A large, light yellow sunburst logo is centered in the background. It features a central vertical stem with two main branches, each ending in a semi-circular shape. From the top of the stem, several rays radiate outwards, forming a semi-circle. The entire logo is set against a solid yellow background.

**Children's
Surgery
Guide**
(Age 12 and Under)



Wheaton Franciscan Healthcare

In partnership with Schoitz Health Resources

PRE-SURGERY INSTRUCTIONS

Covenant Medical Center Sartori Memorial Hospital

Surgery:

Date _____ Time _____ Arrival _____

**Procedure times are estimated.*

Your Surgeon _____ Telephone _____

History & Physical:

Doctor _____ Date _____ Time _____

Pre-Admission Testing:

Date _____ Time _____

If your Pre-Admission Testing (PAT) appointment has not been made by your surgeon or if you need to reschedule, please call 319.272.7256 at Covenant Medical Center or 319.268.3132 at Sartori Memorial Hospital between 8:30 a.m. and 4:30 p.m., Monday through Friday to schedule a pre-admission testing appointment.

PREP _____

Return to Lab for Type and Screen/Crossmatch Blood Test:

Date _____ Time _____

DAY OF SURGERY INSTRUCTIONS FROM YOUR SURGEON/ANESTHESIOLOGIST

No makeup, rings, jewelry or fingernail polish. No chewing gum.

No milk or solid food after _____

Also, no snacks, gum, Life Savers Candy®, mints, or juice.

Clear liquids (water, tea, soda, Pedialyte) until _____

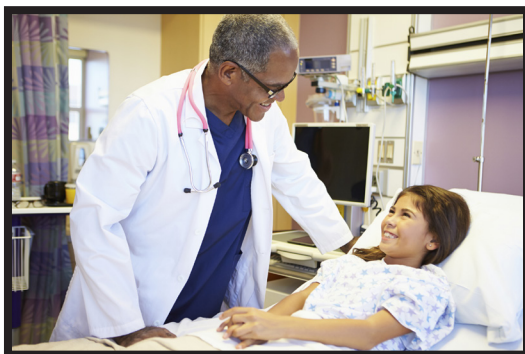
then nothing by mouth after that (NO BROTH OR JELLO). Failure to follow diet instructions can result in cancellation of procedure.

If you are taking regular medication, follow the instructions below that have been written specifically for you.

BRING _____

At Wheaton Franciscan Healthcare, we're committed to providing you with a safe, comfortable and convenient surgical experience by offering comprehensive surgical services to individuals throughout Northeast Iowa. Our caring staff of professionals, advanced surgical procedures and state-of-the-art equipment help to ensure you receive the highest level of care.

Located within Covenant Medical Center and Sartori Memorial Hospital, the Ambulatory Surgery Centers have a total of 13 operating rooms along with spacious preoperative and recovery areas. All areas are immediately accessible to on-site support staff and emergency services, should they be needed.



Wheaton Franciscan Healthcare strives to make each surgery as simple as possible for patients and their families. Some of the needed pre-admission information is obtained over the phone prior to surgery, and pre-admission tests will be done if needed or ordered by the surgeon. Patients may stay with their families while in the preoperative and postoperative areas.

Laboratory, radiology and pharmacy services are located nearby for added convenience.

Outpatient surgery provides many benefits to the patient including reduced medical expenses, hospital stay and recovery time. At Wheaton Franciscan Healthcare, we give you the added benefits of comfort, convenience and safety. Maybe that's why more doctors and patients choose us for outpatient surgery.

For more information about preparing for your child's surgery at Covenant Medical Center or Sartori Memorial Hospital, visit www.WheatonIowa.org/surgery.

To help calm fears in your child about their upcoming surgery, please use the following information to help educate yourself and your child about what to expect.

Pre-Admission Testing (PAT)

Pre-Admission Testing helps make sure you have information about your child's surgery, and their doctor has their test results before surgery. Without these early test results your child's surgery may be canceled or delayed. To contact PAT at Covenant Medical Center, call 319.272.7099 between the hours of 7:00 a.m. to 5:00 p.m. To contact PAT at Sartori Memorial Hospital, call 319.268.3132 between the hours of 8:00 a.m. to 4:00 p.m.

Pre-Admission Testing Includes:

- Pre-op teaching and interview with a registered nurse.
- Possible blood and urine lab tests, chest x-ray or EKG depending on patient age, type of surgery and patient need. If your child needs testing you will be advised of this.

Pre-Admission Testing Appointment:

- This is mostly done by phone. You will be informed by your surgeon if your child needs to come in for their appointment.
- Please have a list of all your child's medications, including herbal preparations with dosages, other over-the-counter medications and a list of allergies.
- Bring crutches, if crutch training is needed.

Pre-Admission Check-In

- At Covenant Medical Center use the Patient Entrance (F) (see map on the back cover). Check in at the reception circle desk.
- At Sartori Memorial Hospital use the Patient Entrance and parking lot at the north side of the building (see map on inside back cover). Check in at the reception desk.
- Pre-Admission Testing may take 30 to 60 minutes to complete, depending on the type of surgery and necessary testing.

Pre-Registration

Admission personnel may call you at home, prior to your child's surgery date, to obtain necessary personal data (address, insurance, etc.). Please make sure your insurance provider has been notified, if necessary.

Important Information

Microscopic nicks, cuts and abrasions increase the chance of surgical site infections. For this reason, your child should not shave the surgical area for one week before the operation. It is also important for you to notify the doctor if your child has any rashes, sores or pimples near the surgical area. This could cause an infection and possibly result in the surgery being canceled.

