

# AUTISM FRIENDLY SUPPORT

## Tips for Preparing your Child for a Procedure at Rady's Children's Hospital

### PREPARE YOURSELF



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- Review the pre-operative packet that was given to you at the doctor's office.
- Use MyChart to review information discussed at the visits. You can message your care team and ask them any questions you may have.
- Review Rady's, "[Surgical Services](#)" Website for more information.

### PREPARE YOUR CHILD

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- Advance preparation can help decrease anxiety.
  - Use medical play, the [pre-op tour video](#), or [social stories](#).
  - Some children and teens benefit from visiting the hospital before a procedure. Consider scheduling a [pre-op tour](#). To get more information regarding the pre-op tour visit the website.
- If your child attends therapy sessions (ABA, Speech, Mental Health), mention the upcoming procedure to your child's team. The therapist can help prepare your child and create a coping plan.

### TELL US WHAT HELPS YOUR CHILD



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- You are the expert on your child. We want to work with you to come up with a plan to support your child during their visit.
- Fill out the [Autism Friendly Questionnaire](#) to help us better support your child during their hospital visit.

 For more information:

<https://www.rchsd.org/programs-services/surgery/>

<https://www.rchsd.org/autism-friendly-health-system-initiative/>

<https://www.rchsd.org/programs-services/surgery/preparing-for-surgery/>

# Additional Tips for the Day of the Procedure



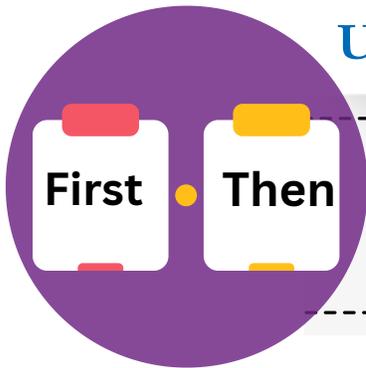
## Maintain Routine as Much as Possible

If your child takes medication regularly, please discuss with your physician and pre-admission phone call nurse to ensure medication can be taken the day of the procedure.

**Bring preferred toys, activities, comfort objects and/or sensory items**



## Use Visual Schedules or Social Stories



The use of visual aids can help guide children throughout the day. Please search on the Rady's website to view the [social stories](#) and visuals.

## Talk to the Team about Relaxing Medicine

**It's normal for children and teens to feel nervous before procedures.**

Once in the hospital, relaxation medication can be given before the procedure for children or teens with very high anxiety or needs. Talk to your pre-operative nurse and anesthesiologist about relaxation medication options once in the hospital.

**Bring any preferred communication tools/devices or comfort/coping items**

If you have addition questions regarding how to prepare or support your child for their upcoming procedure, please call the **Certified Child Life Specialist** at **858-576-1700** ext. **223321**