

Illness

- Please call the doctor's office BEFORE the procedure if your child has any of the following symptoms:
 - Fever
 - Runny/Stuffy nose
 - Vomiting
 - Cough
 - Diarrhea
 - Rash
- Also let your doctor know if your child has been recently exposed to any known contagious diseases such as Covid-19, chicken pox, tuberculosis, measles, or mumps.

Eating and Drinking Instructions

- Please follow these eating/drinking instructions for the upcoming procedure or as instructed by your doctor:
 - **8 hours** before the procedure time: Stop all **SOLID food, FORMULAS and NON-CLEAR LIQUIDS** (Examples: Rice cereal, baby food, oatmeal, cereal, fruits, sandwiches, formula, milk (cow, rice, soy, almond), Pediasure, Boost, juice with pulp, smoothies etc.)
 - **5 hours** before the procedure time: Stop all **BREASTMILK** (regardless of your child's age)
 - **2 hours** before the procedure time: Stop all **CLEAR LIQUIDS** (Examples: Water, apple juice, Pedialyte, Gatorade/Powerade, popsicles without fruit or cream, Jell-O without fruit or cream, Kool-Aid etc.)
- Your child's procedure may be cancelled if the eating/drinking instructions are not followed for their safety.

Medications

- Do not give your child medications containing aspirin or ibuprofen (Advil, Motrin) for two weeks prior to the procedure unless instructed by your doctor.
- Please check with your child's doctor about their regularly scheduled medications before the procedure.

Bathing and Hygiene

- Please bath/shower your child the day/evening before or morning of their procedure to help decrease the risk of infection.
- Remove nail polish, makeup, and jewelry prior to coming to the hospital.
- Your child will be required to change into hospital clothing prior to the procedure.

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.).

Transportation and Visitation

- On the day of procedure your child must be accompanied by a parent or legal guardian. Please arrange for private transportation (caruber/taxi) to and from the hospital before the day of the procedure. All patients, regardless of age, must have an adult present to bring them home.
- Additional visitors and siblings are to remain at home.

Questions

If you have any general questions related to your upcoming procedure you can call Surgical Services at (858) 966-6765 Monday through Friday from 8 a.m. to 6 p.m. If you have pre-procedure questions after 6 p.m. during the week or on the weekend, please call your child's physician.

What's Next...

You will receive a **text message the day before your procedure with more information about the time of your procedure and when you are supposed to arrive to the hospital**. In the meantime you can visit our [Rady Children's Surgical Services website](#) if you would like more general information and to watch our pre-op tour video!