The Night Before Surgery

- Notify your child's doctor if any of the following symptoms develop prior to the day of surgery: fever, cough, flu, cold, rash or an open sore.
- Have your child take a bath or shower either the night before or morning of surgery.
- Make sure your child does not eat any food after midnight and follow instructions from your child's doctor about fluid intake. Try your best to keep food out of their reach - at home and in the vehicle on the way to surgery. If you are unable to follow the diet instructions, your child's surgery may be canceled or delayed.

The Day of Surgery

If you have questions the day of surgery, call:

- Covenant Ambulatory Surgery Department 319.272.7400
- Sartori Ambulatory Surgery Department 319.268.3146
- Take morning medication(s) only if instructed to do so. If your child uses inhalers or eye drops, bring them to the hospital. If you have any questions about your child's medications, call your child's doctor.
- Have your child dress in comfortable clothing or pajamas, if arriving early. If your child uses a bottle or diapers, please bring these for after surgery. Bring an extra set of clothing including undergarments for after surgery.

- Parents: Please bring extra clothing and personal care items along with a cell phone charger in case your child needs to stay in the hospital overnight.
- Your child may bring personal comfort items such as a favorite toy, stuffed animal, blanket, pacifier or other items to help calm their fears.
- No makeup, nail polish or jewelry. We ask that you remove all finger and toe nail polish. Our anesthesiologists use the appearance and color of the natural fingernails as an indication of condition.
- Piercings may need to be removed depending on surgical site.
- Have the child wear their hair loose. No braids, ornaments, hair pins, barrettes, etc.
- Bring a case for glasses and contacts.
- If your child is having surgery on joint or bones, have them wear clothing loose enough to put on over the bandages and splints.
- Bring a pillow or two to elevate affected limb on the trip home.
- Plan to have an ice bag or two available at home to use on the affected limb for a day or two following surgery.
- Bring crutches or walker with you on the day of surgery for sizing and training.
- Bring a copy of your insurance card.



Arrive at the designated time (1 to 2 hours prior to your scheduled surgery) and you will be directed to the Ambulatory Surgery Unit. At Covenant go to the Outpatient & Women's Center Entrance. Parking is available in Lot "G" or in the Parking Ramp (no charge). Go to second floor and check in at the desk.

- Before surgery, your child can get their photo taken in their surgical gown and cap. This photo will be printed off to be taken home to help them remember their experience.



- Your child will also receive a coloring book and stickers to keep.
 - A playroom is available for your child to play in before and after surgery.
 - When it is time for your child's surgery, you will have a chance to carry or walk with your child back to the entrance doors of the operating room.
- If your child is going home after surgery, their belongings will be kept in a locker. If he/she are being admitted to the Pediatric Floor, you will be responsible for the child's belongings while they are in surgery.

After Surgery

- Your child will be taken to the recovery room right after surgery.
- The nurses will take your child's vital signs on a regular basis.
- The nurses will get a report from the anesthesiologist, check the doctor's orders, record observations of your child and give any medication for pain or nausea if needed.
- Once your child is awake, he/she will be taken to their room where you will be able to join them.
- Once you are brought back to see your child, it is encouraged for you to speak with, touch and comfort them. You are welcome to bring back any item that may comfort your child, such as a favorite toy, stuffed animal, blanket, pacifier, empty bottle or sippy cup for the nurses to fill with a drink.

Advice for Concerns About Correct Site Surgery

- Be an active member of your child's health care team by taking part in every decision about their health care.
- If your child is having surgery or an invasive procedure, make sure you and the health care professional treating your child agree on exactly what will be done during the surgery.
- Verify the information on your child's identity bracelet. Alert the health care team member if the information is incorrect, and insist the bracelet be replaced immediately. There will be

numerous members of your child's health care team checking the patient identity bracelet throughout your child's stay.

- Make sure the operative permit you sign includes the correct information about your child's surgical site (i.e., right or left) and procedure. Thoroughly read all medical forms, and make sure you understand them before you sign.
- The surgical site will be marked with a permanent marker.
- To ensure correct surgical site and procedure, there will be numerous health care professionals asking you to verify this information.
- Ask questions and voice any concerns which you may have in regards to your child's procedure. Ask members of the health care team what steps will be taken to ensure your child's safety and correct site surgery.
- Bring a notebook or paper, and write down any questions you have or information you need.

Discharge

- The amount of time in which your child is ready to go home after surgery depends on the type of surgery. In most cases, children are able to go home within a few hours after surgery.
- If the child's doctor thinks it is in the best interest of your child to stay overnight for further observation, the doctor and/or nurse will keep you updated on what is recommended as the best plan for your child's care. You are encouraged and welcome to stay with your child if an overnight stay is needed.
- If you need any information or written work and/or school releases from the doctor, you will need to obtain these when you visit with the doctor after surgery.
- Please have transportation arranged.
- If you have any problems at home, contact your child's doctor. If you cannot contact the doctor, you may call Nurse On-Call, Wheaton Franciscan Healthcare's 24-hour health care information line at 319.272.2600 or 800.593.1414.

Wheaton MyChart

For patients of Covenant Clinic offices, MyChart is an online tool that gives you direct access to your personal health information. Your lab results, provider appointment information, medications, health history including immunizations, and more are all available in a secure online environment. MyChart also makes it more convenient to communicate with your provider's office. Renew prescriptions, send messages, and request or cancel appointments — all online.

To request your access code to sign-up, or to access your account if you are already registered, please visit www.WheatonIowa.org/mychart.