

Patient and family information and checklist for Paediatric Day Surgery

Please follow the instructions below for COVID screening and preparing for surgery. Patients/families who have not taken all the necessary steps before surgery, may have their surgery cancelled.

Unfortunately, the hospital may have to cancel surgeries on short notice, depending on how the current pandemic is impacting the health care system.

Your surgery is booked for: (Date) _____ at (Time) _____

Your surgeon's office will confirm the time of surgery.

COVID testing

Your child does not need a COVID test prior to surgery unless your surgeon tells you. If your child requires a test, your surgeon will inform you to book a COVID test four days before surgery.

As of October 8, 2020, you can pre-register online seven days before, but no later than 4 days prior to your child's surgery date. Please visit the site at www.nygh.on.ca.

There is a link on the pre-registration form for COVID testing, if ordered. This will bring you automatically to a date (4 days before surgery) for an appointment. The team at the Branson COVID Assessment Centre (555 Finch Ave. W) will provide you with information on how to access your test results. The results will also automatically be available to the surgical team, in your NYGH chart.

If your child does not require a COVID-19 test, the surgeon will suggest self-isolation for 10 days before surgery to decrease chance of infection. It is important that you let your surgeon know if you or your child develop any symptoms before surgery.

Please let your surgeon know if you or your child are unable to wear a mask due to medical reasons (proof required). For these particular cases, they may be booked as the last case of the day, to minimize contact with other patients/visitors.

Day of surgery

Upon entrance to the hospital, you and your child will be screened, asked to wash your hands and you will each be provided with a face mask to be worn over your mouth and nose, if you do not have your own suitable mask(s) upon arrival.

You must bring your child's health card to your surgery appointment.

Please note the **South Entrance is for drop off and entrance only** and **West Exit for pick up only**.

While inside the hospital please follow the safety measures in place to protect you and your child:

- Keep a mask on at all times, covering your mouth and nose.
- Wash your hands frequently, especially before and after eating or touching your face.

- Follow physical distancing of 2 meters (6 feet), this includes seating in waiting areas, elevators and line-ups. Signage around the hospital is posted to provide reminders.

INFORMATION ABOUT PARENTS/CAREGIVERS/VISITORS

In order to protect patients and staff, only one designated parent/support person/caregiver is permitted to accompany each child on the day of surgery. This designated person must:

- Be well and pass the screening at the main entrance of the hospital
- Wear a mask for the duration of the hospital stay
- Remain the same throughout the hospital stay
- Must not exit and re-enter the hospital
- Agree to follow hospital infection prevention and control practices (wearing a mask, practicing good hand hygiene, practising physical distancing)

Unwell parents/caregivers/support people will not be permitted to enter the hospital and your child's surgery will need to be re-scheduled if another parent/caregiver/support person is unavailable.

CHECK LIST OF INSTRUCTIONS BEFORE SURGERY

- If your child's health changes or they develop a cough, cold or fever within seven (7) days before the scheduled surgery, please call your child's surgeon as soon as possible.
- You can pre-register online seven days before, but no later than 4 days prior to your child's surgery date. Please visit the site at www.nygh.on.ca.
- In addition to the pre-screening and COVID testing process if required, your surgeon's office will call you the day before surgery to again pre-screen your child. (Please see the screening tool document for reference.)
- Please do not allow your child to eat (including gum, candy or lozenges) after midnight the night before your surgery. Your child can have 1-2 cups (500ml max) of one of the following listed **clear liquids** only: apple juice, ginger ale, water, up to 2 HOURS before your surgery (**no milk or cream**). For infants and young children, they may be breastfed or be given expressed breastmilk by bottle, up 4 HOURS before surgery or may be fed formula up to 6 HOURS before surgery. You may also have your child brush their teeth on the morning of their surgery.

If these guidelines are not followed, your surgery may be delayed or cancelled for safety reasons.

- Please stop all anti-inflammatory drugs (i.e. Advil, aspirin, naproxen) three (3) days before surgery unless told otherwise by your surgeon or anaesthesiologist. Your child can have Tylenol (acetaminophen) prior to surgery.
- Please stop all vitamins, supplements, herbal and green teas seven (7) days before surgery.
- Do not allow your child to apply body lotion, make-up, nail polish, or perfumes on the day of surgery.

- Please do not allow your child to remove hair from the operative site within seven (7) days of surgery. Doing so can increase their risk of infection.
- Please leave valuables at home. **The hospital is not responsible** personal items e.g. jewelry, money, mobility aids, hearing aids, glasses.
- Please have your child dressed in loose, comfortable clothing and bring a bag to hold them in during their surgery. If your child wears contact lenses, please have them bring their lens holder with them or wear their glasses the day of surgery. If your child requires the use a mobility aid, please label it with their name and bring it with them. We will provide a locker for you to store your child's belongings.

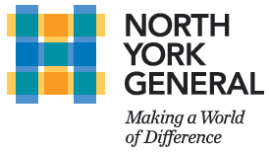
INSTRUCTIONS AFTER SURGERY

1. Do not allow your child to drive a car or perform any task that requires skill, coordination or judgment for at least 24 hours after their anaesthetic has worn off.
2. Keep their activity light for the rest of the day after surgery. It is normal for a child to feel a little dizzy, cranky or sleepy after operation.
3. Feed them only a light meal (i.e. soup and a beverage) that evening. Our team will ensure that your child can tolerate fluids before being discharged home.
4. Your child can resume your regular medications, as directed by your surgeon. A prescription may be ordered by your surgeon and given to you/your child in the Day Surgery Unit. We have a retail pharmacy, where you can fill your prescription, if you choose.

MEDICATION SHEET

Follow the instructions below for your medications, as directed by the surgeon/anaesthesiologist

| Medication | Take night before surgery | Take morning of surgery | Take last dose on below date | Bring to the hospital |
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HOW TO FIND US

North York General Hospital,
General Site, 4001 Leslie Street

All patients/parents/caregivers
Drop Off and Enter at the
South Entrance ONLY.

All patients/parents/caregivers
Pick Up/Exit at the **West Exit ONLY**.

