

Advice for returning for admission

You have been given this leaflet because your child needs to return for an admission to have a procedure or operation. If you have any questions please speak to a doctor or nurse looking after your child.

What happens next?

Your child has been reviewed by the team and needs to return for an admission (having a procedure or operation in hospital). You can take your child home and follow the advice the doctor in the Emergency Department (A&E) has given you. They will explain when your child needs to stop eating and drinking (fasting, or nil by mouth) before their procedure, and when to come back to the hospital.

Date Time

Who to contact?

On the morning of your child's admission, please call the paediatric nurse practitioner (PNP) or bed manager to find out what ward your child needs to come to, and to confirm the time. Please call the hospital switchboard, **tel:** 020 7188 7188, and ask for the bleep desk. Ask for bleep 0821 and wait for a response. This will connect you to the PNP directly.

Monday to Friday, call at 9am. Saturday and Sunday, call at 7am.

Please note that we might not be able to give you a definite time for your child's procedure or operation, as the operating list might change due to emergencies, and some operations take longer than expected. This means that your child's procedure or operation might be later in the day, or moved to the next day.

If you have other children, childcare needs to be arranged for them as they cannot be on the ward. This includes school drop off and pick up.

Fasting (nil by mouth)

As your child's procedure or operation is going to take place under a general anaesthetic, it is important that your child does not eat or drink after the times stated on the next page. This is to make sure that the anaesthetic is as safe as possible. Any food or drink in your child's stomach could come up and damage your child's lungs. If your child has any pre-existing health conditions, such as diabetics or a metabolic condition, please make sure the team looking after them is aware so that they can adjust the fasting schedule.

	How many hours before operation	Last time for your child
Last food (including boiled sweets and chewing gum), fizzy drink, milk feed	6 hours	
Last breastfeed	4 hours	
Last drink of water or clear fluids (liquid you can see through, such as water or clear apple juice)	2 hours	

What to bring

To make your child's stay more comfortable and safe, please bring these items with you.

- Medicines. Bring any regular medicines your child takes so it can be given on time. Please give regular medicines, as prescribed, on the day of your child's surgery unless a healthcare professional has told you not to.
- Your child's favourite toy or comforter to help them when they wake up for the operation.
- Activities to keep your child entertained before the operation (our play specialist team can provide extra if they are available).
- Comfortable clothing to travel home in.
- Chargers for any electronic devices.
- Food for you as the hospital can only provide meals for your child.
- Any medicines you need for yourself, as we cannot provide this.

We recommend you bring an overnight bag and washbag for your child and yourself, in case your child needs to stay the night. **Only 1 parent can stay.** There is a pull-down bed at the side of your child's bed for you to sleep on.

We recommend that you don't bring valuables or too much money as there is nowhere secure to store them.

NHS 111

NHS 111 is a telephone service that offers support and advice 24 hours a day. Please call 111 if you have concerns about your child's health. A fully trained advisor will direct you to appropriate resources or services.

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, **tel:** 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), **tel:** 020 7188 8801, **email:** pals@gstt.nhs.uk. To make a complaint, contact the complaints department, **tel:** 020 7188 3514, **email:** complaints2@gstt.nhs.uk

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