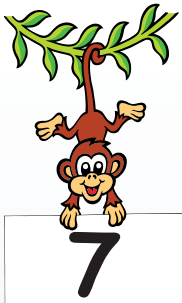


When you are awake, you can go back to your room in the hospital. If you are staying overnight, your Mom or Dad can stay with you and your friends might be able to visit too. The nurses will check on you often. They will take your temperature, heart rate and blood pressure and check the

place the doctor fixed, too! They will give you medicine to make you feel better. If your doctor says it's ok to eat, you will get food brought to you on a tray. When you feel better, you can visit with other children in your room, watch T.V., do crafts or go to the playroom.



When your doctor says it's ok, you can go home. You did it!!! Even though the hospital is a good place, it's always nice to go home. Soon you will feel great again and you can tell your friends all about your adventure at the hospital. Get well soon!



What to pack

- Any medications your child is taking
- A favorite stuffy, toy or blanket
- A favorite movie, book or music
- Slippers and a house-coat if you have one
- Special cups, bottles or soothers your child likes

Please leave all valuables and jewelry at home!

How best to prepare your child

- If your child is between 3-5 years old, prepare only 3-5 days in advance.
- If your child is between the ages of 6-11 years old, prepare 2 weeks in advance if possible.
- Talk openly and answer all questions honestly.
- Help your child pick a favorite toy or stuffed animal.
- Read books about operations.
- Encourage your child to play with medical toy kits and dolls and play with toy thermometers, blood pressure cuffs etc.
- Practice distraction and coping strategies by picking a favorite place or T.V. show to talk about.
- Practice blowing bubbles and spinning windwheels.
- Promote this event as an "adventure."
- One parent can stay at the bedside overnight. Remember to bring your personal care items.



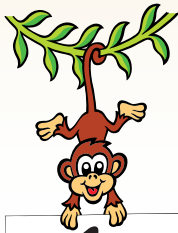
Interior Health
Every person matters

A PRE-SURGICAL TOUR JUST FOR YOU



What happens when you need an operation?

What happens when you need an operation?



1

Sometimes kids need an operation. It's not your fault. It happens to kids all over the world, just like you. You might feel a little scared and nervous but this is normal. We would like to tell you what your visit might be like and what to expect.

On the day of your operation, you will need to have an empty stomach. This means:

- No food
- No drinks (unless told otherwise)
- No candy or gum either.

When you arrive at the hospital, you will check in with your Mom or Dad. A special bracelet will be put on your arm, so that everyone at the hospital will know your name.

After all, **you are very special.**



2

Next, you will go up to a room where a nurse will meet you. The nurse will ask you to put on a gown and then weigh you and see how tall you are. The nurse will also take your temperature, listen to your heart and check your blood pressure.

Your blood pressure is checked with a special cuff that wraps around your upper arm. This cuff will give your arm a hug for a short time. We call it the "hug machine." This does not hurt. The nurse may also put a special cream on the top of each hand and you may be given a drink with a special medicine in it. While you wait for your operation, you can play in the play-room, read a book or watch a movie.



3

When it's time to go to the operating room, your Mom or Dad might be able to go with you. You will go to the operating room on a bed on wheels called a stretcher or you might walk in with the nurse. You will have to wear a funny hat to keep all your hair in during your operation. The nurses and doctors in the operating room all wear clothing that look like space suits to keep the germs and dirt out of the operating room and keep everything extra clean. Everyone in the operating room wears masks that cover their mouths and noses, but you can still see their happy eyes.



4

The operating room might feel cold and it has lots of big lights so that the doctors can see really well. You will see lots of machines and monitors that make funny beeping noises. The nurses will help you move onto a bed where they will connect you to a heart monitor using stickers. A doctor will give you medicine to help you go to sleep. It's medicine that you breathe in through a mask just like air. It might smell a little funny. Don't worry, you will not wake up until your operation is all over. You will have no pain and will not feel a thing while you're asleep.



5



When you wake up after your operation, you will be in the "wake up" room where nurses will look after you. They will check your heart, temperature and blood pressure and the place the doctor fixed. You might find a little tube in your hand, like a straw. This helps the nurses and doctors to give you fluids and medicine. You might hurt a little but the nurses will give you some medicine to make you feel better. When you are more awake, your mom or dad might be allowed to come and stay with you.

