

CHILDREN'S MINNESOTA

Preparing for surgery

Your child is scheduled for surgery at Children's Minnesota. Please carefully review the following information to help you prepare and ensure your child's surgery stays on schedule.

Pre-surgery phone call

A Children's Minnesota nurse will call you two to four days before surgery to:

- Perform a health assessment.
- Provide information on arrival time and parking.
- Give specific instructions on when your child must stop eating and drinking before surgery.

Essential checklist

You must complete these five steps before your child's surgery or it could be delayed or canceled:

- Pre-surgery exam:** Schedule a pre-surgery exam with our pre-surgical clinic at 612-813-7474 or with your child's primary care clinic no more than 30 days before surgery.
- Specialty providers documentation (if applicable):** If your child sees a specialist (e.g. cardiology, endocrinology, etc.), contact those clinics to ask if they need specific documentation to proceed with the surgery.
- Patient registration:** Complete all registration and make sure your insurance information is up to date.
- Parent/legal guardian presence and documentation:** Plan for at least one parent or legal guardian to be present during the surgery. Bring documentation of legal guardianship (if applicable).
- Fasting instructions:** Follow all instructions regarding when your child must stop eating and drinking.

Resources

Find packing lists and other resources to help prepare for surgery at [childrensmn.org/planningforsurgery](https://www.childrensmn.org/planningforsurgery) or scan the QR code.



Planning for surgery checklist (Page 1 of 3)

Here is a checklist for some things to do before your child's surgery.

As soon as surgery is scheduled

- **Schedule a pre-surgery exam** with our pre-surgical clinic at 612-813-7474 or with your child's primary care clinic. This must be done no more than 30 days before the date of surgery.
 - Ask your primary care provider to fax the "History and Physical Form" to Children's Minnesota at least two days before surgery. Fax: 612-813-7704.
- **If your child sees any specialty providers for special health needs** (e.g. heart, breathing, hormone, blood disorders), please call these specialty providers' offices to let them know your child is scheduled for surgery. Ask for documents or orders you may need from them.
 - You must have copies of your child's visit summaries from your child's most recent specialty appointments sent to Children's Minnesota.
 - Please ask your provider(s) to fax these documents to Children's Minnesota **at least two days before surgery**. These can be faxed to 612-813-7704.
- **Complete patient registration. Make sure your insurance information is up to date.** Call 612-813-7900 or register online at childrensmn.org/Applications/PreRegistration
- **Plan for at least one parent/legal guardian to be present on the day of surgery.**
 - If your child is 18 years or older and unable to sign their own surgical consent, you will need to bring proof of legal guardianship paperwork to sign surgical consent on their behalf.
 - If your child is in foster care, you will need to clarify who will give surgical consent on the day of surgery (e.g. social worker, biological parent). Email guardianship paperwork to Children's Minnesota Health Information Management (HIM) at HIM@childrensmn.org or fax to 612-813-7704.

Important: Surgical consent is different than general medical consent. Your child cannot have surgery without proper consent.
- **Make plans for time off work and daycare/school.** Plan for at least half a day if your child is having day surgery (meaning they aren't spending the night in the hospital). Allow for extra time that may be needed at the surgery center. Plan for any recovery time at home that your child will need after surgery. You will receive the exact arrival time when a Children's Minnesota nurse calls you two to four days before surgery.

Surgery times could change up to the evening before the surgery. You will receive a call two to four days prior to your child's procedure with instructions. The Pre-Procedure Assessment Center is open 8 a.m. to 5 p.m. Monday through Friday at 612-813-7010. A detailed voice message with instructions will be left if the call is unanswered.
- **Make arrangements for siblings/other children and pets.** Visiting guidelines for Children's Minnesota surgery allow two adults on the day of surgery and no siblings or other children. Review our current visiting standards at childrensmn.org. One adult must present the entire time your child is there.

The week before surgery

A Children's Minnesota nurse will call you two to four days before surgery. The nurse will do a health assessment, provide information on arrival time, parking, when your child needs to stop eating and drinking before surgery, and help answer any questions you have.

