

# Preparing for Your Child's Procedure



**Maria Fareri**  
**Children's Hospital**

Westchester Medical Center Health Network

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Patient Name

Doctor Name

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Procedure Date

Arrival Time on Day of Procedure

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## Before the Procedure



### Pre-registration

Our staff will call you within 24 hours of surgery to confirm your child's appointment and time of procedure.



### Communication needs

Interpreter services are available 24/7.



### Special guardianship

If you have been appointed as the patient's legal guardian, please bring the appropriate legal paperwork identifying your guardianship status.

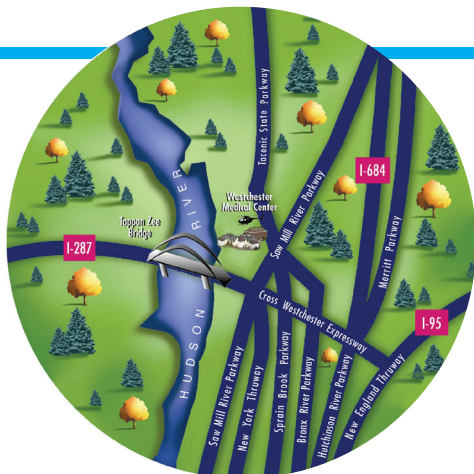


### Consults

Please ensure all of your child's doctors are aware of the upcoming procedure and bring your child's medication list on the day of surgery.



**Please do not come if your child has a fever or is sick, unless directed to by your child's surgeon.**



## Getting Here

### Driving Directions

You can find driving directions at [mariafarerichildrens.org](http://mariafarerichildrens.org) or GPS Address: 100 Woods Road, Valhalla, NY 10595.



## Child's Recent Medical History

### Pre-testing

Your child will require a full physical exam within 30 days of surgery.

### Medications

Please bring an accurate list of your child's medications on the day of surgery.

## Parents and Legal Guardians, Please Bring with You:



☐ Insurance card.

☐ Identification – your driver's license or another photo ID.

☐ Legal guardianship documentation, if necessary.

☐ The name, address and phone number of your pharmacy.



☐ Money for any personal expenses, food, parking, etc.

## Special Notice Regarding COVID-19

A safe and effective care environment is our highest priority, and Westchester Medical Center Health Network (WMCHHealth) hospitals and medical practices have undertaken necessary steps to protect our patients and workforce.

## How to Prepare Your Child for a Procedure

Providing developmentally appropriate information before a procedure can help your child cope with the experience, as well as ease anxiety and stress. The best way to prepare your child is to first prepare yourself. It is important to provide basic information while being honest. You can explain to your child that something in his/her body needs to be fixed or changed. Use simple words and explanations. If your child has major separation anxiety please talk to his/her physician.

### Preparing your infant

- While infants are too young to benefit from preparation, they will pick up their cues from you.
- Try to remain calm.
- Infants may respond to separation from parents and unfamiliar sights, sounds, and noises.
- You can help your infant by making sure that everyone in the family is well-rested and by remaining positive and calm.
- Ask for help if you need it.



### 18 months to 2 years

- Children under the age of two generally do not understand the concept of time, so it is best to tell your child about the procedure one day before it is scheduled to occur.
- Toddlers may have difficulty coping with changes in their routines, especially related to eating, sleeping, and toileting.
- You can help your child by being with him/her in the hospital and allowing him/her to choose a favorite toy to bring along.
- Give your child simple explanations (e.g., "The doctor is going to help your ears feel better").
- Let your child play pretend with a toy medical kit or dolls.

### 3 to 5 years

- Children in this age group often view the hospital and procedures as punishment.
- Reassure your child that he/she has not done anything wrong.
- Your child will probably be very curious about the procedure and will want to know what to expect.
- Tell your child about the procedure two to three days before it is scheduled to occur.
- It is important to be honest with your child about what will happen, using simple words that he/she will understand.

### 6 to 11 years

- Children in this age range often have a fear of pain, of loss of control, and of missing their friends and school.
- Begin preparing your child a few days to one week before the procedure is scheduled to occur.
- Make sure that your child has a clear understanding of why he/she needs the procedure.
- Encourage him/her to ask questions; however, only answer what he/she is asking.
- Let your child know it is ok to be scared or nervous.

### 12 years and up

- Adolescents are most concerned about privacy and body image; talk with your adolescent a week or two before the procedure is scheduled to occur.
- Provide your adolescent with concrete information about the procedure; when possible, include him/her in decision-making.
- Encourage your adolescent to write down any questions he/she may have.

