

PREPARING FOR SURGERY: CHECKLIST FOR PARENTS

Things You **MUST** do, bring, or know:

Do:

- Call the **Surgeons office** if I have not heard from someone by **3:00 the day before the surgery** about the arrival time and the time my child should stop eating or drinking?
- Does my child have a cold or fever? If so, call the surgeon's office, the surgery might have to be rescheduled.
- If required, make sure I have received authorization from my insurance company for the operation?
- Remove all makeup, nail polish, artificial nails, piercings of any kind (ears, nose, lips, tongues, naval, etc), or metal hair accessories from my child.

Bring:

- My child's insurance card and any **co-pays** my insurance requires (please check with your insurance provider for this amount).
- Government issued photo ID card (Ex: driver's license, passport, military ID).
- **Proof of legal guardianship (foster parent papers, court orders, etc.) if I am not the parent of the patient. If the child is in DHR custody, please bring your caseworker or their contact information.**
 - **A patient must be 19 years of age, or an emancipated minor, to consent for their own surgical procedure at Children's of Alabama.**

Know:

- My child should not shave more than 24 hours before surgery
- I need to know which facility I am supposed to go to (Lowder, Benjamin Russell, or Children's South), which parking deck I am supposed to use (click here for directions). I need to keep my parking ticket with me. To receive FREE PARKING, my parking ticket will have to be validated by the One Day Surgery staff. If the ticket is not validated, I will have to pay to leave the deck.
- If my child gets **sick or wheezes within 7 days of the procedure**, call the surgeon's office. The procedure may need to be rescheduled. If my child gets sick and it's **after 5pm on the night before the surgery**, I will need to call One Day Surgery/Outpatient Surgery. If no one answers, please leave a message. Don't forget to notify your child's surgeon as well.

Things You SHOULD do, bring, or know:

Do:

- The morning of the surgery, I should give my child a bath with anti-bacterial soap and use the CHG wipes given to me by my surgeons (please follow the printed instructions given to you by your surgeon's office).
- Removed all makeup, nail polish, artificial nails, piercings of any kind (ears, nose, lips, tongues, naval, etc), or metal hair accessories from my child.
- Bring my child's home medical equipment, including CPAP, BiPAP, Home Vent, Home Oxygen, diapers, special bottles or nipples, Sippy cups, "go bags" for trach patients (including any special trachs), even if they only use it while sleeping.
- Filled out the APASS "online patient questionnaire" (needs to be done at least 72 hours before the surgery). www.childrensal.org/apass (Works best in Google Chrome.)
- Arrange for someone to take care of my other children (including picking them up from school/daycare & extracurricular activities).

Bring:

- My child's medications or a list of all of the medicines my child is taking.
- For female patients, urine (or blood) pregnancy testing may be done on arrival starting at 12 years old or younger if the patient has started their cycle.

Things I Should NOT do or bring:

- Eat or drink in the waiting area or in front of my child at any time before they have gone to surgery.
- Leave the room without checking with the nurse and giving them the cell number where I can be reached.
- Bring other children or siblings or more than two (2) adults.

Per One Day Surgery policy, only two visitors are allowed with the patient in the room at a time.

Things that are good to do, bring, or know:

- My child's comfort items (pacifier, blanket, pillow, favorite toy, book, iPod or other hand held devices).
- Something for me to do while my child is in surgery (like crossword puzzles, a book to read). Free Wi-Fi is available for our guests.
- Money or change for the vending machines.
- Chargers and adapters for my cell phones and computers.
- A small trash can and towels in my car. Some anesthesia medicines may cause my child to get car sick on the way home.
- Have clear liquids to give to my child when we get home (for example: water, popsicles, Gatorade, Jell-O, apple juice).
- Have enough Ibuprofen and/or Acetaminophen at home, if needed.
- Ask my surgeon about any medical equipment I may need after the surgery.