



# St. Catherine of Siena Medical Center

Catholic Health Services

At the heart of health

## Ambulatory Surgery *The Day of Surgery*

### The Day of Surgery

When you arrive at the hospital, you will proceed to the Ambulatory Surgery Unit, which is located next to the Emergency Room. There you will be greeted by a member of our staff. Once you have changed into a patient gown, we will check your temperature, blood pressure and heart rate. You may have one visitor with you until you are escorted to the Operating Room (No children under 16 years of age). All visitors will then be instructed to wait in the Main Lobby area, where the surgeon will speak with them after the procedure is completed.

### Fasting Guidelines

#### For the Surgical Patient

##### **Adults**

If you are an adult and scheduled for surgery before 12 noon, do not eat solid food or liquid after midnight.

If you are scheduled for surgery after 12 noon on the day of surgery, you may have eight (8) ounces of clear liquids (tea, black coffee, apple juice, or broth) up to two (2) hours prior to scheduled surgery start time. Sweeteners in tea or coffee may be used. Cream, milk products, dairy products, non-dairy creamers and orange juice are NOT PERMITTED.

##### **Children**

Children 12 years and under may have eight (8) ounces (one cup) of water, clear apple, or white grape juice up to two (2) hours prior to surgery, or as per physician directions.

### Children and Surgery

We recognize that children are frightened about having surgery. We also recognize that the prospect of surgery provokes anxiety in parents; therefore, we encourage parents to be with their children both pre- and post-operatively.

One parent may accompany the child as he or she is brought into the operating room and, at the discretion of the anesthesiologist, may stay until anesthesia is started. Following surgery, one parent may stay with the child after he or she awakens from anesthesia in the Post Anesthesia Care Unit. If your child is an infant, please bring a bottle of his or her favorite clear fluid, such as apple juice.

We want you to know that special attention will be given to your child in order to help reduce fear and anxiety. Familiar possessions provide comfort and make the child feel more at ease in unfamiliar surroundings. Please feel free to bring along your child's favorite toy or blanket.