



Welcome to Puffin

This information sheet explains about Puffin – the same day admission unit at Great Ormond Street Hospital (GOSH) – and what to expect when your child comes in for surgery or investigations requiring an anaesthetic. We are part of the Theatre team at GOSH and work closely with them to ensure theatre lists run efficiently, as well as making sure your child's admission is completed as quickly and smoothly as possible.

Puffin is open from 7am to 6pm, Monday to Friday and is located on Level 3 Southwood Building.

Our telephone number is 020 7405 9200 extension 0147 – out of hours, you will hear a recorded message giving the extensions of our post-operative wards.

When you receive your admission letter

If you live outside the M25, you may be able to stay in the Patient Hotel at GOSH the night before admission.

If your child is staying overnight after their procedure, we can only accommodate one parent staying overnight with them.

Puffin allows a maximum of two adults to attend with each child. Siblings and other children should not be brought to GOSH so please make alternative arrangements for their care. The only exception to this is breastfeeding babies. Additional adults

may be asked to wait elsewhere in the hospital rather than on Puffin. If there are specific reasons why additional adults or siblings need to attend, please discuss this with the admissions manager who will seek approval from the ward manager.

If you have any other queries about your child's admission, please contact the admissions manager. Staff on Puffin will only be able to deal with your queries from the evening before admission, not before.

What to bring

- Any prescription medication your child takes
- Any emergency equipment you usually carry with you, such as suction or BiPAP
- Only if your child is on special feeds, an unopened container to use until the Diet Kitchen can make up the feeds
- Spare clothes, night clothes, nappies (if applicable) and a wash kit for you and your child





- Any favourite toys, comforters, blankets, cups or bottles

Space both on Puffin and on our post-operative wards is limited so please do not bring too much with you.

The evening before admission

The evening before your child is due to come to Puffin, we will call you between 3.30pm and 6pm to check that your child is well enough to be admitted and identify any special requirements, such as feeds or equipment. We will also explain about admission and fasting times during this call.

If you are not at home or contactable by mobile phone, please telephone Puffin between 4pm and 6pm. Please do not ring before 4pm as we will not have the information we need to tell you admission and fasting times before then.

If your child is due to be admitted on a Monday, we will call you on Friday evening.

Admission time

We will ask you to bring in your child at a specific time – this is to ensure that we have a cubicle ready and that we have enough time for the team to fully admit your child before their procedure. Please note that the admission time is not the time that your child will be having their procedure and staff will be unable to give you an exact time until the list order has been confirmed. Once the list order has been confirmed, staff will be able to give you an estimated time for their procedure.



Fasting time

It is important that your child does not eat or drink anything for a few hours before the sedation or anaesthetic. This is called 'fasting'. Fasting reduces the risk of stomach contents entering the lungs during and after the procedure, which can cause severe and long term lung damage. We will tell you three fasting times

- One for stopping food or any milk apart from breast milk
- A second time for stopping breast milk
- A third time for stopping water or weak squash

We strongly encourage you to give your child food and drink right up to these times, waking them during the night if necessary, to minimise the time for which they have to fast. However after the times indicated above, your child should have nothing at all to eat or drink. You should follow these instructions exactly. Otherwise, their admission may be delayed or even cancelled.

If your child requires medication after their fasting times, please tell us when we telephone.

Other preparation

Please ensure that your child has a bath, shower or thorough wash the evening before admission. Your child should not be wearing any nail varnish. Please leave jewellery at home for safe keeping.



Admission day

When you arrive on Puffin, your child will be weighed and have a baseline set of observations taken. This will usually include measuring their heart rate, temperature and pulse. Once this has been completed, we will show you to a cubicle where you and your child can wait until their procedure. A named nurse or health care assistant will complete the admission paperwork with you and your child will also be seen by a surgical doctor and anaesthetist.

After this, your child can go to our play room until the time for their procedure or can stay in the cubicle. You can borrow toys from the play room if your child wants to stay in the cubicle. We also have DVD players and games consoles.

On Puffin, we actively encourage children to play as this helps reduce anxiety about the procedure and also distracts them from feeling hungry. Our play team can entertain children while they wait or suggest toys or activities.

We do not allow eating or drinking on Puffin as it is unfair to children who are fasting before their anaesthetic. If you require food or drink, please tell a member of staff who can direct you to the parents' room on Puffin or the Lagoon Restaurant.

When we have received a call to say they are ready, your child will be taken from Puffin to the operating theatre or department where their procedure is taking

place. Parents are welcome to accompany their child but will have to leave as soon as the anaesthetic has taken effect.

- If your child is staying overnight, we will take you to your child's post-operative ward
- If your child is having a day case procedure, we will take you to the parents' room on Puffin

You can leave the hospital while your child is having their procedure but please make sure that we have your correct mobile phone number so we can contact you if needed.

Notes



Compiled by staff on Puffin in collaboration with the Child and Family Information Group

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