- If your child becomes ill before the day of surgery**, please call our Pre-Procedure Assessment Center at 612-813-7010. A nurse will evaluate if your child is safe to proceed with surgery or your child can be seen in our pre-surgical clinic for evaluation.
- If your child takes a GLP-1 medication, please stop use one week before surgery.** These medications slow stomach emptying, which can increase risk of complication during anesthesia. Inform your child's surgeon and anesthesiologist if your child takes this medication. Examples of GLP-1 medications include Ozempic, Wegovy, Rybelsus, Mounjaro, Zepbound, Victoza, Saxenda, Trulicity, Byetta and Adlyxin.
- Plan to arrive on time the day of surgery.** Allow extra time for traffic, weather, parking and check-in. Visit [childrensmn.org/your-visit/getting-here](https://www.childrensmn.org/your-visit/getting-here) for directions and parking information. We do not close for bad weather.

The day before surgery

If you have not received a call from a Children's Minnesota nurse two to four days before surgery, please call us at 612-813-7010. The nurse will provide you with the times for when to stop eating and drinking.

- _____ **stop all solid food**
- _____ **stop milk/formula**
- _____ **stop breast milk**
- _____ **stop clear liquids (water, Pedialyte)**

- Plan to arrive at the scheduled time and location** provided by the nurse during your pre-procedure call.
- If your child becomes ill** the day before surgery, please contact our Pre-Procedure Assessment Center at 612-813-7010.
- Bathe your child and wash clothing, bed sheets and blankets.**
 - o To reduce the risk of infection, your child should bathe the evening before or morning of surgery. If they bathe the evening before, they should sleep with freshly washed pajamas, sheets and blankets. On the day of surgery, they should wear freshly washed clothing.
 - o If your surgeon has provided instructions on washing with a special soap, please follow those instructions.
- Pack overnight bag, stroller and comfort items.** For parents/legal guardians staying overnight in the hospital, please pack clothing, bathroom supplies (toothbrush, shower supplies, etc.). You may want to bring your own pillow for comfort.
- Review surgery location and arrival time.** Please note the time listed in the MyChildren's patient portal is the surgery start time, not the arrival time.
- Arrange for transportation** to the Children's Minnesota Surgery Center.
- Remove** all of your child's jewelry and nail polish.

The day of surgery

- **If your child becomes ill** on the day of surgery, please call the Children's Minnesota Surgery Center directly at:
 - **Minneapolis:** 612-813-7373
 - **St. Paul:** 651-220-8520
 - **Minnetonka:** 952-930-8600
- **Bring**
 - Accompanying adults must bring their driver's license or photo ID.
 - Your child/the patient's insurance information.
 - Copies of required documents not yet sent to Children's Minnesota, such as a pre-operative exam, clearance from specialists and legal guardianship documents.
 - List of medications your child is taking (it helps to bring the medications with you) and any home medical equipment your child needs (such as a BiPap, ventilator, etc.).
- **Follow eating and drinking stop times** or your child's surgery could be delayed or canceled.
- **Arrive on time.** Allow extra time for traffic, weather, parking and check-in. We do not close for bad weather. You will check in at the Welcome Center desk when you arrive at Children's Minnesota. Staff will then direct you to the Surgery Center.
 - Surgery check-in desks open at 6 a.m. in Minneapolis and St. Paul, and 6:30 a.m. in Minnetonka.
- **When you arrive, please check in at:**
 - **Minneapolis:** Go to the 2nd floor Welcome Center. From there, you will be directed to the Surgery Center.
 - Surgery Center front desk opens at 6 a.m.
 - **St. Paul:** Go to the 2nd floor Welcome Center. From there, you will be directed to the Surgery Center.
 - Surgery Center front desk opens at 6 a.m.
 - **Minnetonka:** Go to the Surgery Center front desk.
 - Surgery Center front desk opens at 6:30 a.m.

Questions?

For any questions, please call us at 612-813-7010.

