



# Preparing for Your Upcoming Procedure

## Illness

- Please call the doctor's office BEFORE the procedure if your child has any of the following symptoms:
  - Fever
  - Cough
  - Runny/Stuffy nose
  - Diarrhea
  - Vomiting
  - 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

- Follow these instructions the DAY BEFORE the procedure:
  - NO EATING SOLID FOOD ALL DAY. Your child can have CLEAR LIQUIDS ONLY (Liquids you can see through). e.g., Ice popsicles, Jello, soup broth, juice (no milk, orange juice, or shakes). Gatorade or any sport drinks are preferred. AVOID anything RED, BLUE, or PURPLE
- On the DAY OF the procedure:
  - NO solid foods all day and before the procedure
  - Stop all clear liquids 2 hours before the procedure
- *If your child has DIABETES, discuss pre-operative management of diabetes with Endocrinology. Your diabetes nurse will be notified of your procedure. If you do not hear from them 4 days before your procedure, reach out via MyChart message or call at 858-966-4032 (choose option to speak to nurse)*

## Bowl Prep Instructions (start the day before procedure)

- Click [here](#) for more information about how to clean your child's bowel for the procedure

## 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 (car/uber/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!