Understanding Your Test or Procedure
THE UNIVERSITY HOSPITALS AND CLINICS

Going to the Hospital: Outpatient Procedures
Dear Parents,

This packet has been provided to help you and your child better understand the surgical experience. The parent section contains information to help guide you in talking with your child about their surgery. The patient section contains information about coming to the hospital and, also, fun activities for your child to do to help prepare him/her for surgery.

We would be glad to assist you in any other way to help prepare for your child’s surgery. Please call 601-815-8278 and leave a message if no one is available to answer.

Child Life Staff.
Going to the Hospital

Hospitals today aim to be family and child friendly places. However, any new experience can be challenging for a child and their family.

If your child must go to the hospital, you can help prepare him/her by:

- Talking openly about what is going to happen.
- Involving them in pretend play with dolls, teddy bears and toy medical play kits.
- Reading children’s story books about going to the hospital.
- Letting them know there will be time when they will not be with you. Reassure them that you will return and you may want to leave a familiar item with them for comfort.
- Letting them know they will go home as soon as the doctor says it’s ok.
- Letting them choose what toys, books and clothing they want to take with them. Make sure the items are labeled.
- Being positive about the hospital visit.
- Answering their questions and being as honest as you can about what is going to happen.

When you take your child to the hospital:

- Give the hospital staff any relevant information, such as special likes and dislikes, as well as, special words your child may use.
- Please realize that tears are normal during stressful times. Please listen and reassure your child and try to remain positive for them.
- Continue to be as honest as you can with your child.
- Please remember that our waiting space is limited. We encourage only primary caregivers to come the day of surgery. Also, the hospital will only validate one parking pass per patient.
THINGS THAT MAY CAUSE STRESS FOR YOUR CHILD DURING THEIR VISIT TO THE HOSPITAL AND WAYS TO REDUCE IT

- Your child may experience separation anxiety when they cannot be with you. Please reassure him/her that you will be together again, soon. Whenever possible, you will be allowed to stay with your child during treatments or procedures.

- Your child may show signs of stranger anxiety due to the many unknown faces they may see during their hospital stay. Reassure him/her that these people are going to help them feel better.

- You and your child may not understand the words or language of the hospital. Always ask the staff to explain what you do not understand until you are fully aware of what is happening to your child. Don’t be afraid to ask questions.

- An unfamiliar place and routine can cause stress. Whenever possible, explain or have the staff explain to your child what will happen next.

- Younger children often use their imagination to explain to themselves things that they have not experienced before. It is good to have them tell you what they think is going to happen at the hospital and then you explain anything they may have misunderstood.

- Children have fears of body mutilation and of the loss of control (physical and emotional). Whenever possible, allow your child to have choices and demonstrate for him/her what they need to do.
- Children will sometimes think they are going to the hospital because of something they have done wrong. Do not reinforce this misunderstanding by using the hospital as punishment for bad behavior. For example, “If you don’t stop lying, you will have to go back to the hospital to get more shots.” Encourage positive thinking about the hospital and let your child know it is the place where the doctors and nurses will help him/her get well.

- Many children have a fear of pain and needles and have a limited grasp on coping mechanisms. Therefore, it is ok to let your child express their fears and worries. You and your child should discuss ways to express them. Praise your child for their achievements, even the smallest ones.
Helpful words to use when talking about your child’s visit to the hospital

<table>
<thead>
<tr>
<th>Words to Avoid</th>
<th>Alternative Words to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut, Incision</td>
<td>Opening</td>
</tr>
<tr>
<td>Fix</td>
<td>Take care of</td>
</tr>
<tr>
<td>Organs</td>
<td>Body part</td>
</tr>
<tr>
<td>Take</td>
<td>Measure</td>
</tr>
<tr>
<td>Dye</td>
<td>Coloring</td>
</tr>
<tr>
<td>Put to sleep</td>
<td>Go to sleep</td>
</tr>
<tr>
<td>Gas</td>
<td>Special air or Sleeping air</td>
</tr>
<tr>
<td>Stretcher</td>
<td>Special bed on wheels</td>
</tr>
<tr>
<td>X-Ray</td>
<td>Pictures of inside you</td>
</tr>
<tr>
<td>O R table</td>
<td>Skinny Bed</td>
</tr>
<tr>
<td>NPO</td>
<td>Cannot eat or drink anything</td>
</tr>
<tr>
<td>Shot, Poke, Injection</td>
<td>Needle</td>
</tr>
<tr>
<td>IV</td>
<td>Into the vein</td>
</tr>
</tbody>
</table>
Dear Patient,

Your Doctor has decided that you need to have outpatient surgery. This packet is full of information and fun activities for you to do to help you understand what will happen when you come to the hospital. Be sure to talk with your family if you have any questions about your surgery or your hospital visit. You can also ask the staff any questions you may have on the day of your surgery. We hope this packet tells you everything you need to know about coming to the hospital. Have fun and Good Luck!

