

**At home:** It is important that you can pass urine normally after any anaesthetic, to encourage this; you should drink plenty of fluids.

You should always have the day of your operation and the next day as 'rest days', this means no school or sports. Should your operation require a longer recovery period we will inform you before going home.

It is important to keep healthy after your operation. .

If you feel very unwell afterwards and have a high temperature or develop flu like symptoms it is very important to get checked by a Doctor to keep you safe from 'sepsis'. Sepsis means to become very unwell.

**Parents/carers:** In our hospital we have a restaurant where you can buy food and drink. We also have a coffee shop and newspaper shop downstairs in our front entrance.

This hospital operated a pay and display car park please keep this updated. Your nurse can help you predict your length of stay.

We ask you to take responsibility for your own belongings and only bring enough with you for your child/young persons predicted stay.

Rudham ward has a staff swipe access security system, when entering and exiting the ward please be mindful of letting other people in/out with you that shouldn't. There is an intercom for public access.

## Helpful Contact Numbers:

Arthur Levin Day Surgery Unit  
Weekdays 8am – 6pm: 01553 613555

Rudham Ward 24 hour 01553 613844

Alternatively out of hours you can attend Accident & Emergency.

NHS Online 111

Emergencies 999

### Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care of treatment, please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Telephone:** 01553 613351 or 01553 613343

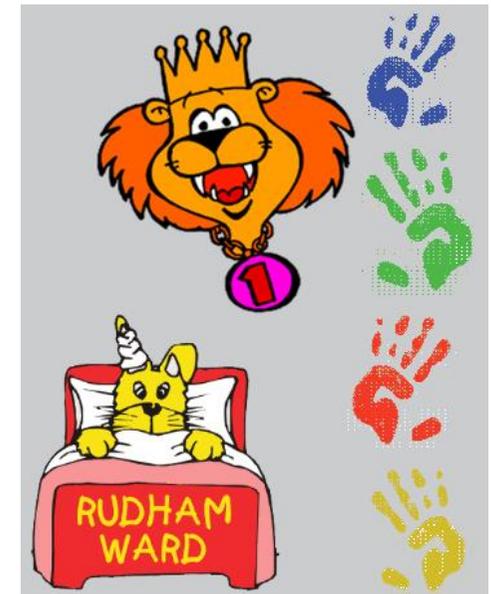
**Email:** pals@qehkl.nhs.uk

**Letter:** PALS, The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust, Gayton Road, King's Lynn PE30 4ET

The Trust endeavours to ensure that the information given here is accurate and impartial.

# Before Your Operation

## Paediatrics



This document can be provided in different languages and formats. For more information please contact the department where you are/were seen.

The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust  
Gayton Road, King's Lynn PE30 4ET  
Tel: 01553 613613

**Welcome:** This is a brief guide to having an operation. If there is anything you don't understand please ask one of our staff.

If you have been asked to come to Rudham ward, before you attend on the day of your operation a parent/carer will need to phone the ward on 01553 613844 to ensure there is a bed available.

If they are coming to the Arthur Levin Day Surgery Unit you do not need to call us.

**When you arrive:** When you arrive on the ward/unit you will be welcomed by one of our friendly staff and shown to your bed/trolley space.

Once you are settled a nurse will book you in, and check all the information we have about you and your family is correct.

Your nurse will weigh your child/young person in case we need to give any medicines which require age and weight to calculate the best dose for you.

Your child/young person will be asked to wear two identify bands so everyone knows who you are. We all wear identity badges so you will know who we all are.

We will need to check your clinical observations, this means your nurse will check your temperature and pulse to see if you are fit and well.

Girls age 12 years or over are asked for a urine sample so we can do a routine pregnancy test. We do this so we can protect your health and safety during surgery.

You will then be seen by our Anaesthetist who is a friendly Doctor who is responsible for safely getting you off to sleep and wake you again. They will ask you questions about your health, any medication you take, and if you have any allergies.

Everyone comes to the ward at the same time so that the Anaesthetist and Consultant can chat to everyone before the list starts. This helps the list to run smoothly, but may mean you have to wait your turn to have your operation.

**Whilst you wait:** Whilst you wait you will have to be fasted. This means you are not allowed to eat until after you have had your operation. Your nurse may allow you to have regular small drinks until then.

We have lots of nice things to do in hospital, such as TV & DVDs, computer console, reading and colouring books, arts and crafts, toys and games to play.

Our inpatient Rudham ward also has free TV at most bed spaces from 8am until 8pm.

You are welcome to bring your favourite toy with you. We do ask you not bring in items that require mains electricity, as we cannot ensure they are safe.

You may also bring in your favourite drinks and snacks to eat after your operation.

To prevent discomfort loose fitting clothes are advised for the journey home.

You may be able to go to the operation in pyjamas, please bring these into hospital with you.

Some children/young people are asked to wear a hospital gown for their operation; this allows the Doctor to do their job without your clothes getting in the way.

**What happens afterwards?** After the operation you will wake up in our special room called the recovery room. This room allows you to wake up away from the busy ward.

When you are awake and your recovery nurse is happy you will return to the ward to wake up fully from the anaesthetic sleep.

Once the nurse says you are ok, you will be allowed to have a drink. Soon after this you should be allowed to eat something. Always check with your nurse before eating and drinking.

During your recovery we will use pain tools to help us help you with any problems you may have with pain or discomfort, and we have a variety of medicines and strategies to help you with this

The length of stay in hospital depends on how quickly you wake up and recover from your operation. A small proportion of children/young people will require an overnight stay. We will support you with this, and inform you at the earliest opportunity should this become likely.

If you have to stay in hospital overnight a parent/carer can stay with you on Rudham Ward; this is like a sleepover, and then when the Doctors and Nurses say you are ready, you will be allowed to go home.