

Guide to Rady Children's Outpatient Procedure Center

Welcome and thank you for choosing the Outpatient Procedure Center at Rady Children's Hospital-San Diego. Whether your visit is unexpected or scheduled, a child's procedure can be a stressful experience for the entire family. That's why it's good to know that your child is in expert hands at Rady Children's. Our team of Physicians, nurses, anesthesiologists, technicians and support staff will do everything possible to make your experience safe and comfortable. More than 20,000 procedures are performed each year at Rady Children's.

All of the staff – from pediatric physicians to pediatric anesthesiologists and nurses – are specially trained in meeting the unique needs and concerns of children and their families. Special equipment and techniques designed specifically for children – from infants to young adults – help assure successful outcomes.

The purpose of this guide is to help prepare you and your child for his or her procedure. We understand that a handout can't take the place of talking to a member of our healthcare team, so please don't hesitate to call us with any questions. We look forward to caring for your child, your family and you.

Before Procedure

A nurse will call you one to two days prior to your child's procedure to gather your child's history and provide you with instructions.

Eating and Drinking Restrictions Please follow instructions given to you by the nurse. Your child's procedure may be cancelled if dietary or feeding instructions are not followed.

Illness Contact your doctor prior to the procedure if your child experiences signs of acute illness such as fever, cold, diarrhea, vomiting or infectious diseases such as chicken pox, measles or mumps.

Medications Do not give your child medications containing aspirin or ibuprofen (Advil, Motrin) for two weeks prior to the procedure unless instructed by your physician. Please give your child all of his or her regularly scheduled medications as directed by your physician.

What to Bring

- Your child's medications, including herbal medicines.
- Your child's favorite toy or comfort item.
- ID card, insurance card and any papers given to you by your child's physician.
- Payment or co-pay.
- Court documents, if applicable, for consent of legal guardianship.
- Home medical equipment (contact lens containers, wheelchair, g-tube, supplies, etc.).

Bathing & Hygiene

Your child must have a bath or shower before the procedure and remove nail polish, makeup and jewelry. Dress your child in loose, clean and comfortable clothing.

Questions

Call The Outpatient Procedure Center at (858) 966-6765. We are here to answer your questions Monday through Friday from 8 a.m. to 7 p.m. If you have pre-procedure questions after 7 p.m. during the week or on the weekend, please call your child's physician.

On the Day of Procedure

Transportation and Visitation

On the day of procedure your child must be accompanied by a parent or legal guardian. Please arrange for private transportation (car or taxi) to and from the hospital before the day of the procedure. All patients, regardless of age, must have an adult present to drive them home. Please make arrangements for the care of your other children as only two healthy adult parents/caregivers will be permitted to accompany your child.

Check-In

You will need to check-in with registration two hours prior to the procedure. Once you have checked in, you and your child will be escorted to the pre-procedure area. A nurse will prepare your child for his or her procedure. The anesthesiologist will meet to talk to you and your child about any concerns regarding anesthesia. Your child will then be taken into the procedure room by your nurse. Prior to beginning any procedure on a female patient 12 years or older (and those who have started menstruation at any age), a routine urine sample will be needed for a pregnancy test. If you have any concerns, please speak with your child's nurse or doctor.

During the Procedure

We will direct you to the Family Waiting Room. Please remain in this area, as your surgeon will look for you there when the procedure is complete. The team makes every effort to start your child's procedure as scheduled, but sometimes there are unexpected delays. We commit to keeping you informed if this occurs.

After Procedure - PACU

After the procedure your child will be taken to the Post-Anesthesia Care Unit (PACU) where our nurses will monitor your child's condition and comfort. It may take a while for your child to wake up after the procedure. You can be reunited with your child once he or she is awake.

Going Home

If your child is going home on the day of the procedure, a nurse in the discharge area will provide something to drink, additional pain medication as needed and written post-procedure instructions. You and another parent/guardian will be able to stay with your child to get ready for discharge. After your child is discharged, you will receive a follow-up phone call at home by a Rady Children's nurse to assess your child's progress. Please contact your child's doctor if you have problems or questions after the procedure.

Overnight Stay

If your child is being admitted to the hospital overnight, one parent is encouraged to stay. Please bring toiletries and spare clothing for you and your child.

Infants

Infants less than one month of age will be admitted overnight. Full term infants one to three months of age will be observed for four to six hours after procedure.

Directions to Rady Children's Outpatient Procedure Center

Northbound on CA-163 Exit at Genesee Avenue East, Turn left on Health Center Drive, Turn right on Frost Street and enter at Rady Children's 8001 Frost Street Parking Lot. Enter building thru Entrance #8 at the Jean Hahn Pavilion and follow signs to Outpatient Procedure Center.

Southbound on CA-163/ I-805 Merge onto CA-163 South Exit Genesee Avenue, Turn left at the signal Turn left on Health Center Drive, Turn right on Frost Street and enter at Rady Children's 8001 Frost Street Parking Lot. Enter building thru Entrance#8 at the Jean Hahn Pavilion and follow signs to Outpatient Procedure Center.

Northbound on I-805 Exit at Mesa College Drive, Turn left at the signal, Turn left on Health Center Drive, Turn left on Frost Street and enter at Rady Children's 8001 Frost Street Parking Lot. Enter building thru Entrance #8 at the Jean Hahn Pavilion and follow signs to Outpatient Procedure Center.

Note: If you happen to park at the North or South Visitor's Parking Garage on Children's Way, please cross the street and enter thru Main Entrance #1 in the Rose Pavilion near the Emergency Room. Please check at the information desk and you will be directed where to go.