

Montreal Children's Hospital Surgery or Procedure Preparation Booklet



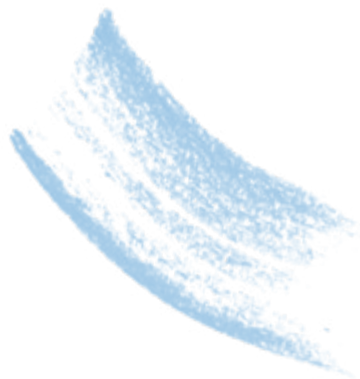
Hôpital de Montréal
pour enfants

Centre universitaire
de santé McGill



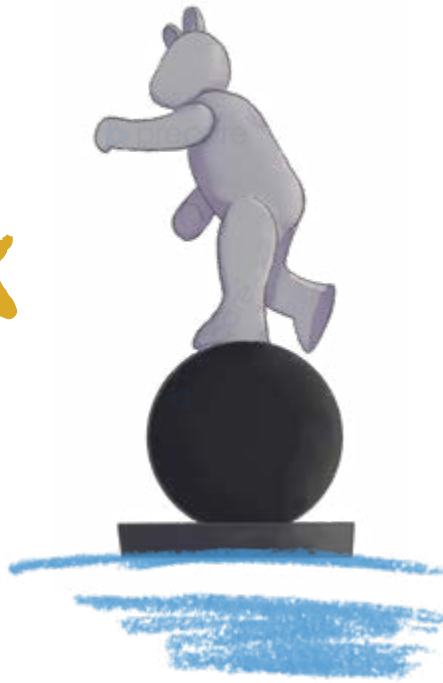
Montreal Children's
Hospital

McGill University
Health Centre





Ready, Set, Go: A guide to your care journey



This book belongs to:

Two horizontal lines for writing a name.

Welcome to the Montreal Children's Hospital!

This book was created to help prepare you and your family for your upcoming surgery or procedure at the Montreal Children's Hospital. It will help you and your family understand what to expect before, during, and after surgery or procedure and give you the opportunity to share any thoughts, feelings or worries you may have. This book can also be used as a journal to document your experience, so we encourage you to bring it on the day of your surgery or procedure too!

Important

While we aim to provide helpful and accurate information, every child's experience is unique. This book is not meant to replace the advice or instructions given by your healthcare team, nor is it a substitute for medical care. If you have any specific questions or concerns, please speak with your child's healthcare provider.

Let's get started!

Acknowledgement

We express our sincere gratitude to the Mirella & Lino Saputo Foundation for its generous support in the creation of this book.

We are deeply grateful for this valued partnership and for their contribution to our shared mission of providing essential resources in pediatric care.



This book was created in collaboration with Child Life Services at the Montreal Children's Hospital.



I am having my surgery or procedure on this day:



Date



My doctor's name is:

This surgery or procedure will help me with:



One thing that I would like my medical team to know:

Feelings check-in

This chart is a way to check in with your feelings. You can point to, circle, or color the face that shows how you feel right now. Remember, there are no right or wrong feelings, and they can change throughout the day.

I am feeling...



Happy



Scared



Ready



Sad



Angry



Nervous



Frustrated



Tired



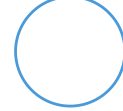
Calm



Confused



Proud



The feeling is...



Tiny



So-So



Huge

Preparing for a surgery or procedure

Hi, my name is Charlie!

The doctor told me I needed to come to the hospital to have a surgery or procedure.

