

## **PATIENT AND FAMILY INFORMATION AND CHECKLIST FOR PAEDIATRIC IN-PATIENT 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 requires a COVID test prior to surgery. The test must be completed 72 hours before your surgery date.** COVID test results received more than four days before your surgery will not be valid.

### **North York General Hospital Covid-19 Assessment Centre**

Branson Assessment Centre  
555 Finch Ave West, North York, Ontario M2R 1N5  
Open 7 days/week (8 a.m. - 7 p.m.)

COVID tests can be booked online at [nygh.on.ca](https://nygh.on.ca) or call 416-635-2509 from 8 a.m. to 4 p.m. to book your appointment over the phone. The team at the Branson COVID Assessment Centre 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.

### **Pre-registration**

You can pre-register online for your surgery seven days before but no less than four days before your appointment online at [www.nygh.on.ca](https://www.nygh.on.ca)

It is highly recommended that your child self-isolate for 10 days before surgery to decrease the chance of infection.

It is important that you let your surgeon know if your child develop any symptoms before surgery. Please let your surgeon know if your child is unable to wear a mask due to medical reasons.

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 hospital issued face mask to be worn over your mouth and nose.

**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/caregiver/visitor is permitted to accompany each child having surgery and staying in the hospital.

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/visitors 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**

### **CHECKLIST OF INSTRUCTIONS BEFORE SURGERY**

- If your child's health changes or they develop a cough, cold or fever within the seven (7) days before the scheduled surgery, please call your child's surgeon's 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](http://www.nygh.on.ca).
- In addition to the COVID test, your surgeon's office will call you the day before surgery to 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 left unattended, 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.
- Please bring toiletries (i.e. soap, toothbrush, toothpaste) and tissues for yourself and your child. These items are not supplied by the hospital.
- Please bring all necessary clothing for you and your child for the duration of your stay.
- As there are no 'in and out' of hospital privileges. Please plan accordingly for food for the designated visitor accompanying the patient.

**Food - Eating or Drinking:**

- To avoid the need to exit/re-enter the hospital, food may be brought from home or purchased at hospital food stations.
- You can bring in some non-perishable food with you. Food from home or personal food ordered in cannot be stored in common unit fridges and cannot be heated in microwaves. There will not be any food permitted in our common pantry area at this time. Any food or snacks brought in, must be kept at the bedside with you
- Food deliveries (by family member or food delivery service) must be received by the family member/parent/support person at the hospital door. Please perform hand hygiene upon entry to hospital after any food deliveries.
- Reusable containers, if used, must be cleaned/managed by the family member/parent/support person.
- No food may be left with NYGH staff to be delivered to patients/visitors.
- All food must be eaten in patient rooms (no cafeteria seating). Common seating areas are for staff only.
- Please always practice good hand hygiene, including when entering/leaving the patient's room/hospital and before eating food.

**Due to COVID-19 there are only limited retail food options on site:**

1st floor: Tim Hortons: 24/7

Ground Floor south lobby: Starbucks: 6:30 a.m.-9 p.m. Mon to Fri and 9 a.m.-5 p.m. Sat and Sun

The Market: 10 a.m.-5 p.m. Mon to Fri

**Off unit Privileges**

- Visitors/support persons in the Paediatric unit are not permitted to leave the hospital once they have entered.
- Visitors/support persons can leave the Paediatric unit to purchase food or items from our retail pharmacy
- Visitors/support persons are encouraged to stay within the unit as much as possible

**Isolation**

- Visitors/support persons accompanying patients in isolation, must stay in the room at all times.
- The patient and the visitor/support person should also adhere to the required infection prevention and control practices as outlined by the nursing staff
- Please speak with the nursing staff on the unit about meal planning for visitors/support persons accompanying patients in isolation

**MEDICATION SHEET**

Follow the instructions below for your medications, as directed by the anaesthesiologist, surgeon or internal medicine doctor.

Medication	Take night before surgery	Take morning of surgery	Take last dose on below date	Bring to the hospital

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**

