

Surgery Day Check List

- Bring: **A.** A list of your child's medications and the dosage, including over-the-counter medicine, supplements, or herbs. **B.** Your photo ID and insurance card **C.** Any legal guardianship paperwork. **D.** Cell phones and chargers. **E.** All Inhalers
- Please remove contact lenses. Have your child wear eyeglasses, if needed.
- Make transportation arrangements. Taking public transportation after surgery or a procedure is discouraged.
- Follow bathing instructions. Please do not shave or wax.
- Remove all make-up, nail polish, jewelry, and piercings. Do not apply any hair or skin products, lotions, or cosmetics.
- Bring a special toy or comfort item.
- If your child eats or drinks after the ordered stop time or is sick, please call us before you come to the hospital.

On the day of your child's surgery or procedure:

- Please be sure to arrive promptly at the arrival time you have been given.
- Only two healthy adults are allowed to accompany your child. Bringing siblings or pets to the hospital on surgery day is not allowed.
- For patients under age 18, consent for the procedure must be signed by a parent or legal guardian.
- All female patients over age 12, and those under 12 who have had a period, will be asked to submit a urine sample for a pregnancy test.
- Food and drinks are not allowed in the Day Surgery area.

Your Surgery Locations

- Children's Hospital of The King's Daughters**
601 Children's Lane, Norfolk, VA
- CHKD Health and Surgery Center at Concert Drive**
2021 Concert Drive, Virginia Beach, VA
- CHKD Health and Surgery Center at Oyster Point**
11783 Rock Landing, Newport News, VA

Call (757) 668-7332 for all locations.



CHKD.org

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Eating and Drinking Rules Before Surgery or a Procedure



Eating and Drinking Rules for Surgery or a Procedure

For Your Child's Safety

It is very important that your child's stomach is empty when they have surgery or a procedure. When your child is given anesthesia or sedation medicines, food and stomach acid can rise up and go into the lungs. This can cause pneumonia and other potentially life-threatening complications.

Otherwise healthy children may eat and drink normally up until eight hours prior to their scheduled procedure. However, do not let your child overeat right before the 8-hour mark.

We recommend having a normal dinner at your child's regular time. Light snacks are permitted up until eight hours before your surgery arrival time (no heavy, greasy, or fried foods). To prevent dehydration, please encourage your child to drink clear liquids up until 30 minutes before arrival time.

What are clear liquids?

- Water
- Pedialyte
- Apple Juice (no apple sauce or cider)
- Gatorade

Can I give my child medicine?

Talk with the doctor about giving your child any medicine before the procedure. If your doctor recommends a specific medicine, you may give it with a sip of clear liquid. Continued asthma and allergy medication use is encouraged. Please bring inhalers with you on the day of surgery. Do not give milky antacids like Mylanta, Maalox, or Tums.





Arrival Time:

Stop Times:



8 hours Time:

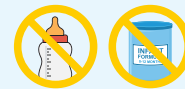
Eight hours before your surgery arrival time: **Stop Time** for all solid foods, non-human milk, juice with pulp, pureed foods, G-tube feeds, rice cereal, and thickener added to formula. This includes nutritional supplements. Only formula, breastmilk, and clear liquids are allowed after this time.





5 hours Time:

Five hours before arrival time: **Stop Time** for formula and fortified breastmilk. Only clear liquids and breast milk are allowed after this time.





3 hours Time:

3 hours before arrival time: **Stop Time** for breast milk. Only clear liquids are allowed after this time.





30 min Time:

30 minutes before arrival time: **Stop Time** for clear liquids. Your child should have nothing by mouth after this time (includes mints, candy, or gum).