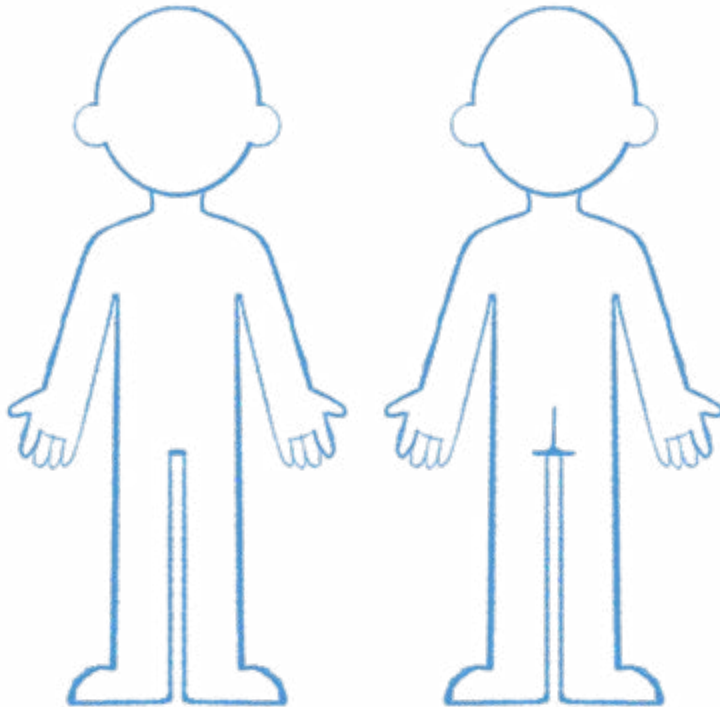


I am having surgery to help my ears, nose and throat. What kind of surgery or procedure are you having?

A surgery or procedure can help your body feel better.

Where are you having a surgery or procedure?

Circle the body part where you will have your surgery or procedure.



Preparing for your surgery or procedure

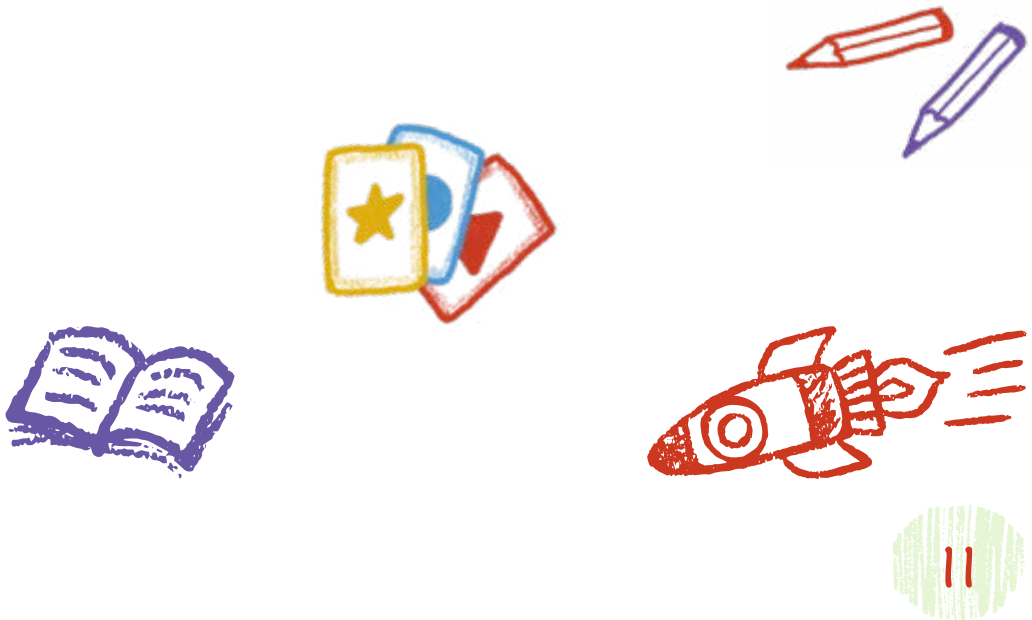
Before going to the hospital, I packed a few of my favorite things to bring with me.

I brought along my teddy bear, who stayed with me throughout my whole adventure at the hospital.





Draw or circle the items you will bring with you.

