This book belongs to
What part of you needs to get well or needs help to get stronger?

Have you ever been to Children’s Minnesota?

Children’s Minnesota is a place just for children. The people who work here know how to help your body work its best.

They like children and like to explain things. It is OK to ask questions.

Draw where that is on this picture.
Some children come to the hospital because they need medicine. Some children come because they need surgery.
Some children bring a favorite toy or blanket on the day of their procedure. What will you bring?
Everyone who is a patient gets a name bracelet. The bracelet may go on your wrist or your ankle.
You may need to get different kinds of medicine while you are here. Some medicines help you sleep and some help you feel better.
When you have surgery, it is important that your stomach is empty so it does not get upset.

Your family will tell you when you should stop having anything to eat or drink.
When you arrive, you will be given a bracelet with your name on it.
The nurses will want to find out how tall you are and how much you weigh...

scale

how warm your body is...

forehead thermometer
They will also want to check your blood pressure.

...what it sounds like when you breathe.

...what your heart sounds like and...

They will also want to check your blood pressure.

stethoscope

pulse oximeter
(a finger light that checks your oxygen)

blood pressure cuff
The nurse will give you pajamas to wear. This is a good time to ask questions if you have any.

You will have some time to wait and play.
This is a room where you will fall asleep for your surgery. It has special equipment and lights. You will breathe some anesthesia medicine so you don’t feel anything during your procedure.

The doctors and nurses wear gowns, hats, masks and gloves in surgery.
While you are having your procedure, your family will wait for you in the surgery waiting room. After your procedure, you will start to wake up in the recovery room. Someone will always be with you.
Your family will go with you to another room where you will stay until you are awake. You may read a story, watch TV or eat a popsicle. Some children even feel like getting up to play.

The nurse will check on you until it is time to go home.
After your operation, you may have a bandage, IV or cast. Draw those here.
When you go home, you may want to tell your friends about your stay here.

You can show them this book and your name bracelet, and tell them what it was like to be at Children’s Minnesota.
Draw pictures or write about being at Children’s Minnesota.
Draw pictures or write about being at Children’s Minnesota.
My questions:
Things I like about having surgery:

Things I do not like about having surgery:
Your visit to Children’s Minnesota

Start

Finish
Provided by the surgery team at Children’s Minnesota.

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