

Your child's visit to the children's day surgery unit at Evelina London

This leaflet tells you what you need to know about your child's visit to our children's day surgery unit. The unit is based in a main building called the Children's Day Treatment Centre at Evelina London Children's Hospital. If you have any more questions or concerns, please speak to a doctor or nurse caring for your child.

Before your child's procedure

What can I do to prepare for my child's procedure?

There are things that you can do to reduce the chance of your child becoming unwell and their procedure being cancelled. We recommend that:

- your child avoids contact with anyone who you know is unwell for 1 to 2 weeks before the procedure
- your child does not have any routine vaccinations for 2 days before the procedure

Please make sure that you have a week's supply of paracetamol (a painkiller) and ibuprofen (an anti-inflammatory medicine) at home before the procedure. We do not routinely give these medicines to take home for your child after day surgery.

You can buy paracetamol and ibuprofen from a pharmacy, supermarket or shop. Paracetamol for children is also called Calpol[®]. Ibuprofen for children is also called Calprofen[®] or Nurofen[®].

If your child cannot take paracetamol or ibuprofen because of an allergy, please speak to their healthcare team about other options.

We also recommend that you read our leaflet called "Your child's general anaesthetic". A general anaesthetic is a medicine that makes your child sleep and stops them feeling any pain during the procedure. We send you this leaflet but you can also find the information on the Evelina London [website](http://www.evelinalondon.nhs.uk): www.evelinalondon.nhs.uk

How can I help my child to prepare for their procedure?

We understand that going to hospital for a procedure can feel worrying for you and your child. Knowing what to expect is a good way to reduce anxiety and help you feel more prepared. It is a good idea to talk to your child about their procedure. We have resources that can help on the Evelina London website.

We invite your child to use our award-winning Xploro[®] app. The interactive games and avatars (characters) explain who and what your child might see in hospital. This helps to make the experience feel more familiar and less scary. We send you a text message 3 weeks before your child's procedure with a link to download Xploro.

Do I need to confirm my child's appointment?

You get a reminder call or text message from the children's day surgery team 3 days before the appointment. We ask you to confirm that you are coming to the appointment.

What happens if my child is unwell?

If your child has a cough, cold or high temperature in the 2 weeks before their procedure, please contact us and describe their symptoms. You can call our pre-assessment team on [phone](tel:02071887188) 020 7188 7188 extension 58209.

We let you know if it may be safer to delay the procedure until your child is completely better.

What if I cannot come to the appointment?

If you cannot keep the appointment or no longer want your child to have the procedure, please contact our admissions team on:

[phone](tel:02071889098) 020 7188 9098 or [email](mailto:gst-tr.paediatricadmissions@nhs.net) gst-tr.paediatricadmissions@nhs.net

We can give you a different appointment, if needed, and offer your original appointment to another child waiting for surgery.

If your child is unwell on the day of their procedure, please call the children's day surgery unit directly on [phone](tel:02071885300) 020 7188 5300.

On the day of your child's procedure

When should my child stop eating and drinking?

We explain what time your child needs to stop eating and drinking (fast) in the admissions letter or text message. The following table gives you guidance.

Arrival time	Time of last meal or milk	Time of last drink
7.15am	Your child must not have any food or milk after 2.30am. They can have breast milk until 4.30am.	Please encourage your child to drink water until they arrive at the hospital.
11am	Your child can have a light breakfast but needs to finish this by 6am. They can have breast milk until 8am.	Please encourage your child to drink water until they arrive at the hospital.
2pm	Your child needs to finish their breakfast by 8.30am. They can have breast milk until 10.30am.	Please encourage your child to drink water until they arrive at the hospital.

Where is the Evelina London children's day surgery unit?

The children's day surgery unit is on the ground and 1st floors of the Children's Day Treatment Centre. You can get to us through the South Wing corridor of St Thomas' Hospital. Please follow the signs for children's day surgery from the South Wing corridor. Please see the enclosed map for more information.

Is parking available?

There is limited parking in the main car park at St Thomas' Hospital.

Who should come to the appointment?

Only 1 parent or carer with parental responsibility should come to the appointment with your child. Please make childcare arrangements for any other children.

What time should we arrive?

We tell you the time that you need to arrive in your admissions letter or text message. If we need to change this time for any reason, we will call you.

We spread out the arrival times for children having day surgery. This reduces the time that you need to wait before the procedure.

It is important that you arrive at the correct time. Your child's procedure may be cancelled if you arrive late.

What do I need to bring to the appointment?

Please bring any regular medicines that your child takes. It is a good idea for your child to wear comfortable clothes. Books or electronic devices and a favourite toy can help to pass the time while you wait.