### For Your Child's Comfort

Having familiar items is often comforting for children, especially in the unfamiliar environment of a hospital.

Have your child pick out:

- A favorite doll or toy
- A sippy cup, if your child uses one
- A favorite book or other comfort item
- Older children may want to bring electronic devices to use
- Comfortable clothing (e.g., sweatpants, sweatshirt, etc.)





# Presurgical Pediatric Diet Guidelines

The presurgical diet guidelines below are for general purposes only. Your physician or surgeon may require your child to follow an alternative plan. In that case, follow the physician's instructions rather than the guidelines below.

## The Day Before Surgery

Provide your child with a regular diet.

Do not allow your child to eat any solid food after midnight (**CLEAR FLUIDS ONLY** after midnight) or eight hours before surgery.

## Day of Surgery

Provide **INFANT FORMULA ONLY** up to six hours prior to arrival.

Provide **BREAST MILK/NURSING ONLY** up to four hours prior to arrival.

Provide **CLEAR FLUIDS ONLY** up to two hours prior to arrival.

**DO NOT ALLOW YOUR CHILD TO EAT OR DRINK ANYTHING AFTER ARRIVING AT THE HOSPITAL.**

## Clear Fluid Guidelines

### Allowed

Pedialyte

Water

Apple, Cranberry, or  
Grape Juice

Gatorade

Black Coffee or Tea  
(nothing added)

Gingerale and Seltzer

### Not Allowed

Milk or Dairy Products  
(including in coffee and tea)

Citrus Juices

Prune Juice

Juices with Pulp

**Any food or beverage not  
listed in the "Allowed"  
column**

## Upon Your Arrival

Parking is available at Maria Fareri Children's Hospital (Lot 4).

Enter through the front doors of Maria Fareri Children's Hospital and proceed to the reception desk. You will be directed to the Admitting office, which is located on the main floor.

Once registered you will be directed to the surgical waiting room, where your child can play or relax until it is time for his or her procedure.

The clinical team will meet you to explain the procedure, review your child's medical history, and discuss anesthesia care.



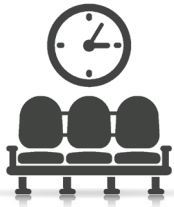


## Before the Procedure

Your child's healthcare team will verify your child's identity, the procedure he or she will undergo, and the body part on which the procedure will be performed. For your child's safety, these questions will be asked many times.

The parent or guardian of the child will be asked to sign an informed consent form, which will show that the family and doctor have discussed together the procedure that will be performed.

Please provide your main contact information to your child's nurse.



## During the Procedure

Parents and family will go to the waiting area when your child goes into the operating room.

We encourage at least one parent or guardian to remain in the hospital at all times in order to receive any updates the surgeon may provide to you.



## After the Procedure

Your child will be taken to the children's post-anesthesia care unit (CPAC), where he/she will be monitored by specially trained nurses.

You will be notified when it is time for you to come to the bedside. While there, you are welcome to ask your child's nurse any questions you may have.

Do not wake your child if he/she is asleep. Speak softly and calmly; let your child know that he/she is ok.

The amount of time your child spends in the CPAC depends on the type of surgery or procedure. If an overnight stay is planned, your child will go from the CPAC to a hospital room.



## Communication During the Procedure

During check-in, you will be invited to download Familyfirst, a free, HIPAA-compliant app you can use to get updates from the care team during your child's procedure.

Familyfirst supplements in-person conversation with the care team and provides peace of mind while you wait.

## For Your Convenience

For your convenience, there are several dining options available.

### Marketplace Café

Located on the Ground Level of Westchester Medical Center

Hours of Operation:

Monday to Friday

Breakfast 7:30 – 10 a.m.

Lunch/Dinner 11 a.m. – 7 p.m.

Saturday

Breakfast 8 – 10 a.m.

Lunch 11 a.m. – 3 p.m.

### Panera Bread Café

Main Hospital lobby hours: 24/7

Children's Hospital lobby

Hours: Monday to Friday:

8 a.m. – 3 p.m. (hours may vary)

### Vending Machines

Vending machines are located on the first floor of Macy Pavilion and in the Marketplace Café.

### Interfaith Chapel

The Interfaith Chapel is in Macy Pavilion. It is open as a quiet place for meditation and prayer 24 hours a day.

