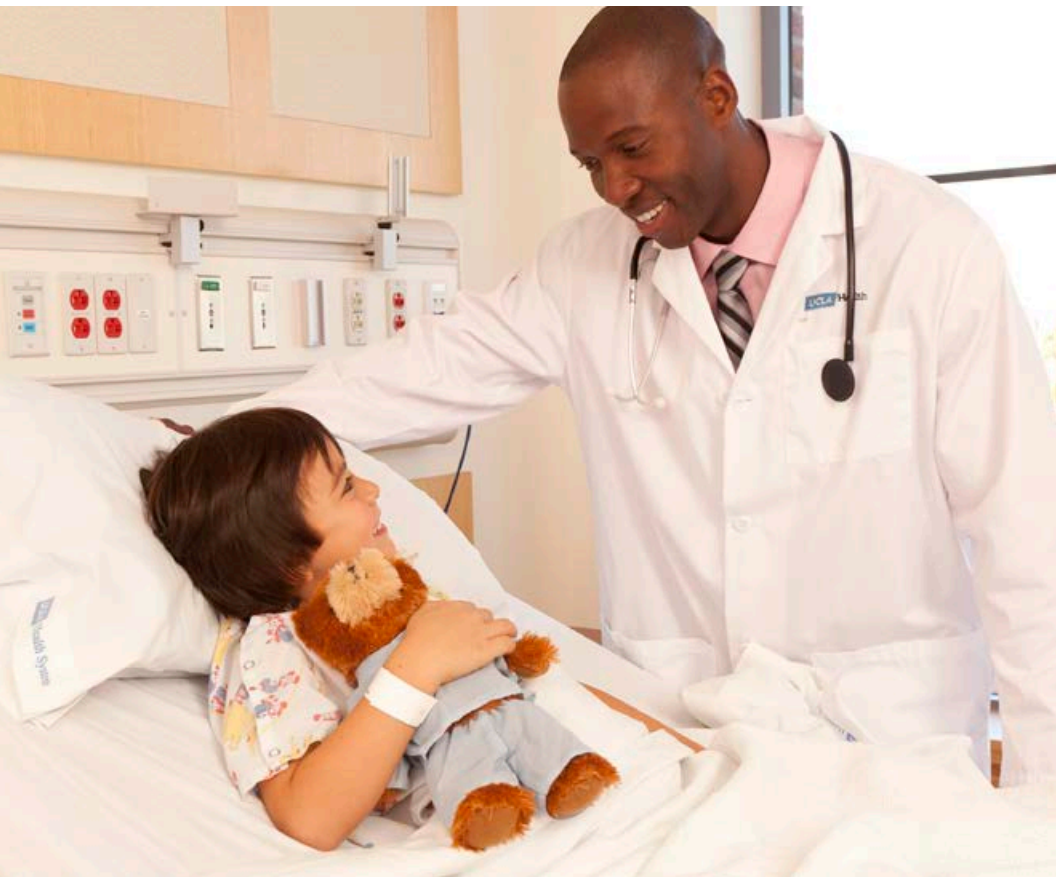


Preparing for Your Child's Surgery



Welcome

Welcome and thank you for choosing UCLA Mattel Children’s Hospital for your child’s care. Preparing for your child’s surgery or procedure can be challenging. We are here to help guide you to feel prepared. Our expert Pediatric Perioperative Surgical Home (PPSH) team will work hard to ensure your child’s surgical experience is safe, timely and comfortable while providing the latest treatments available in a compassionate atmosphere.