Please only bring a small bag with you. We have small lockers, where we can store your child's belongings while they have their procedure. You need to keep anything valuable or too big to fit in the locker with you.

What happens when we arrive?

When you arrive, we book in your child, weigh them and give them a drink of water. We also put a wrist band on your child with their:

- name
- date of birth
- hospital number

If your child has any allergies, their wrist band will be red. Otherwise, it will be white.

If your child is over 2 years old, we will put some local anaesthetic cream on the back of their hands. This cream makes the skin numb and eases the pain from any needles or tubes (cannulas).

Does my child need a pregnancy test before the procedure?

We do a pregnancy test for all girls aged 12 and over who have a general anaesthetic.

We give your child a small bottle for a urine sample. On the day of the procedure, we test this sample.

Can I be with my child when they go to sleep?

Yes. Just before your child's procedure, we give them a hospital gown to wear. A member of our team then takes you both to the anaesthetic room. You can stay with your child until they are asleep.

Please do not take any photographs or videos when the general anaesthetic starts working and makes your child sleep.

Where can I wait while my child has their procedure?

When your child is asleep, we take you back to the children's day surgery reception. We give you a small electronic device called a pager. This device gives a bleep when it is time for you to return.

You are welcome to use the rest and refreshment facilities in St Thomas' Hospital. Please see the enclosed map.

After your child's procedure

When can I see my child after their procedure?

When the pager makes a noise, you need to return immediately to the children's day surgery reception. A member of the children's day surgery team meets you there and takes you to see your child in the recovery area.

When can my child eat and drink after their procedure?

Some procedures have specific restrictions. However, most children can eat and drink as usual within 1 to 2 hours of the procedure.

We recommend that your child has sips of water at first. They can then have larger amounts of fluid and food. We give you a simple snack box, but please feel free to bring some of your child's favourite snacks.

When can my child go home?

We follow guidelines specially designed to make sure that we only send children home when this is safe. Some procedures have specific restrictions. However, most children are well enough to go home 1 to 2 hours after they wake from their procedure.

Some children may need to stay with us for longer. Rarely, your child may need to stay in the children's hospital overnight while they recover.

Can I take my child home on public transport?

It is usually best to go home by car or taxi. Some children can go home on public transport if they have a small (minor) procedure. Please talk to your child's surgeon or a member of their healthcare team about this before the day of the procedure.

If you have a child under 1 year old, we recommend that an adult sits with them in the back of the car.

Contact us

If you **cannot keep your appointment**, contact our admissions team, **phone** 020 7188 9098, **email** gst-tr.paediatricadmissions@nhs.net

If your child has a **cough, cold or high temperature** in the 2 weeks before the procedure, contact our pre-assessment team, **phone** 020 7188 7188 extension 58209

If you have any **concerns between 7am and 9pm** about your child's surgery, call the children's day surgery unit, **phone** 020 7188 5300

If you have any **concerns between 9pm and 7am** about your child's surgery, call the Savannah ward through the main switchboard, **phone** 020 7188 7188

If you have any **concerns from 24 hours after surgery** about your child's health, contact your child's specialist surgical team or GP surgery, or **phone** NHS 111

If you are concerned that your child is **seriously unwell** at any time, go to your nearest A&E or **phone** 999

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit **web** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm **email** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** pals@gstt.nhs.uk. To make a complaint, contact the patient resolution team **phone** 020 7188 3514 **email** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your child's care in a different language or format, please get in touch, **phone** 020 7188 8815 **email** languagesupport@gstt.nhs.uk

NHS 111

This service offers medical help and advice from fully trained advisers. They are supported by experienced nurses and paramedics, **phone** 111 (24 hours a day) **web** www.111.nhs.uk

NHS website

This website gives information and guidance on all aspects of health and healthcare. It can help you to take care of your child's health and wellbeing, **web** www.nhs.uk



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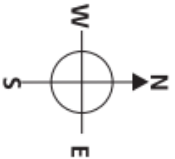
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A list of sources is available on request

St Thomas' Hospital

Westminster Bridge Road, London SE1 7EH

NHS
Guy's and St Thomas'
NHS Foundation Trust
Tel: 020 7188 7188



- ### Key
- Site Entrance
 - Building Entrances
 - Emergency Department (A&E)
 - Pedestrian Access
 - Disabled Access
 - Main Corridors
 - Information
 - Lifts - A, B, C, D, E, F, H, J, K
 - Stairs
 - Cafe
 - Restaurant
 - Shops
 - Toilets
 - Cash Point
 - Network Rail
 - Underground
 - Buses
 - Bus Stops
 - Pick up/Drop off
 - Disabled Parking
 - Visitor Parking
 - Post Box
 - Outpatient Pharmacy
 - Bicycle Racks - Staff
 - Bicycle Racks - Visitors