

Pre-operative instructions for pediatric patients undergoing a planned neurosurgery

Patient: _____

Surgeon: _____

Care Coordinator: _____

Surgery date: _____

CONTACT INFORMATION

Care coordinator's office phone number: _____

During working hours, your surgeon's office will be able to answer your questions.

UCLA page operator: **310-825-6301** - Ask to have the neurosurgical resident on call contacted for urgent questions after hours or on a weekend.

Pre-operative Evaluation Center (PEC): **310-319-2219**

The day prior to the surgery, PEC will provide the specific time your child must be admitted on the day of surgery.

Child Life Specialist (Karleen Wray): **310-267-6771**

Child life specialists are available to help children cope with hospitalization. The OR child life specialist is available for pre-operative tours, as well as day-of-surgery support for all pediatric patients. For additional preparation, specific to neurosurgery, the neurology child life specialist can be consulted.

1. IN PREPARATION FOR YOUR CHILD'S SURGERY

Does my child need to see any other doctor before surgery?

- **Please call your child's primary care doctor** to have preoperative laboratory tests as well as a history and physical performed within 30 days of your child's surgery. Please verify with your care coordinator if she/he will schedule the appointment(s).
- If your child is under the care of a cardiologist, pulmonologist, hematologist-oncologist or other medical specialist, please inform your surgeon as additional pre-operative evaluations may be necessary.

What paperwork needs to be filled out before my child's surgery?

- **Surgical Informed Consent:** As parents, you will be asked to sign a surgical consent for your child if he/she is younger than 18 years old after you have discussed the benefits, risks and alternatives to your child's surgery with the surgeon.
- **Blood Transfusion Consent:** You will be asked to consent or specifically refuse blood transfusions on behalf of your child. If you would like to consider donating your own blood for your child's surgery, please discuss this with your child's surgeon well in advance of the surgery.
- **Conservatorship:** Please make sure to bring conservatorship documents, should this apply to your child.

How do I manage my child's medications before surgery?

- If your child is taking **medication for seizures** in the morning, he/she may take them with a small sip of water on the day of your child's surgery. NO yogurt, apple sauce, or milk should be given with medications. If your child cannot take his/her medications with water alone, then do not give the medications.
- Discuss with your child's surgeon the management of herbal medications and vitamin supplements prior to surgery as these can interfere with the surgery. Do not bring medications from home unless specifically instructed.
- If you have not already done so, please complete the **Admission Medication History Form** included in this packet prior to your child's surgery and bring it with you on the day of your child's surgery.
Remember to specify the **dose and frequency** for each medication including supplements and herbal medications.

Is there any special skin/hair preparation before surgery?

- You do not need to cut your child's hair before surgery.

When is the last time my child can eat or drink before surgery?

Infants younger than 6 months old may have:

- Breast milk / whole milk/ formula until 4 hours prior to the time you are instructed to arrive at the hospital
- Clear liquids (water or Pedialyte ONLY) until 2 hours prior to the time you are instructed to arrive at the hospital

Children older than 6 months and younger than 3 years of age may have:

- Solids until 8 hours prior to the time you are instructed to arrive at the hospital
- Breast milk/formula until 6 hours prior to the time you are instructed to arrive at the hospital
- Clear liquids (water, Pedialyte, apple juice, plain Jello ONLY) until 2 hours prior to the time you are instructed to arrive at the hospital

Children older than 3 years of age may have:

- Solids until 8 hours prior to the time you are instructed to arrive at the hospital
- Clear liquids (water, Pedialyte, Gatorade ONLY) until 2 hours prior to the time you are instructed to arrive at the hospital
- No chewing gum or candy after midnight the night before surgery

What if English is not my first language?

- **A representative from Interpreter Services is always available at no cost.** Please notify the Pre-operative Evaluation Center at **310-319-2219** the day before your surgery if you will need an interpreter.

2. THE DAY PRIOR TO YOUR CHILD'S SURGERY

What do I do if my child feels sick the day before surgery?

- Call your child's primary care doctor for an evaluation and then contact your surgeon's office as your child's surgery may need to be postponed.

When is the admission check-in time confirmed?

- On the business day before your child's surgery, you must call the Pre-Evaluation Center at **310-319-2219** between the hours of 2:00 pm and 4:00 pm to find out what time to arrive at the hospital. If your child's surgery is on a Monday, call the preceding Friday afternoon.

Is the planned surgery start time always correct?

