

Preparing a child for a surgery requires consideration of several key aspects to ensure the child's safety and comfort. This includes adequate physical and mental preparation of the child, so that the treatment process is successful.

Dear Parents, please take important documents with you:

- the child's identity card (or other identification document)
- hospital referral
- vaccination log

Prepare medical records:

- Results of laboratory tests, (e.g. blood count, blood type - confirmed result, coagulation parameters, APPT, INR, general urine examination). Tests should be performed two weeks prior to surgery according to the guidelines of the qualifying physician.
- A statement from the paediatrician about the child's general health.
- Also, take other specialist examination results with you, e.g. X-ray, ultrasound, CT scan results, as recommended by the operating doctor.
- It is a good idea to have all your child's medical records with you, including summary reports from previous hospital stays.

Physical preparation of the child:

- The child prepared for elective surgery should be healthy. In the event of an infection, it is recommended to wait 2 weeks after the disease symptoms have disappeared or antibiotic therapy has been completed. This is particularly true for respiratory tract infections.
- Leaving the child fasting (with an empty stomach): inhibition of reflexes during general anaesthesia is associated with the risk of backflow from the stomach into the lungs, thus it is important to have the young patient not eating or drinking immediately before the procedure.

Minimum intervals:

- meal – 6 hours
- clear liquids (water, tea) – 2 hours
- modified milk – 6 hours
- breast milk – 4 hours.

Hygiene: on the day of the procedure, the child should be bathed and have clean clothes.

Psychological preparation of the child for the procedure:

- Talk: explain what is going to happen to the child, using simple words and terms that the child will understand.
- Answer questions: allow the child to ask questions and answer them honestly to reduce uncertainty.
- Calmness and reassurance: remain calm and composed, which will help the child feel safe.
- Outline the benefits: explain that the treatment will help the child recover or improve their health.
- Toys and cuddly toys: a favourite toy or cuddly toy can help a child feel comfortable and secure.

Pack the things you need

- Clothes: pyjamas or nightshirt, comfortable clothes (tracksuit, cotton trousers and a T-shirt), socks, personal underwear.
- Footwear: slippers or flip-flops that the child can wear in the room.
- Others: a favourite cuddly toy, blanket, books, games, colouring books, crayons, pictures of loved ones, possibly a dummy, feeding bottle and disposable diapers if the child uses them.

In a medical facility

1. Report with your child for registration.
2. Head to the admission room where you will be given the necessary forms.
3. You will then be taken with the young patient to the department, where the nurse will show you the room in which you will be staying.

Consent to surgery - this is a document that needs to be signed on the day of surgery. If the person is a minor, the parent(s) shall sign the consent.

Type of anaesthesia - the anaesthesiologist will inform you of the type of anaesthesia they will use during the operation, taking your health, safety and comfort into account.

After the procedure - the operating doctor will tell you how the operation went. The patient's well-being will improve with each passing hour, but if any discomfort occurs, e.g. pain, nausea, dizziness, shortness of breath or problems urinating, inform the nurse or doctor.

When leaving the medical facility with your child – take and keep the summary report, it is an important document. It includes the name of the condition, a description of the medical procedures, the medications used and the course of treatment. There are also recommendations for the future – medications and necessary follow-up tests.

Remember!

- Leave the child with an empty stomach.
- Report to the hospital 30 minutes before your scheduled surgery time.

