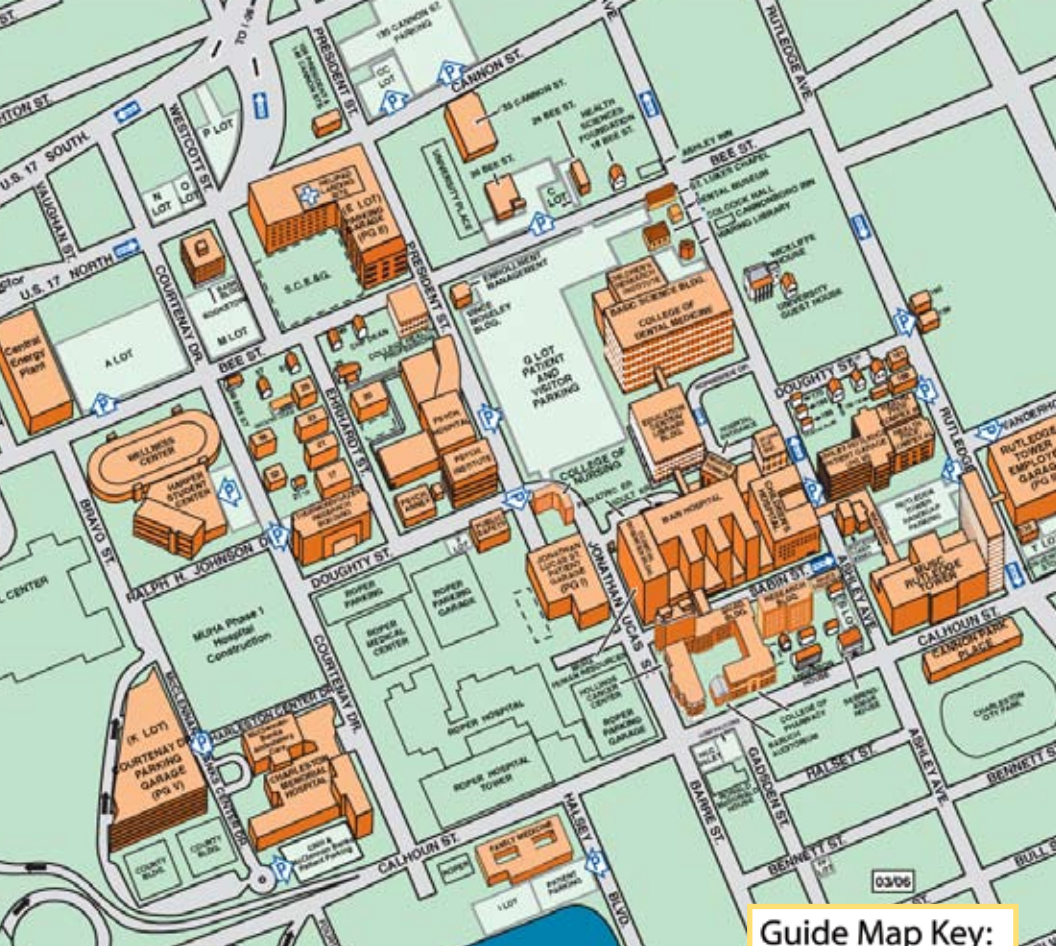




# Going to the Hospital



### Guide Map Key:

-  One - Way Street
-  Parking Entrance



Pediatric Surgery  
96 Jonathan Lucas Street  
Charleston, SC 29425  
MUSCKids.com  
(843) 792-1414  
(800) 424- MUSC

#### Directions from Interstate-26:

Take Interstate-26 toward Charleston to Exit 219-A, Rutledge Avenue. Continue straight on Rutledge Avenue through nine stoplights. The Ashley-Rutledge Garage entrance is on your right at 157 Rutledge Avenue straight ahead.



PEDIATRIC SURGERY  
MEDICAL UNIVERSITY OF SOUTH CAROLINA



## WELCOME TO MUSC CHILDREN'S HOSPITAL

Thank you for choosing our pediatric surgery team to care for your child. Our staff of surgeons, residents, physician assistants, nurses, anesthesiologists, nurse anesthetists and child life specialists will provide expert care, ensuring that this experience is a very good one for your child and family. We will do everything possible to earn your trust and confidence by making your time here safe, comfortable and positive.

This booklet has information about what you and your child can expect when you come for surgery at MUSC Children's Hospital. Whether the operation is a same-day surgery procedure or you will be staying overnight, we want to help you and your child be prepared. If your questions are not answered in this booklet, further information can be found on the Children's Hospital Web site for Pediatric Surgery, [www.musckids.com/about/dept\\_prog/surgery.htm](http://www.musckids.com/about/dept_prog/surgery.htm) or by calling the Pediatric Surgery Office at (843)792-3851.