- If your child's surgery is not the first scheduled operation of the day, his/her surgery start time may be earlier or later than planned. If this does occur, you will be informed.

What do I bring to the hospital?

- To avoid lost or misplaced personal items, leave your child's valuables, such as jewelry (including rings, necklaces, earrings, watches) at home or with his/her family.
- If your child uses a walker or wheelchair, **one will be provided** during your child's stay. However, if the walker or wheelchair your child uses is **custom**, please bring it with you.
- Contact your surgeon's office to find out if you need to bring your child's personal medical records, such as test results, computer discs, or imaging studies (for example: CT, MRI or X-rays) on the day of surgery.
- If your child has a separate insurance card for prescriptions (this is only for some types of insurance), please bring this card when you check in at the Admissions Office.

A reminder of what you can bring to the hospital for your child:

INFANTS	TODDLERS	SCHOOL AGE	ADOLESCENTS
comfort items: blankets stuffed animals pacifiers white noise machine	favorite items: blankets stuffed animals toys books DVDs pajamas	favorite items: blankets pillows slippers toys books handheld electronic games laptop	favorite items: pillow books games laptop ipad

3. THE DAY OF YOUR CHILD'S SURGERY

How do I get to Ronald Reagan UCLA Medical Center?

See page 7 for instructions and page 8 for maps.

Where do I park?

See page 7 for instructions and page 8 for maps.

Where do I check in with my child?

- Check in on the morning of your surgery at the **Admissions Office**, which is located on the first floor of Ronald Reagan UCLA Medical Center. If you enter at the main entrance of the hospital, proceed straight ahead and the Admissions Office is on the opposite side of the building, on the left (See map on page 8 of this packet).

Where will we go after check in?

- When your child's admission process is completed, you will be directed to go to the **Preprocedure Treatment Unit (PTU)**. This area is located on Level 2 of the hospital adjacent to the operating rooms. Patient care needs require that we limit the number of persons in this area. Two parents/ adults are allowed with pediatric patients in the PTU. Anyone else with you should remain in the first floor waiting area called Maddie's Room (see below).

What paperwork will be verified with me in the Preprocedure Treatment Unit?

- **Surgical Informed Consent and Blood Transfusion Consent:** If you have not already done so, you will need to sign these documents.
- **Anesthesia Informed Consent:** You will also be asked to sign an Informed Consent document for your child's anesthesia.
- It is hospital policy to perform pregnancy testing in females age 10-53 years old in the Preprocedure Treatment Unit. The pregnancy test is done by testing urine. Please do not encourage your daughter to empty her bladder before entering the PTU.

When do I meet the anesthesiologist?

- Your child's anesthesiologist will review the material that your physician has provided. On the day of your child's procedure, the anesthesiologist will go over your child's medical history, the anesthesia plan, and answer all of your questions. The Department of Anesthesiology may call you the night before surgery, although this is not necessary for all patients.

Where will we wait during my child's surgery?

- The surgical waiting area, which is called **Maddie's Room**, is located on the first floor of Ronald Reagan UCLA Medical Center. This area is designed to be a resource for your family and friends. Volunteer staff members are present from 7:30 am to 8 pm Monday through Friday.
- Please designate a primary contact person who will receive updates about your child's condition. Your designated contact person's name and telephone number will be entered in your child's electronic medical record. All information will be directed to this contact person during your child's hospital stay. The designated primary contact person should check in with Maddie's Room volunteers.

What happens **immediately** after the surgery is completed?

- After surgery, your child will either be transferred to the Post Anesthesia Care Unit near the operating room or go directly to the pediatric intensive care unit (PICU), located on the 5th floor. Staff will keep your designated contact person informed about how long your child is expected to be in the Post Anesthesia Care Unit and when you can see your child. Two parents/ adults are allowed at the bedside in the PACU, per our family-centered care policy. Other family and friends should remain in Maddie's Room while you are in the Post Anesthesia Care Unit.
- Volunteer staff will keep you informed as to where your child will be going after their surgery.
- If your child is transferred to the Post Anesthesia Care Unit after his/her surgery, the length of your child's stay may be variable depending upon his/her medical condition and preparation of his/her room.
- Upon discharge from the Post Anesthesia Care Unit, the nurse will inform you of your child's inpatient room number assignment.

4. DURING YOUR CHILD'S HOSPITALIZATION

What can I expect during my child's hospitalization?

