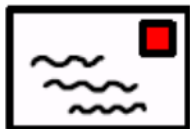


Your child's anaesthetic plan

Date and time:
No food/milk:
No breast milk:
No fluid:



The Admissions Coordinator will send you a letter about your child's operation.



Ask the admissions coordinator about hospital transport too if your child qualifies.



Otherwise, start to plan your journey to GOSH leaving plenty of time for traffic delays.



If at all possible, ask a friend or relative to look after your other children.



One parent can usually stay at the bedside. If you need somewhere to stay before the admission, ring the admissions coordinator as soon as you get the letter



Information about parking is on our website at www.gosh.nhs.uk



The evening before admission a nurse will telephone you – usually between 4pm and 7pm.



They will tell you:

- Where to go
- What time to arrive
- Fasting times



Fasting times are the last time your child can eat and drink before the operation.



The nurse will tell you if your child should take their regular medications before the operation.



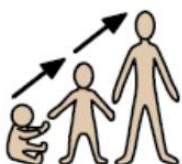
Pack an overnight bag for you and your child – even if they are planned for a day case operation.



Include their favourite toy or their tablet computer if they prefer. Remember, WiFi is available in the hospital – just ask for details.



If your child is ill, call the ward as soon as possible. The telephone number is on your admission letter.



When you tell your child about coming to hospital depends on their age

For example:

- 2 to 3 years old – tell them 2 days before
- 4 to 7 years old – tell them 4 to 7 days before
- 8 years and over – involve them in decisions



Use story books and play to get them ready – ask us for help. We can arrange a visit to the ward if you let us know.



Always be truthful.