### WHAT TO TELL YOUR CHILD

Hospital stays and medical procedures can be stressful for children and their families. Children of all ages need to know what to expect when they go to the hospital. Being honest from the beginning is the best way to make your child feel better about their hospital stay.

#### How do I talk to my child about surgery?

- *When to discuss the operation:*  
Children under the age of 5 years should be told just a few days before your visit. Older children need more time to ask questions, pack and plan.
- *Use familiar words*  
Tell your child what part of the body needs to be fixed. Use simple words that your child can understand.
- *Talk and listen*  
Encourage your child to ask questions, to share feelings, to cry or talk about fears. Let him know it is normal to be afraid.
- *Involve your child*  
Allow your child to help pack, selecting favorite comfort items, pictures from home and other special personal items.

- *Provide comfort and reassurance*

Let your child know you will stay with him at the hospital and take him home when it is time. If you cannot stay, tell him who will be there with him. Let your child know that surgery is not a punishment and that needing an operation is not his fault.

- *Ask for help*

Ask about available tours and services to help your family be best prepared for surgery and the hospital stay.

### **How can I answer my child's questions?**

The following are a few questions children commonly ask before their operations and suggested answers parents can give. You can help relieve many of your child's fears of the unknown, build trust and help create a positive experience for your child by honestly sharing information.

*Will it hurt?* "Not during the operation, as you will be in a special deep sleep. Afterward, the place you had your operation may be sore or uncomfortable, but you will be given medicine to help you feel better."

*Will I have to have a shot?* "I'm not sure, but the hospital staff will always tell us before anything happens."

*Where on my body will surgery be done?* Point to the specific spot on your child's body and reassure your child that no other spot will be operated on and that their body will work the same after surgery.

*Why can't I eat or drink before my operation?* "For your special sleep, your stomach falls asleep too, so it can't have any food or drink until after you wake up. The doctors will say when it is OK to eat and drink."

*Will you be with me?* "I will be with you before your operation and with you when you wake up. During the operation I will be waiting very close by."

*When will we go home?* For same-day surgery: "When you are awake, feeling well and have something to drink, we will go home." For planned admission: "The doctors will decide when it is best for you to go home."

### **TIPS FOR DIFFERENT AGES:**

#### **Infants**

- Your baby may be too young to understand the reasons for surgery, but he can sense your stress and worry. Ask questions and gather information so your fears are addressed.
- Bring comfort items such as a pacifier, favorite blanket or stuffed animal.
- Be patient with your baby. It is normal for him to be extra fussy when hungry and in a new place. Do what you normally do at home to console your baby, such as rocking or singing.
- Older babies can be sensitive to strangers and separations from familiar people. Let the staff know how you expect your child will react to separating from you.

#### **Toddlers**

- Prepare your child one to two days before the operation.
- Bring comfort items such as a favorite blanket, stuffed animal or toy.
- Be patient with your toddler. It is normal for him to be fussy or prone to tantrums at this stressful time. Your comfort and understanding can help.



- Play with toy doctor kits and read stories about coming to the hospital.

### **Preschoolers**

- Preschoolers are curious and need to know what to expect in new situations. Reading books, playing doctor or visiting the hospital for a tour are ways to help your child be ready.
- Encourage your child to bring comfort items from home, such as a toy, doll or stuffed animal.
- Preschoolers often have active imaginations. Listen for any misunderstandings or fears.
- Reassure your child that operations are not punishments and that he has not done anything wrong.

### **School-age**

- Children in this age group do not always understand how they get sick and might feel they are somehow to blame for the operation. Encourage your child to share his feelings and worries and to ask questions.
- Allow your child to be involved in decisions when appropriate and to be involved in packing and telling friends and family about the operation.
- Children this age often worry about waking up during surgery or hurting. Explain the role of the anesthesia team (doctors in charge of the special sleep).

### **Adolescents**

- Your teenager should be involved in the plans for surgery and hospitalization from the start.

- Let your child read this information and encourage him to talk about the operation and ask questions.
- It is common for teens to be resistant to having surgery. This might be one way they show fear. Allow time for him to adjust to the idea and to express worries.

### **Additional resources for Preschool to early school-age children include:**

"A Visit to the Sesame Street Hospital". Deborah Hautzig.

"Curious George Goes to the Hospital". Margaret and H.A. Rey.

"Do I Have to Go to the Hospital?: A First Look at Going to the Hospital". Pat Thomas.

"Franklin Goes to the Hospital". Paulette Bourgeois and Brenda Clark.

"Going to the Hospital". Usborne First Experiences. Michelle Bates.

"Going to the Hospital". Mr. Rogers' Neighborhood Series. Fred Rogers.

### **TOURS:**

Scrub Club Tours: For more information on preparing your child, preoperative tours of the hospital are available through the Child Life Department. These can be scheduled through the Child Life Office at (843)792-8805.

