

# Admission to hospital

## Vaccinations

We advise that your child does not have vaccinations in the week before or the week after their procedure.

## Who to contact if your child is unwell before their admission

Contact us as soon as possible if your child:

- is unwell and develops a fever, cough, rash, coloured mucous (snot), diarrhoea or vomiting (being sick) in the 7 days before their operation
- has been in direct contact with someone with chickenpox, measles, mumps or scarlet fever in the 14 days before their operation

Call the pre-assessment clinic, **phone:** 020 7188 7188, extension 58209, Monday to Friday, 9am to 5pm.

If your child becomes unwell after 5pm on the evening before their admission, you will need to cancel their admission. **Phone** 020 7188 7188 and ask for the bleep desk. Ask for bleep 0821 and wait for a response.

## What to do if you want to cancel your child's operation

If you cannot make the date you have been given for the operation, please contact the admissions team, **phone** 020 7188 9098, Monday to Friday, 9am to 5pm. Please let us know as soon as possible, so that we can offer the appointment to another child on the waiting list, and rearrange your child's operation.

## The day you come into hospital

You and your child will be welcomed onto the ward by one of our nurses who will take you to your child's allocated bed area and will help you settle your child.

Members of the medical team, including your child's surgeon and anaesthetist, will meet with you on the ward. This is so we can check that your child is well enough for their operation or planned test, and answer any questions you have.

You will be told a rough time for the procedure, but this might change slightly depending on other cases or emergencies.

For more information, visit **web** [www.evelinalondon.nhs.uk/operations](http://www.evelinalondon.nhs.uk/operations)

## Stopping eating and drinking on the day of their procedure

Your child will be given a time to stop eating and drinking (fasting) for the day of their surgery or procedure. This is sometimes called 'nil by mouth'. The time for your child to stop eating and drinking will be clearly written on your child's admission letter.

Here is an example of what you might be told, but a later admission time will mean the times are different.

**If your child has a 7.30am admission, your child can have:**

- food until 2am – nothing to eat after this time
- breast milk until 4am – nothing after this time
- a drink of water at 6am (via their NG tube if they're on thickeners or not allowed fluids by mouth)

Please note that 'food' includes milk (including formula), thickener, carbonated (fizzy) drinks, sweets, and chewing gum.

Your child can continue drink clear fluids (water/diluted squash) until their admission time, unless we tell you otherwise.

## Being with your child

You can go with your child to the anaesthetic room. Once they are asleep you will be asked to leave so that they can be taken into theatre. Afterwards, they will be taken to the recovery room where a nurse will look after them until they wake up. The nurse will call you when your child begins to wake up.

## Waiting for your child

You can wait at your child's allocated bed on the ward, or use the cafés and restaurants at Evelina London or St Thomas' hospitals. In Evelina London, there are 2 cafés (ground floor and 3rd floor) where you can buy drinks and refreshments. There are also restaurants and shops in St Thomas' Hospital. There are parents' rooms located on each of the wards which you can also use. These have a microwave, and facilities for making hot drinks.

If you leave the ward, please make sure that you have given your mobile phone number to the nurse who is looking after your child. We can then contact you as soon as your child wakes up.

If you attend our day surgery unit, you will be given a 'bleep' so we can notify you when your child is waking up.

## What to bring to the hospital

You can bring activities to occupy your child during the waiting time. This will help to distract them while they are waiting for their procedure. Some parents find it useful to bring familiar items, or favourite toys for when their child is in the recovery room. Please note there are also playing facilities within the hospital, and toys on each ward.

Sometimes, children who are having day surgery need to stay overnight. You might want to bring an overnight bag (with a change of clothes and toiletries) with you in case they are needed.

## Bringing food into the hospital

We provide food for your child when they are allowed to eat after their procedure. However, you are welcome to bring their favourite food with you, which they can have once they are allowed to eat again. There are microwaves for you to use in the parents' room on each ward. Please be aware that access to these might be limited as there is only 1 microwave on each ward.

## Staying overnight at the hospital

If your child has to stay overnight, 1 parent can stay in the pull-down bed next to them. Siblings (brothers and sisters) are not allowed to stay overnight at the hospital.

If your child is being looked after in the intensive care unit (ICU) or high dependency unit (HDU), you will not be allowed to sleep at their bedside, but other arrangements will be made for you. The nurse in charge will discuss this with you on the day.

## Other members of the family

We recommend that you do not bring any other children to the hospital. You should make arrangements for other children to be looked after, and to be collected from school if necessary.

## Transport when leaving hospital

You should expect to stay in the hospital for at least 4 hours after your child's surgery or planned procedure. We recommend that you do not travel home with your child on public transport, and that you travel by car or taxi if possible.

## Parking at Evelina London

There is limited parking at Evelina London and St Thomas' hospitals. There is a car park at St Thomas', on the lower ground level. There is an hourly charge which applies 24 hours a day.

### Blue Badge holders

There is a small area of parking for Blue Badge holders only, located outside Evelina London. There are also reserved Blue Badge holder bays in the car park at St Thomas' Hospital. If you are a Blue Badge holder you might be able to get your parking for free. To do this you need to go to the Knowledge and Information Centre (KIC) on the ground floor of North Wing at St Thomas' Hospital, with your appointment letter, Blue Badge and car park entry ticket.

Please note that Evelina London and St Thomas' hospitals are in the Congestion Charge zone.

## Follow-up appointments

You will be told before your child leaves hospital, if they need a follow-up appointment.

## More information

The appointment letter for your child's procedure includes a leaflet called **Admission information for operation or planned tests**.

More information about your child's admission, including a video about coming into hospital, can be found at [web: www.evelinalondon.nhs.uk/operations](http://www.evelinalondon.nhs.uk/operations).

### Contact us

If you have any questions or concerns about your child's admission, please contact the admission team, [phone: 020 7188 9098](tel:02071889098), Monday to Friday, 9am to 5pm.

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit [web: www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)