



Helpful Tips

- Don't be embarrassed, the doctors and nurses will have seen and carried out your procedure many times before
- Prepare any questions you may have before you meet with your healthcare team
- Ask as many questions as you like. No question is too silly to ask
- Bring a book, phone, iPad or anything that will help you pass the time
- For more information check out the CUH Children's Services website:
- <http://www.cuh.hse.ie/Children-s-Services>



CUH CHILDREN'S WARDS:



Puffin Ward (021) 4922 212/ (021)492 2206



Ladybird Ward (021) 492 2209/ (021) 492210



Seahorse Ward (021) 492 2187



Paediatric Assessment Unit (021) 492 2187

Visiting Times: 2pm - 4pm, 6.30pm - 8.30pm

Developed by Eleanor Gaffney and Jane O' Flynn. BSc Childrens and General integrated nursing interns in conjunction with nursing staff from the children's unit CUH.

Date issued: November 2016

The information in this leaflet is correct at time of development

What to expect before your operation:

A young person's guide.



Children's Services

Giving you a say in your healthcare.



Preparing you for surgery

This leaflet will help prepare you and your family for your operation. We understand that a hospital can be a scary place .

Hopefully this leaflet will guide you on your hospital journey.

Fasting:

Fasting means you are not allowed to eat or drink anything, including water, for a certain length of time. During surgery when you are asleep there is a risk of vomiting.

Fasting reduces this risk because your stomach is empty. The length of time you will have to fast for depends on your procedure. You will be told how long to fast for before your operation. If you are on any regular medication talk to your doctor about when is the best time to take the medication.

Giving Consent:

Giving consent means you agree to having surgery. If you are over the age of 16 , it is your right to provide consent. If you are under the age of 16 you will be included in any decisions made about your health/treatment.



Having an anaesthetic:

A general anaesthetic ensures that you are fully asleep and won't feel anything during the procedure. Medicine will be given to you either as a gas to breathe or as an injection. Staff will explain this in more detail. The doctor who gives you the anaesthetic will ensure that you are asleep and safe throughout the operation.

Another medicine is given to wake you up when the operation is over.



Going for the procedure:

The nurses and doctors will explain the procedure to you and answer any of your questions. You might be nervous at this time, but remember we're all here to help you. A parent/guardian can stay with you until you go to sleep, if that is what you want. A general anaesthetic works very quickly. The only thing you will remember is waking up after it is all over.

What happens after?

You will wake up in the recovery area. If you feel a bit sick after the operation, the nurses and doctors will give you medicine for this. The nurses will ring your parents so that they can be with you when you wake up. When you're feeling better you'll be taken back to the ward. After the operation you will be able to slowly start eating and drinking again. The nurses will monitor you closely and make sure you are comfortable throughout your recovery.