Virtual Tours: Are available at [www.musckids.com/about/virtual\\_tour.htm](http://www.musckids.com/about/virtual_tour.htm)





## BEFORE YOUR SURGERY DAY

### WHAT TO BRING TO THE HOSPITAL

#### For your child:

- Favorite stuffed toy or comfort item
- Pajamas, robe and slippers
- Movies (there are DVDs in the rooms)
- Schoolwork (if appropriate)
- Photos of favorite people
- Medications your child is currently taking
- Favorite bottle, sippy cup and/or pacifier (if appropriate)

#### For Parents/Caregiver:

- Pajamas, robe and slippers, comfortable clothing
- Sweatshirt/sweater or blanket for cooler hospital areas and rooms
- Your medicines
- Personal hygiene items such as toothbrush and toothpaste
- Books and magazines
- Cell phone or calling card (to make long-distance calls)
- List of important numbers
- Money or debit cards for meals and snacks
- Your child's insurance information

### EATING AND DRINKING GUIDELINES BEFORE THE OPERATION

The rules for no eating or drinking before surgery are called “nothing by mouth” or NPO guidelines. Infants, children and teens must follow these guidelines to keep them as safe as possible during their surgery. Your child's surgery will have to be canceled or delayed if these rules are not followed.



- Stop all foods including milk at midnight the evening before the surgery. This includes candy and chewing gum.\*
- Clear liquids (water, Pedialyte, apple juice, white grape juice, Sprite) can be offered up to 2 hours before you must arrive at the hospital.
- Remember, your child will be hungry and ask for food and drink. It is very important that these rules are followed. Keeping your child occupied with toys, movies and other distractions will help him through this time.
- When you receive your preoperative call, the medical staff will give you more specific instructions, including information for nursing infants.

\*If you have been instructed about a special bowel preparation, these guidelines will be different. Please consult the Pediatric Surgery team if you have any questions.

### WHO SHOULD COME TO THE HOSPITAL WITH YOUR CHILD

Please remember that a parent or legal guardian must be with your child on the day of surgery.

On the day of your child's operation, he will REQUIRE MUCH OF YOUR ATTENTION. Please try to arrange for someone else to care for siblings away from the hospital. If you must bring other children with you, please bring another adult to help. Because of hospital policy, children cannot be left unsupervised in waiting areas while you are with your child in surgical areas.

### HOW WILL I KNOW WHERE TO GO AND THE TIME TO ARRIVE

#### SAME-DAY SURGERY/AMBULATORY

For Same-Day Surgery/ Ambulatory Surgery, you will receive a call the working day before your child's surgery to tell you the specific location for check-in on the day

of surgery. Same-day surgery is performed in both Rutledge Tower and the MUSC Hospital. Please remember that it is important to arrive on time the day of surgery. If you have not received a call to instruct you on arrival, please contact the Pediatric Surgery Office at (843) 792-3851.

#### OVERNIGHT SURGERY

Surgeries requiring post-operative admission are most often performed in the MUSC Hospital. You will receive a call the working day before your child's surgery to tell you the specific location for check-in on the day of surgery. Please remember that it is important to arrive on time the day of surgery. If you have not received a call to instruct you on arrival, please contact the Pediatric Surgery Office at (843) 792-3851.

#### ADMISSION PRIOR TO SURGERY

Occasionally patients have to be admitted to the Children's Hospital prior to surgery. If your child is scheduled for admission prior to surgery, please arrive at the admitting office in the MUSC Hospital by noon on the day of the scheduled admission.

#### IF YOUR CHILD GETS SICK PRIOR TO SURGERY

**DO NOT GO TO THE HOSPITAL** if your child is sick (cold, cough, fever, vomiting or rash) before the scheduled surgery date. Please call the Pediatric Surgery Office instead.

**(843) 792-3851**

or

**Toll Free (800) 424-6872**

**press #1 and ask the operator for extension 2-3851**

On weekends or after hours, call **(843)792-2123** and ask to speak with the **Pediatric Surgery Resident** on call.





## DAY OF THE SURGERY

### BEFORE THE OPERATION

#### Pre-Operative Holding

You and your child will be taken to the holding room from either the waiting room or your inpatient room. Waiting for surgery can be a stressful time for your child. There are a variety of toys, activities, and videos available for all age children and teens. The nurse in the holding room will take your child's vital signs, usually including temperature, weight, pulse and respirations. A hospital gown will be given to your child to wear into the operating room. Please be sure to remove all jewelry, nail polish and barrettes. Your child is permitted to take a comfort item, such as a stuffed animal or special blanket, into the operation.

#### Anesthesia

While in the holding room, you will meet a team of specially trained physicians and nurses who provide anesthesia. They will discuss your child's medical history and make sure he is in the best physical condition prior to surgery.

