



Procedures with Anesthesia in Pre-Op East

Welcome to Phoenix Children's Hospital! This is where lots of different people help to take care of children and their bodies.



It is important not to eat or drink anything before you come to the hospital for your procedure. Do you know why? Because anesthesia – sleep medicine – works best when your stomach is empty.



The east entrance of Phoenix Children's Hospital is the closest place to get inside for your procedure. Tell your grownup to park in the Cambridge parking garage.



Now you are in the part of the hospital called the east lobby. It is time to check in at the front desk. The friendly staff will ask questions about who you are and what kind of appointment you have. They will tell you how to get to the waiting area for your procedure.



When you enter the waiting area there will be another place to check-in. Your grownup will use the self-service tablet to tell staff that you are here and ready for your appointment. Then you can find a comfy spot to sit.



When a staff member calls your name, you and your grownup will go to the counter. The staff member will put a bracelet on your wrist. This bracelet has important information on it – like your name and birthday. You will wear it until you are done with your procedure and it's time to leave.



You are all checked in and ready! You can go back to your comfy spot and wait for a different staff member to call your name for your procedure.



Will you bring anything fun with you from home to do while you wait?

When the medical assistant (MA) calls your name, it is your turn to go to “Pre-Op” and get ready for your procedure.



First, the MA will ask you to stand up straight to check your height. Then you will stand on a scale to see how much you weigh. They will also measure your temperature using a thermometer that lightly swipes across your forehead.



The MA will then bring you to your private pre-op room. This room has a bed with wheels and side rails where you can sit. You can even move the back of the bed up so it can be like a chair. There are chairs for your grownups to sit next to you, too.



In your pre-op room, the nurse will place a sticker on your finger or toe. This sticker is called a pulse oximeter. It measures the oxygen in your body. It will only be on for a few seconds. Some kids like to count when it is on their finger.



How high can you count?

The MA will also check your blood pressure to learn about your heart. They will do this by wrapping a cloth band around your arm or leg. It will give your arm or leg a tight squeeze for a few seconds. Your job is to relax your body and hold still.



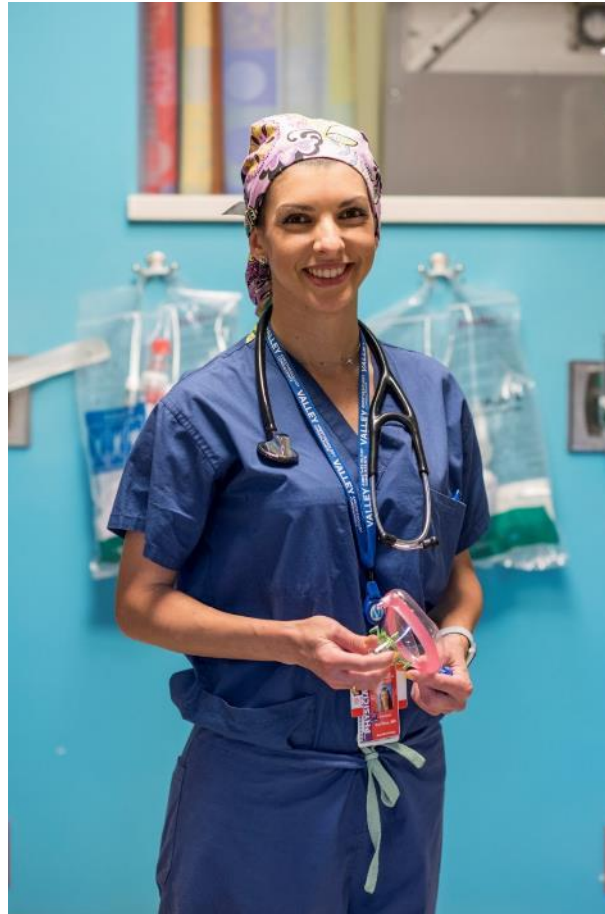
Now it is time to put on your hospital clothes! Staff will give you colorful pajamas with a shirt that opens in the back. Once your pajamas are on, you will meet the doctors and nurses who will take care of you.



You will meet that doctor that will check or help your body during your procedure. They will come talk to you and your grownup about the plan.



You will also meet another doctor called an anesthesiologist. The anesthesiologist gives you the sleeping medicine for your procedure. This is a different kind of sleep than what you do at home.



Your procedure room nurse will be with you during your whole procedure. Their job is to make sure you are comfortable and answer any questions you have before you go to sleep.



After you meet all your doctors and nurses, it will be time to go on a ride on your bed to the procedure room. The procedure room is where you will have sleeping medicine and the doctor will do your procedure. You will say, “See you later!” to your grownup.



The procedure room is a big room with bright lights. Everyone in this room wears clothes from the hospital because it is very clean. You will see people with blue clothes, hats, and masks on their faces.



Your nurse will push your bed next to a different bed with a white sheet. Once the beds are next to each other, you will move over to the bed with the white sheet.



Once you are on the other bed, your nurse will give you a warm blanket and put your blood pressure cuff and pulse oximeter sticker back on your body.



Your nurse may put some stickers, called “leads,” on your body. These stickers tell the doctors how your heart is doing. They help your doctors and nurses take good care of you while you are sleeping.



Now it is time for the sleeping medicine called anesthesia. This is a special kind of sleep where you do not feel, hear, or see anything during your procedure. Your body stays completely still. There are two different ways that children get anesthesia to fall asleep. Your anesthesiologist will know which way is best for your body.



Some kids fall asleep with air that goes into a mask. Your job is to take big deep breaths.

Other kids fall asleep with medicine through an IV. An IV is a small tube that can give your body medicine or water in your vein. Veins look like blue lines on your skin and carry your blood throughout your entire body.



When your procedure is finished, you will wake up in an area that looks like this. The nurse will get your grownup to be with you. Some children go home after their procedure and some children need to sleep overnight at the hospital. Your doctor will tell you what is best for your body.



Right when you wake up, sometimes your stomach needs to stay empty but usually you can have a drink or popsicle. Your doctor will tell your nurse what is best for your body.



If you spend the night at the hospital your room might look like this. It will be a private space for you and your grownup. You will have your own bathroom and TV. There is a couch or recliner chair for your grownup to stay overnight with you, too!