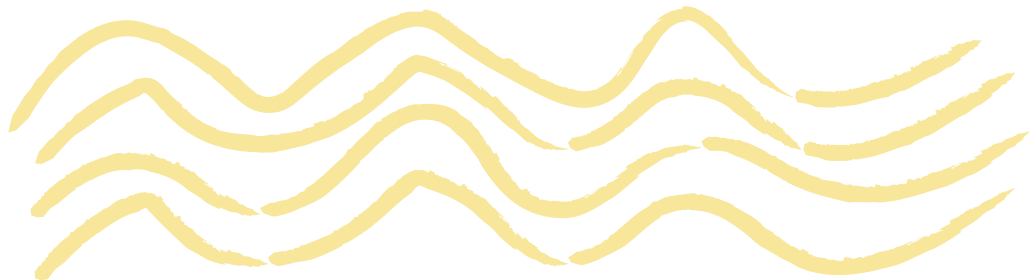


The day of your surgery or procedure

Before my surgery or procedure, I will get special instructions about when I can eat or drink.

On the morning of my surgery or procedure, I will not be able to eat any food because I will get a special medicine called anesthesia.

Anesthesia works best when my tummy is empty.



Arriving at the hospital

When we will arrive at the hospital, a nurse will give me:

- A hospital bracelet
- A red bracelet if I have an allergy
- A hospital gown

I will get on the scale to check my weight, and my height.



In the waiting room

We will wait in the waiting room until it is my turn.

There will be other people who are waiting for other types of surgeries and procedures too.

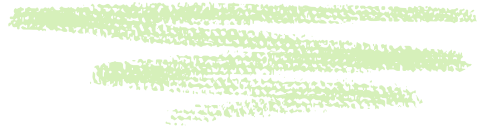






Meeting your care team

I will meet many people who are there to take care of me. They will be wearing special gloves, a mask and a hat. This helps keep things very clean. Remember, behind every mask is a big smile.





Next, I will meet:

- A nurse from the operating room
- An anesthesiologist who will help me get a special sleep, so I don't feel anything during the surgery or procedure. They will listen to my heartbeat, my lungs, and ask me to open my mouth, stick out my tongue, and show my teeth.
- The doctor, who will do the surgery or procedure.

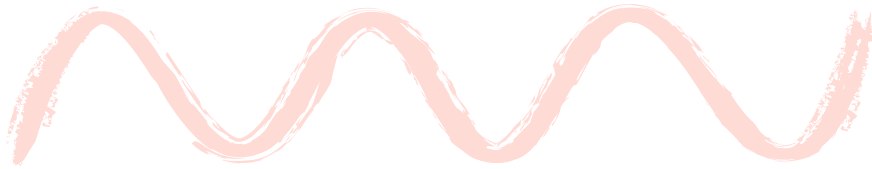
Together we make a super team!

Before going into my surgery or procedure

Sometimes, we need to drink a special syrup that helps our body feel better after a surgery or procedure.



The doctor might also give me a medicine to help me feel more relaxed before the surgery or procedure.



For some surgeries, the doctor will use a marker to mark the area of your body where they will do the surgery.



In the operating room

In the operating room, the team will help me get comfortable on the bed and give me a warm blanket. The room will have special lights and machines that make little beeping sounds. The team will help me feel calm and safe.



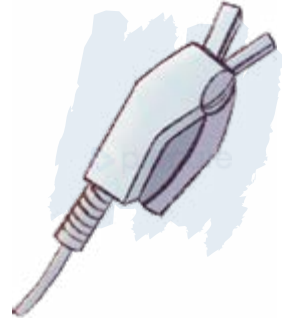
I will have:



Small stickers on my chest to measure my heartbeat during the surgery or procedure.



A band (cuff) around my arm to measure my blood pressure during the surgery or procedure. It gives



your arm a big hug.
A soft clip on my finger, called an oximeter which measures your oxygen levels.

None of these hurt me. These tools help my super team care for me!

In the operating room



The anesthesia mask is soft and comfortable, and it will help me breathe a special air which will make me fall asleep.

Remember, sleeping with anesthesia is different from sleeping at bedtime.



In some cases, they will use a small tube, like a straw, to give me the sleep medicine. This is called an intravenous, or IV.

Before putting the IV in my arm or hand, a nurse will put on a special cream so I won't feel any pain.