The anesthesiologist's main job is to keep your child safe and without pain or memory during surgery. This is accomplished with general anesthesia, regional anesthesia, sedation or a combination of techniques. With general anesthesia, your child will become unconscious by breathing anesthesia gases and/or by receiving medications via an IV. Regional anesthesia numbs the part of the body where the operation is occurring and is accomplished with a spinal, epidural, caudal injection or other nerve block. Finally, sedation is medication given through the IV and makes your child sleepy. You will have the opportunity to discuss the anesthesia plan and address any specific questions when you meet your anesthesia team in the holding area.



As with all areas of medicine, there are risks associated with anesthesia. Unfortunately, surgery without anesthesia is usually not possible or safe for your child. Some of the risks are predictable, and some are not. We will do our best to minimize the risks. Common side effects include headaches, nausea, vomiting, sore throat and bruising of blood vessels. Serious complications are rare. We feel it is an honor to take care of your child and look forward to further discussions on the day of surgery.

### **AFTER YOUR CHILD GOES TO THE OPERATING ROOM**

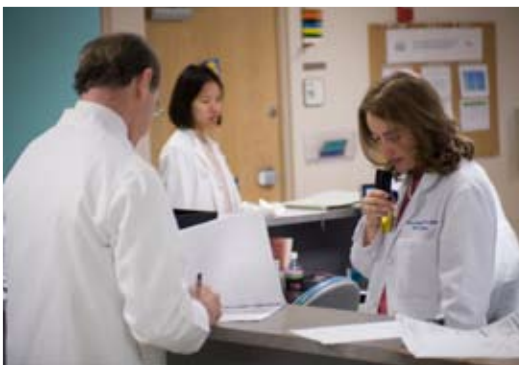
Once your child leaves for the operating room with the anesthesia team, you will wait nearby in the surgery waiting area. If you need to leave for any reason while your child is in surgery, please check out with the reception desk. When the operation is over, your child's surgeon will come talk with you in the waiting area.

### **AFTER THE OPERATION**

Your child will be taken to the recovery room, also known as the Post Anesthesia Care Unit (PACU), after the operation. Immediately after surgery, your child may look swollen or puffy. He may receive oxygen, have an IV and be attached to leads to monitor his heart and oxygen saturation. The OR nursing staff and anesthesiologist will give report on your child to the PACU nurse, and this nurse will make sure your child is comfortable. As soon as possible, the PACU nurse will call for you to come be with your child. Up to two adults are encouraged to stay with your child during the recovery period. Because of space and safety concerns, siblings are asked to stay in the waiting room with adult supervision. Your child will stay in the recovery room until he is stable and ready for discharge from the hospital or to be moved to the pediatric floor/Pediatric Intensive Care Unit if admission is planned or indicated.

### **RECOVERY AFTER THE OPERATION**

Once you are discharged from the hospital, you will be given appropriate instructions for the care of your child, follow-up appointments and pain medication if indicated. Be sure to talk to your child's nurse about any questions or concerns you have. Should you have any questions or concerns after discharge, please contact the Pediatric Surgery Office at (843)-792-3851 or page the Pediatric Surgery Resident on call at (843)792-2123. We are always available to take your calls.







## THINGS TO KNOW ABOUT THE HOSPITAL

### CHILD LIFE

The Child Life Atrium Playroom, located on the seventh floor of the Children's Hospital, is open daily for inpatients and their families. Child Life specialists are available in surgical areas and inpatient units to provide therapeutic play and developmental support for infants, children and adolescents during hospitalization. Child Life specialists provide interventions designed to reduce stress and anxiety and are available to prepare children for procedures. A preoperative tour or preparation session for your child and family may be arranged during the admission workup.

### PARKING

Parking is available in the Ashley-Rutledge Garage, G-lot, or Medical Center Parking on Jonathan Lucas Street (see map). Parking is free for patients after the ticket has been validated by the Children's Hospital for the clinic visits, ambulatory surgery and the day of surgery. There is a daily parking charge once a patient is admitted to the hospital.

### VISITING RULES IN THE CHILDREN'S HOSPITAL

Guests should check with the information desk on the first floor to get a guest badge. We ask that all guests be well, with no colds or fever. Please wash hands prior to any visitation. One adult may spend the night with the patient. Siblings and other children are permitted to visit but not permitted to spend the night in the Children's Hospital.

### YOUR CHILD'S SURGERY

Date: \_\_\_\_\_

Surgeon: \_\_\_\_\_

Procedure: \_\_\_\_\_

If for any reason you need to reschedule your child's surgery or you are unable to arrive at the hospital at your scheduled time, please call the Pediatric Surgery office as soon as possible. **(843) 792-3851 or toll free (800)424-6872.**