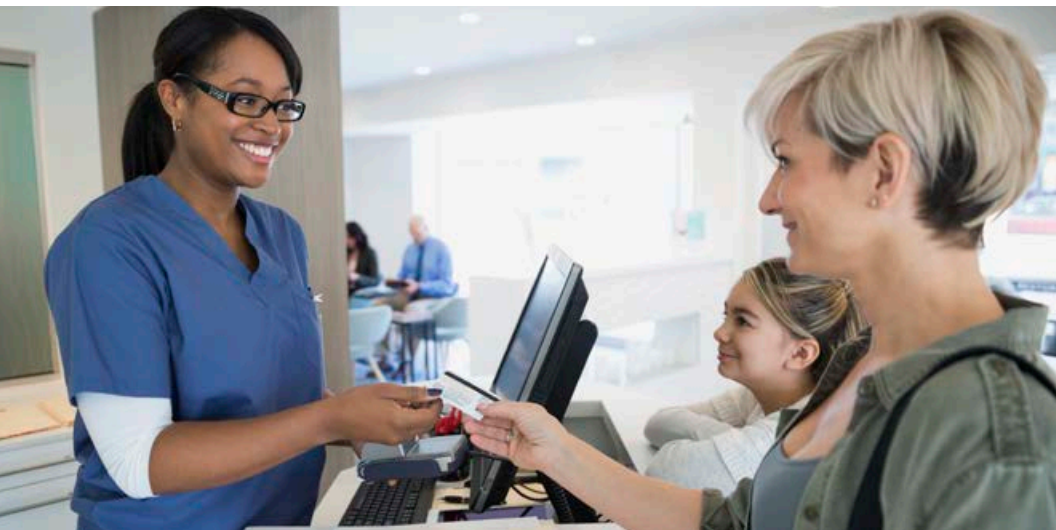


Preoperative preparation

Once your child's surgery or procedure is scheduled, we will review and evaluate your child's entire medical history, current medications and allergies. Depending on the type of surgery, a nurse may call you to review and/or obtain a copy of any pertinent outside medical records.

If your child's doctor has requested a pre-anesthesia evaluation visit, you will need to contact the Preoperative Evaluation and Planning Center (PEPC). The surgeon will only require this visit for children who have complex medical issues or have increased anesthesia risk. Call (310) 794-4494 to schedule an appointment two-to-four weeks before your child's scheduled surgery.

If your child's doctor gives you specific instructions for your child's surgery or procedure, please follow them closely. It is important to ask questions at that time if anything seems confusing. For any questions regarding your child's surgery or what to expect on the day of surgery, please contact your child's doctor and/or visit uclahealth.org/mattel/preparing-for-surgery. Our Pediatric Perioperative Surgical Home (PPSH) team has provided many helpful tips, including how to talk to your child/child's siblings about the day of surgery and how you can help your child recover after surgery.

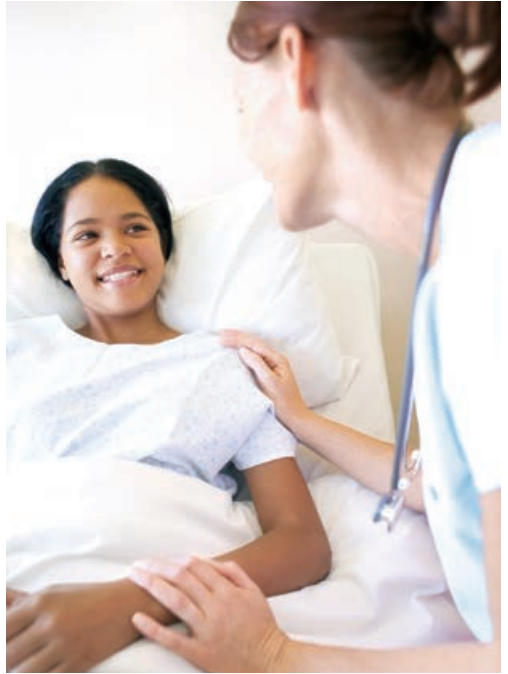


Consents

You will be asked to sign two informed consent documents, one for your child's surgery or procedure and another for anesthesia. Children and minors (under 18 years of age) must have an informed consent signed by a parent or appropriate legal representative. If necessary, please bring proof that you are the minor's legal guardian.

For any questions about anesthesia, we encourage you to visit uclahealth.org/mattel/pediatric-anesthesiology and uclahealth.org/mattel/anesthesia. You may also contact the UCLA Pediatric Anesthesiology team at uclapedsanes@mednet.ucla.edu with any questions specific to your child.

