

Information leaflet for Parents/Carers

Pre Admission



This leaflet is to help you remember what we have discussed in pre admission clinic.

Nil by mouth

Make sure you know the last time you can eat or drink. It will be on your letter telling you when to come in for your operation.

It is important that your child continues to drink up until the time you have been told to stop. This will help keep your child hydrated and also helps with recovery after their operation.

Ring if unwell

Please make sure you let us know if your child is unwell before the operation. You can ring pre admissions 0121 333 9543 or your doctor's secretary to get advice.

Medication

Regular medication should be taken as usual unless the nurse/doctor has told you not to have it before your operation.

Please remember to bring in all your medication and inhalers into hospital.

Theatre times

If you have been asked to come in at 7.30am your operation will be between 9am and 1pm.

If you have been asked to come in at 12pm your operation will be between 1.30 and 5pm.

If you have been asked to come in at 4pm your operation will be between 5pm and 8pm.

You are asked to come in earlier so that you can be seen by your doctor, anaesthetist and the nurse. We will not know exactly when your child is going to theatre but the doctors will have a better idea when you are admitted on the day.

Coming into hospital

Inpatient:

If you are staying overnight, you will be asked to go to the Play & Admissions Centre this is where you will be seen by the nurse, doctor and anaesthetist and your child will be able to play before they go for their operation. When it is your turn to go for your operation, the nurse will take you and your child to theatre, they will then take you to the ward where your child will be staying after their operation. You will know which ward this is before you go for your operation.

If you are staying overnight, please make sure you bring a small overnight bag, include a favourite toy or blanket. WIFI is available in the hospital just ask for the details for phones and tablets.

One adult can stay overnight. If you need information about other accommodation, please contact pre admissions or see our website www.bch.nhs.uk

Day case:

If you are coming in for a day case operation you will need to go to the ward on your letter.

Once your child has had their operation and is awake and had a small snack, you will be discharged home. This can be as soon as an hour after their operation..

How you can help prevent infection after your child's operation

A lot of bugs that can cause infection live on the skin and having an operation increases the risk of them getting inside the body and causing infection. It is very important that your child has a thorough body and hair wash or shower

- The night before their operation
- And on the day of surgery.

This will help to keep your child safe from a hospital-acquired infection, which means they can go home on time.

Car Parking

Information about parking is detailed on our website at

www.bch.nhs.uk

Plan your journey to hospital leaving plenty of time for traffic and for parking.

Learning Disability

If your child has a learning disability and you are concerned about their stay in hospital, we can try and help. We also have a learning disability team that can be contacted on:

0121 333 8048

If your child has a learning disability passport, please bring it to hospital with you.

Talking to your child

It is really important that you are honest with your child – make sure they know they are coming into hospital.

Use story books and play to get them ready – if you feel your child needs more preparation let us know and we can talk to a play specialist. There is a video on the website and copies of stories/information depending on the child's age – www.bch.nhs.uk - On the home page go to "Whats it like here?" and then go to "Getting Ready."

When to talk to your child:

2-3yrs old – tell them the day before

4-7yrs old tell them 4-7 days before

8 years and over – involve them in all decisions.

CHECKLIST

Have you checked where to park your car or which train or bus you need to get to the hospital?

Have you packed your overnight bag? Loose clothing is advised.

Have you got your child's favourite toy?

Do you know when your child can last eat and drink, write down the times below:

LAST FOOD and MILK _____

LAST CLEAR DRINK _____

Have you packed your child's medication?

Have you let your child's school/nursery know they will be off?

Other things you want to remember:

Looking after and sharing information about you and your child

We have a duty of care to help patients and families understand how information about them is kept and shared and we include the following information in all our patient leaflets: Information is collected about your child relevant to their diagnosis, treatment and care. We store it in written records and electronically on computer. As a necessary part of that care and treatment we may have to share some of that information with other people and organisations that are either responsible for or directly involved with your child's care. If you have any questions please talk to the people looking after your child or contact PALS (Patient Advice and Liaison Service) - you can do this by calling the hospital main number and asking to be put through to PALS, on 0121 333 8611

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Produced: May 2017
Review Date: May 2021
Version 1.0.0
CPADS: 54928/17