- Following recovery in the Post Anesthesia Care Unit, your child will be transferred to a room, either the pediatric intensive care unit or the pediatric unit. A multidisciplinary team will be taking care of your child. Your child will progressively regain his/her baseline activities including drinking, eating, urinating, and walking. We will **need your participation as well as your child's participation** to optimize his/her recovery.

What can my child expect regarding pain management?

- It is normal to experience some postoperative pain. Your medical team will do everything they can to ensure your child's comfort, but you know your child best so it is important to let the nurse know if your child is experiencing pain so that appropriate medication can be given. Depending on your child's age and developmental level, the nurse will assess your child's pain using the appropriate pain assessment scale and give medication appropriately.
- During your child's stay in the Post Anesthesia Care Unit and the first night after his/her surgery, if needed, your child will be given intravenous pain medication until he/she can safely swallow. By the day after surgery, your child should have transitioned to oral pain medications.

Can a family member stay overnight?

- Most hospital beds at UCLA Medical Center are private rooms.
- The neurosurgical unit rooms include a day bed (bed bench) where one family member can sleep.
- The pediatric unit rooms include one chair bed (recliner) and one day bed (bench bed). One to two adults can sleep in the pediatric unit room with the child.
- The Pediatric Intensive Care Unit rooms have one chair bed (recliner) for one parent.
- Children other than the patient are not allowed to stay overnight in any location.

5. PREPARING FOR DISCHARGE

Will I receive information about the planned discharge on a daily basis?

- Your child's discharge plan will be discussed with you on a **daily basis** by the multidisciplinary team to ensure that we take care of all your child's needs in anticipation of their discharge from the hospital.
- The team caring for your child will let you know the day before discharge that he/she should be able to be discharged from the hospital the next day.
- Using one-on-one education sessions and written documents, we will assure your child is ready for a safe return home or transfer to another facility.
- If you have any questions regarding when your child can resume his/her normal activities or clearance to return to school, please contact your surgeon's office.

What do I need to know about the day of discharge from the hospital?

- **Check-out time is before 11 a.m.:** If your child is being discharged to home, it is important that you make arrangements to arrive before 9 am on the day of discharge.
- Your child's team will be reviewing all the important information points with you and your child prior to discharge. You will also receive a discharge packet that contains all the information for your child's safe return home.
- At-home care, rehabilitation, physical therapy and any other outpatient services that your child may need following the surgery will be coordinated prior to your child's discharge from the hospital.
- Prior to discharge from the hospital, you will be given prescriptions to fill at your pharmacy. As an alternative, you may chose to have your child's prescriptions filled at the hospital pharmacy. These medications will be brought by a pharmacist directly to your child's room and counseling will be performed for all new medications. Please make sure you have some form of payment for the prescription co-pays on the day of discharge.

DRIVING INFORMATION

Ronald Reagan UCLA Medical Center

757 Westwood Plaza, Los Angeles, CA 90095

From the San Diego Freeway (405): Take Wilshire Boulevard east off-ramp. At the third traffic light, turn left onto Westwood Boulevard. Continue on Westwood Blvd, across Le Conte Avenue, and the street becomes Westwood Plaza. The medical center is located on the left side of the street, past UCLA Medical Plaza. Valet parking is available on Westwood Plaza, at the east end of the hospital. When you enter the hospital proceed to the west end of the hospital, where Admissions is located. For current parking rates, go to www.transportation.ucla.edu.

Driving Directions From Los Angeles International Airport (LAX): Take the San Diego Freeway northbound to Wilshire Boulevard east, and continue as described above.

PARKING INFORMATION

Patients and visitors to Ronald Reagan UCLA Medical Center have valet parking services available on Westwood Plaza from 4:30 am to midnight, daily. When leaving, you will retrieve your vehicle from the Valet Lobby located on Level P.

Patient drop-off is available at all entrances. Alternate parking is available on campus.

Short-Term Parking:

Daily Single Entry is available. Pay on exit at Level P pay station, discharge lobby pay station, or parking cashier.

Long-Term Parking:

24-hour parking with in/out privileges is available.

Extended Parking:

Should you or your visitors require parking over an extended period of time, you may want to consider purchasing a consecutive-day discounted parking permit. For information regarding long-term discounted parking permits please contact Patient Affairs at (310) 267-9113.

For tips on how to help prepare your child for hospitalization, please feel free to visit:
http://www.uclahealth.org/site_mattel.cfm?id=1082

UCLA MAPS

To Westwood and UCLA



Ronald Reagan UCLA Medical Center

