

Ward 36 is the day case surgical ward, located on level 4 at Bristol Royal Hospital for Children. The following information is given to help prepare you and your child for your admission and to help your visit run as smoothly as possible.

How to help prepare your child, at home, for their admission.

For the vast majority of children, day surgery and General Anaesthetic (GA) is very safe. We do understand however, that it can be an anxious time for children and families. There is much research to suggest that children's anxiety levels increase if their parents appear anxious. Whilst we appreciate that it may be difficult for some parents, we advise using positive phrases and language when talking about your child's admission, no matter what their age. We do not use words such as needle and injection; we say that they will have a little buttons with a straw or tube in the back of their hand. Try to refer to medical and nursing staff in positive ways. (I.e. they will help you feel better rather than the nasty nurse with the horrible medicine).

You will also receive the times that your child must stop eating and drinking, (we refer to this as Nil by mouth times), for their safety it is important you follow these instructions. You may find it kinder to your child that you do not allow anyone else to eat or drink in front of them.

In most cases it is best to inform your child that they are coming to hospital and whilst we are mindful of the words we use we do not tell children untruths. If you would like more advice regarding this please talk to your nurse.

Whilst we acknowledge that it is not always possible, we do advise you not to bring other children in with you. Your child undergoing surgery will require your attention and you may find having another child with you distracting. We also ask that no more than 2 visitors stay with your child (this is for your child's safety and for infection control precautions). There is no restricted visiting times and we encourage you to stay with your child for the whole time they are in hospital. Should your child require an overnight stay, 1 adult may stay with them. Please note if your child is undergoing ENT surgery you will be admitted to Ward 36 even if you are due to stay in overnight).

If your child is at all unwell leading up to their admission day please ring the ward for advice. Please also make us aware if your child or anyone accompanying them to hospital has been in contact with anyone infectious and / or unwell.

Please ensure you have Paracetamol and Ibuprofen at home (unless you have been told that your child should not take them).

What to Expect on the Day

On the day you come in, you will usually be asked to come to the ward at either 07.30 (if on a morning list) or 12.00 (if on an afternoon list). You will see a staff nurse or nursing assistant, the team carrying out the surgery and the anaesthetist. Please note that this is not the time your child will receive their operation, however, once the theatre lists commence it is sometimes difficult for members of the surgical and anaesthetic teams to see you, therefore it is important to arrive on time. If you are running late please ring the ward. It is also important that your child takes any regular medication that they are on. If however, this is usually taken with milk, food or a drink please discuss with your nurse during the pre-admission phone call.

Due to the nature of the hospital the order of the list cannot always be finalised until the day of surgery and is sometimes subject to change. We will do our best to keep you informed of any changes made at all times. When it is your child's turn to go to theatre, we will ask ONE parent or carer to come with the child to have their anaesthetic. Once they are asleep, your nurse will accompany you back to the ward. You are welcome to wait on the ward but we would advise that you use the time to leave the ward and get some refreshment. Your nurse will let you know how long you are able to leave the ward for.

As every child is different, sometimes your child may be in theatre longer than anticipated; this is common and nothing to worry about. Sometimes the surgery can take longer than estimated, or some children just take a little longer to wake up after their anaesthetic. Your nurse will be able to reassure you should this be the case. Once your child has woken from their anaesthetic the ward will be phoned by our recovery staff and one parent may accompany your ward nurse to the recovery area. Your ward nurse will receive a handover from the recovery staff and bring your child back to the ward.

Once back on the ward, your nurse will check that your child is recovering well from their surgery and anaesthetic and when your nurse is happy they will offer a drink and light diet. Your surgeon will come to talk to you during this recovery period to discuss the surgery and any follow up plans. Your nurses are experienced in caring for children undergoing day surgery and in the vast majority of cases, once certain criteria are met, it will be your nurse who will discharge you.

When your child is ready to go home, your nurse will go through any discharge advice. They will explain any medication that your child may need to take, this will include pain relief, and if any follow up appointments are needed. You will be given a discharge letter, (a copy of which also gets sent to your GP) and contact telephone numbers should you need any advice once at home. Should you have any questions or concerns once you have been discharged please do not hesitate to contact the ward. As your child has received a General Anaesthetic (GA) we advise you to travel home by private car or taxi and not to travel home on public transport.

When you and your child are happy and all questions are answered, you will be allowed to go home.

Summary of Important Things to Remember

- Let us know if you have a set day or time you would prefer to receive your Pre-admission phone call from the ward.
- Follow the Nil by mouth times.
- Please remove jewellery, make-up and nail varnish before coming in.
- No chewing gum, boiled sweets, mints etc.
- No public transport home (please discuss during your phone call if this will be a problem).
- Bring any medication your child is currently taking in with you.
- Only **TWO** adults with each child please.

What to Bring With You

- Pyjamas
- Your child's favourite toy
- Dummy/comforters/blankets/teddies
- Bottles or special cups or beakers
- Spare clothes including underwear, pull-ups and nappies
- Any regular medication your child takes
- Specific milk or food needed for your child.

What we Provide

- Food and drink post-operatively- please bring foods with you for special diets, allergies, PEG's
- Play room with toys, books, games, play station and craft activities.