In some cases, consent for blood transfusion may be needed. This will be determined by your child's surgeon or proceduralist, and you should contact them with any questions. If you have any concerns or have questions about direct donor blood donation or were told it may be difficult to find matches for your child's blood type, please notify your child's doctor as soon as possible.



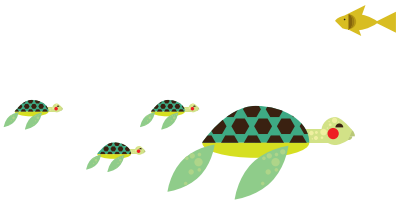
Evaluate your child's health

In the days and weeks before surgery, try to make sure your child gets enough sleep and follows a nutritious diet. **If you believe your child is sick or becoming sick, it is very important to notify your child's doctor immediately.** Sometimes even minor illnesses, such as a cough, runny nose or fever, can cause problems during surgery and anesthesia.

Medications

Check with your child's doctor regarding whether or not your child should continue taking his/her usual medications. It is especially important to ask about any blood-thinning, blood sugar or inhaled medications. Please do NOT give your child Motrin/Advil (ibuprofen) or Aleve (naproxen) within the three days before surgery unless specifically approved by your child's doctor.

If your child needs to take medication on the day of surgery, remember he/she can only take it with a sip of water. There is no need to bring your child's medications from home unless you have been specifically instructed to, or you believe it is useful to help clarify your child's medication list with our staff.



What to bring

Please bring all the forms you were asked to fill out by your doctor and any pertinent medical records. You should also bring insurance cards or any medical assistance information.

Personalized items you pack for your child's surgery or procedure will depend on if your child is staying in the hospital overnight, and if so, for how long. Remember you may need to pack items for yourself as well. If your child has a special toy/item to keep him/her comfortable, wears glasses or has a hearing aid, we encourage you to bring them but recommend labeling it with a name and phone number.

For more details on what to pack for your child's hospital stay, visit uclahealth.org/mattel/what-to-bring. Please note, because we are unable to replace lost or misplaced personal items, we recommend that you bring only essential items to the hospital.

Please contact your child's doctor if you are not sure how long your child will need to stay in the hospital. For more information on hospital admissions or prolonged hospital stays, visit uclahealth.org/mattel/admissions-information.





Day before surgery

Arrival time

Before 4 pm on the business day before your child’s surgery or procedure, a nurse will call you (if surgery is scheduled on a Monday, the nurse will call you the Friday before). The nurse will inform you where and when to arrive on the day of your child’s surgery. If you do not receive a call by 4 pm, please call the appropriate number below.

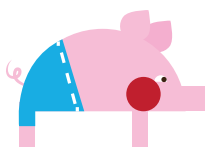
- Ronald Reagan UCLA Medical Center: (424) 259-8070
- Ronald Reagan Ambulatory Surgery Center: (310) 794-1085
- UCLA Medical Center, Santa Monica: (424) 259-8060
or (310) 319-4742
- Ambulatory Surgery Center, Santa Monica: (424) 259-8859

Interpreter Services is available to you at no cost. Please notify our staff the day before surgery if you will need an interpreter.

Eating and drinking restrictions

Please note: The guidelines on the next page are to be followed in addition to your child’s doctor’s instructions. If your child’s doctor gave your child personalized fasting instructions, please follow those instead.

The eating and drinking restrictions (also referred to as “fasting” or “NPO” guidelines) are required the day before surgery to ensure your child’s safety and to avoid delays. If your child eats or drinks too close to the time of the scheduled surgery or procedure, it is important to tell us immediately so we can make certain it is safe to proceed. It is possible we may need to reschedule the procedure if your child’s doctors feel it is unsafe.



