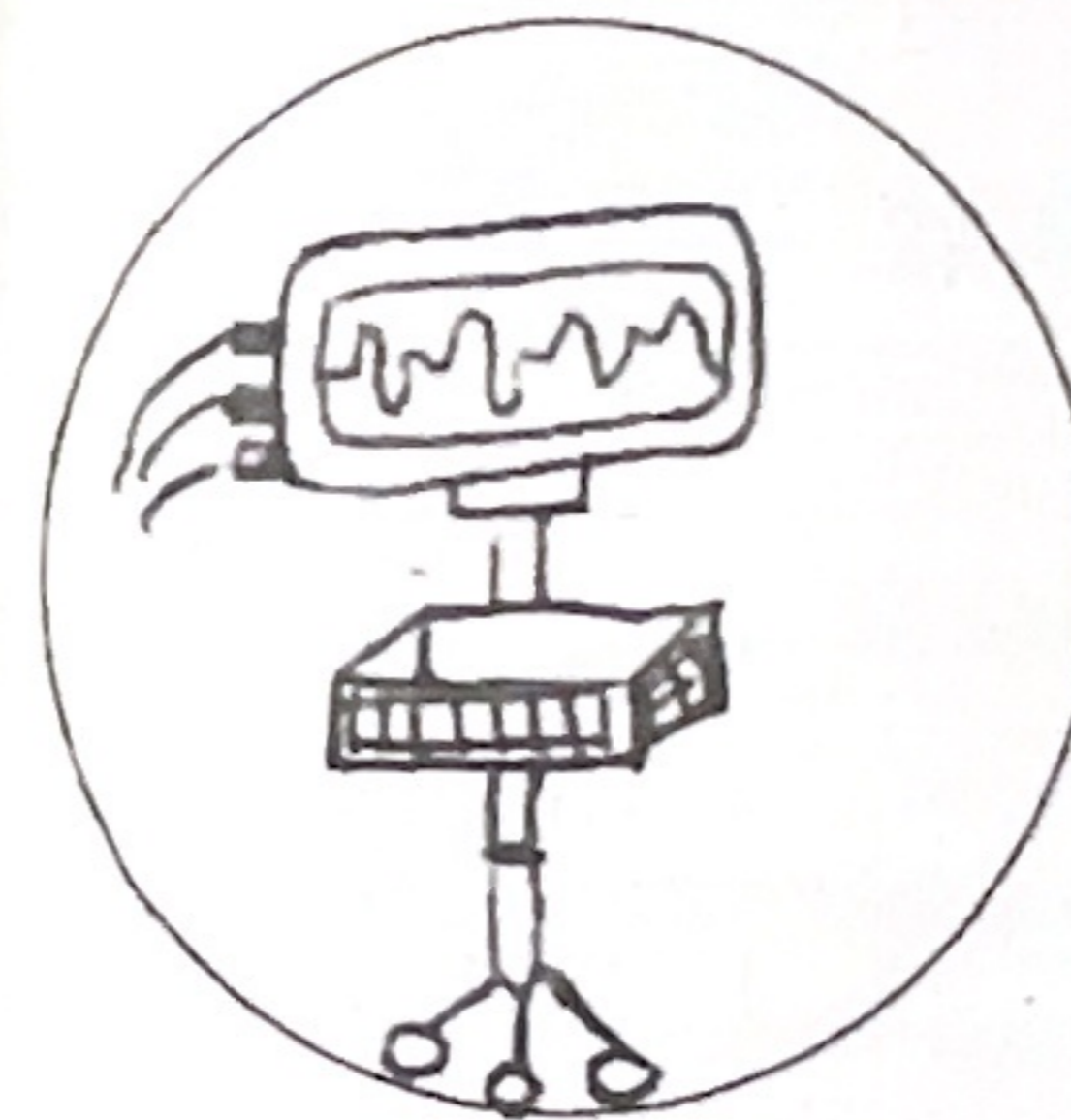
Operating Department Practitioners and theatre nurses

People who help the anaesthetist to look after you while you are asleep.



Theatre

A room in a hospital where operations are done. Everything is very clean and the people working there wear clothes like pyjamas and hats to keep their hair tidy.



Monitor

A machine the anaesthetist uses to keep a close eye on you while you have your anaesthetic. It uses some stickers on your chest and a peg on your finger to check how fast your heart is beating and how well you are breathing.

Recovery room

The room where people wake up after operations.