The beautiful grounds of our campus offer gardens and walking areas to relax and recharge while visiting your loved ones. These are peaceful places to have quiet time to relax and reflect.

## Please Keep In Mind

- While we will do our best to stay on schedule, changes and delays are sometimes unavoidable. Any delays will be explained to you and your family.
- In the event of a delay, accommodations can be made to assist nursing mothers.
- Visitors are an important part of the recovery process and are welcome. Please visit **[westchestermedicalcenter.org/visiting-hours-and-guidelines](https://www.westchestermedicalcenter.org/visiting-hours-and-guidelines)** for our current visiting hours and guidelines.
- Visitors exhibiting symptoms of illness are discouraged from accompanying your child in the hospital.
- To protect the privacy of our patients, visitors may be asked to step out during direct patient care.
- Please limit noise when visiting.

## Child Life and Creative Arts Therapy

Child Life specialists are trained to help children and families cope with the hospital experience. Child Life specialists are available to answer any questions you may have about how to prepare your child for a procedure. They can be reached at 914.493.6657 between the hours of 7 a.m. and 3 p.m.

## Helpful Books

*Franklin Goes to the Hospital*,  
Sharon Jennings

*Visit to the Sesame Street Hospital*,  
Random House/Children's  
Television Workshop

*Curious George Goes to the Hospital*,  
Margaret and H.A. Rey

*Rita Goes to the Hospital*,  
Martine Davison

*Katie Goes to the Hospital*,  
Barbara Taylor Cork

*The Hospital Book*, James Howe

*The Teenage Hospital Experience*,  
Elizabeth Richter

*When Molly Was in the Hospital:  
A Book for Brothers and Sisters of  
Hospitalized Children*,  
Debbie Duncan and Nin Ollikainen

## Going Home

Your child's healthcare team will work together to provide a safe and appropriate plan for discharge. If your child is going home on the same day of the procedure, he or she will be discharged from the CPAC.

## What to Have at Home

Caring for your child at home may be easier if you have these items:

- Soup
- Popsicles
- Clear liquids such as apple juice, water, Pedialyte®, white grape juice, and clear Gatorade®
- Medications prescribed by your child's surgeon



## What to Expect When You are Home

You will receive specific instructions on how to care for your child at home. Here are some general guidelines to keep in mind:

### Activity

Depending on the type of procedure performed and anesthesia administered, your child may need to be watched closely for the first 24 hours.

### Feeding

Your child's healthcare team will provide you with a proper feeding plan. You should not force your child to eat, but rather encourage him/her to drink; this will help make your child feel better.

### Pain

Your child's healthcare team will discuss a pain-management plan with you. After the procedure, your child may have some pain, act cranky, and/or run a slight fever.

### Behavior

Some children may have temporary behavior changes after a procedure; these may include changes in sleep patterns, eating, activity, new fears, or acting younger. He/she may also be very clingy. These changes usually get better over time. If you are concerned about your child's behavior changes, please contact his/her pediatrician or surgeon.

## Helpful Information

### Important Numbers

Admitting	914.493.6183
Child Life and Creative Arts Therapy	914.493.6657 914.493.6640
General Information	914.493.7000
Operator	0
Parking Information	914.493.7932
Patient Accounts and Billing	914.493.2089 or 914.493.5449
Patient Experience	914.493.8877
Security	914.493.8535
Social Work	914.493.7631
Spiritual Health Services	914.493.5620
Surgeon:	
Nursing:	

### Our Commitment to Your Care: Your Satisfaction Matters to Us

Patient satisfaction is important to us. We are always looking for ways to improve our services and welcome any comments and ideas you may have to help us in our mission. Please speak with your nurse or the nurse manager if you have any questions or concerns about your child's care.

If you believe your concerns have not been resolved, you may contact Patient Experience at 914.493.8877. Patient Experience serves as a liaison between patients and the hospital, providing patients' rights information, details on hospital services, complaint resolution, and solutions to requests for special needs.

### We Welcome Your Feedback!

Once you leave our care, you may receive the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey with a postage-paid return envelope.

This survey is a tool to measure and report patient satisfaction. It includes topics such as doctor and nurse communication, medicine, discharge information, staff responsiveness, and overall quality of the hospital.

If you receive this survey, we encourage you to take the time to complete it. The results will help us know what we're doing right and where we can improve.

***Thank you for entrusting us with  
your child's care.***