Child Life Staff
WHAT WILL HAPPEN THE DAY OF YOUR HOSPITAL VISIT

Your doctor has said that you need to have surgery. This page will help you and your family understand what will happen when you come to the hospital.

- On the day of your surgery, you and your family will have to come to the hospital early in the morning.
- You and your family will check-in at the front desk in the Children’s Hospital lobby. Then you will go to the 2nd floor and check-in at the nurse’s station. Someone at the nurse’s station will direct you to your hospital room where you will wait until your surgery. If all of the rooms are full you may have to wait in the waiting room, until one is available. When it is almost time for your surgery, a nurse will help you get ready and will give you a special gown and hospital bracelet to wear.
- When it is time for you to go to surgery, you will ride the elevator to the first floor. You will be on a special bed with wheels. You and two family members will go to a room called the “Holding” room. While you are in this room, lots of people (like your doctor and nurses) will talk with you and your family. They will also check your temperature, blood pressure and listen to your heart. To help the doctor with your surgery, you will need an IV. An IV is a small plastic tube, like a tiny straw, that can give your body a drink or it can give you medicine when you need it. Your doctor will decide if you will get your IV before you go to the operating room or after you are already in there and asleep. After all this is done and it is time for you to go to surgery, you will say “See you later” to your family. Don’t worry, you will see them again very soon in the wake-up room.
- The next room you will go to is the operating room. They will roll your bed over to another smaller bed in the middle of the
room and everyone will help you get on that bed. The people in this room will all be dressed in blue clothes with hats, masks and gloves on. These blue clothes keep the germs away from you during your surgery.

- After you get settled on this new bed, the nurse will put a bandaid-like sticker on your finger that has a red light on it. It will make your finger glow (like ET). This makes sure that you are breathing ok. The nurse will also put a blood pressure cuff on your arm or leg and circle stickers on your chest. Both of these will make sure that your heart is ok during the surgery. They will then give you your own special mask that has cool air blowing in it. This cool air is a medicine that will help you go to sleep for your surgery. The nurse may let you choose a special smell (like bubble gum or fruit) to rub on the inside of your mask. You will breathe the sleepy medicine through the mask and you will go to sleep. It is a medicine sleep, so you won’t feel or remember anything during your surgery.

- When your surgery is finished, they will take you to the “Recovery” room. This is where you will wake-up and see your family, again. You will also have a nurse with you, so if you need something, just ask. You will still have the blood pressure cuff on your arm or leg, the bandaid on your finger and the stickers on your chest. You will also have an IV in your hand or foot. Your throat may be a little sore, too. Once you are awake and feeling ok, you and your family will go back to the 4th floor.

- You will get to go home once the doctor says it’s ok and you are able to drink something and go to the bathroom. Your nurse will take out your IV and talk with your family about things you might need to do once you are at home.

This information is an example of what will happen during your visit. Your doctor will have the “final” say on what happens during your surgery and when you can go home. Be sure to ask your doctor any questions you may have.
An IV is a small plastic tube, like a tiny straw, that carries water or medicine into your veins. Veins are like small tubes inside of you that carry blood to all parts of your body. Can you look at your hands and feet and find your veins?
HOSPITAL WORD SEARCH

Can you find the following words hidden in the puzzle below?

GERM  HOSPITAL  SURGERY  GOWN
NURSE  DOCTOR  BANDAID  VEIN

There are 6 more words hidden in the puzzle that are not in the list above. Complete the following sentences to find out what they are.

1. It's cold outside! Put on your ear _____ _____!

2. My Dad likes his new _____.

3. _____ _____ the car!

4. Going to the hospital can be _____ _____.

5. I will _____ to do my work by myself.

6. Look at my _____ toy!

Now, see if you can find the words in the puzzle! Good Luck!
HOME IS WHERE THE HEART IS

COMPLETE THE MAZE, STARTING AT THE TOP, SEE IF YOU CAN FOLLOW THE PATH HOME, GOING THROUGH EACH HOSPITAL ROOM, ALONG THE WAY.
ANSWERS

1. It's cold outside! Put on your __________.
2. My Dad likes his new __________.
3. __________ the car! STOP
4. Going to the hospital can be __________.
5. I will __________ to do my work by myself. TRY
6. Look at my __________ toy! NEW

HOME IS WHERE THE HEART IS

Copyright 2003
Child Life
The University of Mississippi Medical Center
2500 North State St.
Jackson, MS 39216-4505