Fasting guidelines

	Clear liquids	Breastmilk & formula	Solid foods
	include liquids you can see clearly through (e.g., Pedialyte, water, Gatorade, apple juice, Jell-O or broth); orange juice and sodas are NOT clear liquids	does NOT include breastmilk or formula mixed with a blenderized or pureed diet	include items part of your regular diet, gum, candy, or mints
Infants: Less than 6 months	STOP consumption 2 hours prior to the time surgery is scheduled	STOP consumption 4 hours prior to the time surgery is scheduled	N/A
Toddlers: 6 months and older, but less than 3 years	STOP consumption 2 hours prior to the time surgery is scheduled	STOP consumption 6 hours prior to the time surgery is scheduled	STOP consumption 8 hours prior to the time surgery is scheduled
Children: 3 years and older, but less than 12 years	STOP consumption 2 hours prior to the time surgery is scheduled	N/A	STOP consumption 8 hours prior to the time surgery is scheduled
Adolescents & Adults: 12 years and older	STOP consumption 2 hours prior to the time you are told to arrive	N/A	STOP consumption 8 hours prior to the time you are told to arrive

Day of surgery

Once you arrive at your child's surgery or procedure location, you will check-in to the following areas:

- At Ronald Reagan UCLA Medical Center, the Admissions Office is located on the first floor of the hospital near the UCLA Mattel Children's Hospital entrance.
- At UCLA Medical Center, Santa Monica, the Admissions Office is located on the first floor of the hospital in room G314.
- For the Ambulatory Surgery Centers, the check-in desk is located in front of the scheduled outpatient surgery location.



At this time, you will designate a primary contact person by giving your name and phone number. The primary contact person will be called by our staff to coordinate meeting with your child as soon as your child's surgery or procedure has finished.

Once you have checked in, you and your child will wait in the surgical waiting area until it is time to go to the Pretreatment Unit (PTU). This is where you will meet with your child's doctors and where you will wait until your child leaves for his/her surgery or procedure. You will then be directed to a designated surgical waiting area. All persons who accompany you and your child on the day of surgery should wait in this area.

For additional information on what to expect the day of surgery, please visit uclahealth.org/mattel/checking-into-surgery.

Visitation

In order to provide the best care before and immediately following your child's surgery or procedure, we must limit visitor access to only two people at a time and only those ages 12 and older. Any additional family members or friends may wait in the designated surgical waiting area. Furthermore, for patient safety reasons, no outside food, beverages, flowers or plants are allowed in the recovery areas.

Chase Child Life Program

Child Life Specialists are readily available if needed for you or your child. To learn more about our Child Life program and how they may assist your family during the surgical process, visit uclahealth.org/mattel/chase-child-life. You may also directly contact a Child Life Specialist, at childlifeorservices@mednet.ucla.edu.



Going home after surgery

Once your child recovers from anesthesia and depending on his/her type of surgery, your child will either be discharged home or be admitted to a hospital floor. If no hospital admission is required, you and your child will be able to go home once our recovery team has assessed if your child:

- Has stable vital signs (blood pressure, pulse, temperature and breathing)
- Is able to drink liquid without becoming nauseated or vomiting
- Is managing any pain and feels comfortable enough to go home

Your child's surgical team will provide all necessary instructions. However, we encourage you to ask about the following before you leave:

- Medications or prescriptions
- Special instructions for changing wound dressings
- Activity restrictions
- Bathing or shower restrictions
- Signs and symptoms of possible complications and who to call if you notice them
- Follow-up appointments
- Medical notes for school/work absences



Locations

Ronald Reagan UCLA Medical Center

757 Westwood Plaza
Los Angeles, CA 90095
(424) 259-8070

UCLA Ambulatory Surgery Center

Peter Morton Medical Building
200 UCLA Medical Plaza, Suite 660
Los Angeles, CA 90095
(310) 794-1085

UCLA Medical Center Santa Monica

1250 16th Street
Santa Monica, CA 90404
(424) 259-8060 or
(310) 319-4742



UCLA Surgery Center in Santa Monica

1223 16th Street, Suite 2101
Santa Monica, CA 90404
(424) 259-8859 or
(424) 259-8850

Directions and parking

For directions to our surgery center locations and information on parking, visit uclahealth.org/mattel/maps-and-directions.

If assistance is needed with transportation, our Patient Affairs Department can provide information about available support services at (310) 267-9113. Please note, transportation must be arranged prior to the day of your child's surgery or procedure.