In the recovery room

When I open my eyes after my surgery or procedure, I will feel a little sleepy. This is normal.


With the help of the IV, I will get medicine to help me feel better.

I might have a bandage or a cast on the part of my body where I had my surgery or procedure.



Use this space to draw your cast or your bandage:





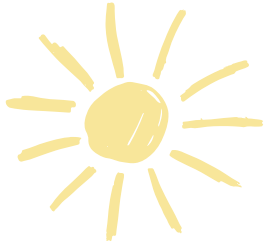
Your surgery or procedure is over now. Would you like a popsicle, apple juice or water?





Leaving the hospital

When the team decides that I can leave, the nurse will remove the IV. I will get dressed to go home.





Will you stay at the hospital?

Some patients need to stay at the hospital a little longer, depending on the type of surgery or procedure they get. If that happens, our super team will continue to take care of you. We will do our best to keep you comfortable until you are ready to go home.



I had to stay
one night in the
hospital, how long
did you stay?

I stayed at the hospital for ____ days.

My thoughts, feelings, concerns:

The best part about being in the hospital was:

The worst part about being in the hospital was:

My questions:

Talking about how you feel to those who are taking care of you is very helpful. This helps them know how to help you feel better! You can also try some of these calming strategies:

- Take some deep breaths
- Think of your favorite place to be. Imagine that you are there. What do you see? What do you feel? What do you hear? What do you taste?
- Hold someone's hand
- Watch something on a phone or tablet, or listen to music

When you are nervous, or sad, what helps you feel better?

My Courage Cape

Design your own superhero cape.



Word Search

B	R	I	C	H	I	L	D	L	I	F	E	I	E	R
E	S	O	E	T	H	E	R	A	P	I	S	T	R	A
R	Y	U	D	E	N	I	N	M	S	Y	U	N	E	Y
C	R	S	B	A	B	C	D	E	U	B	I	O	S	W
E	I	T	R	I	R	T	C	D	R	R	M	R	P	O
S	N	M	E	S	D	E	S	I	G	A	T	E	I	T
T	G	A	A	E	R	O	F	C	E	V	O	C	R	B
D	E	S	T	H	O	H	J	I	R	E	A	O	A	A
S	S	K	H	T	N	E	R	N	Y	N	E	V	T	J
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S	U	O	N	E	V	A	R	T	N	I	P	R	R	G
Y	U	A	S	N	V	L	I	S	U	E	E	Y	Y	E
R	B	D	E	A	B	H	N	O	E	G	R	U	S	L
L	S	T	U	T	O	S	E	D	N	P	R	S	E	I
Q	T	Z	L	U	X	Y	S	U	R	G	E	O	N	A

RESPIRATORY
THERAPIST
INTRAVENOUS
MEDICINE

MASK
ANESTHESIA
RECOVERY
NURSE
BREATHE

CHILD LIFE
SURGERY OR
PROCEDURE
BRAVE
SYRINGE
SURGEON

Answer Key

B	R	I	C	H	I	L	D	L	I	F	E	I	E	R
E	S	O	E	T	H	E	R	A	P	I	S	T	R	A
R	Y	U	D	E	N	I	N	M	S	Y	U	N	E	Y
C	R	S	B	A	B	C	D	E	U	B	I	O	S	W
E	I	T	R	I	R	T	C	D	R	R	M	R	P	O
S	N	M	E	S	D	E	S	I	G	A	T	E	I	T
T	G	A	A	E	R	O	F	C	E	V	O	C	R	B
D	E	S	T	H	O	H	J	I	R	E	A	O	A	A
S	S	K	H	T	N	E	R	N	Y	N	E	V	T	J
O	A	P	E	S	V	U	E	E	A	T	E	E	O	F
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Y	U	A	S	N	V	L	I	S	U	E	E	Y	Y	E
R	B	D	E	A	B	H	N	O	E	G	R	U	S	L
L	S	T	U	T	O	S	E	D	N	P	R	S	E	I
Q	T	Z	L	U	X	Y	S	U	R	G	E	O	N	A



Thank you

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