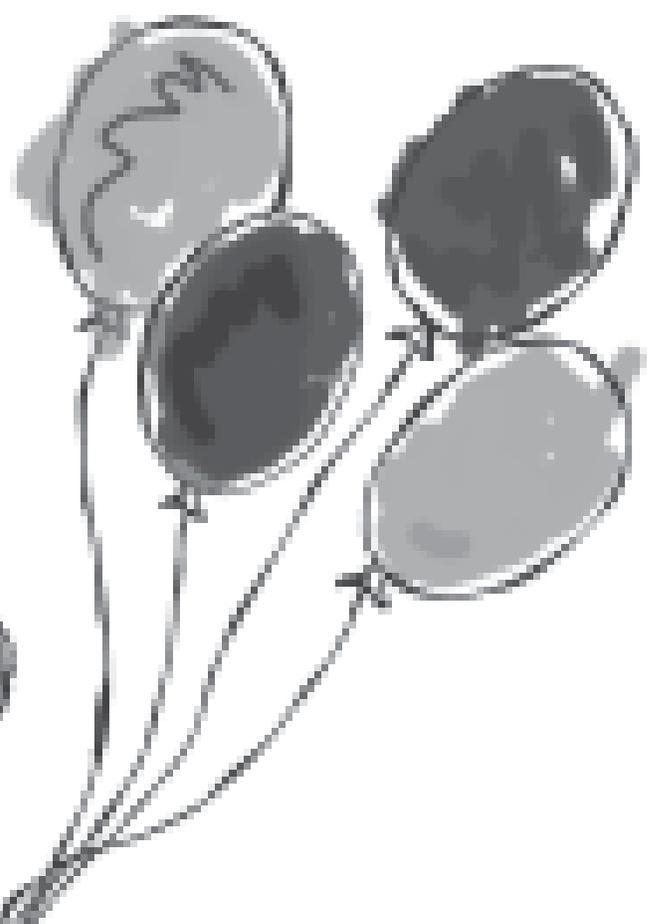


Welcome to Wolfson Children's Hospital



I'm
Wiggles ~
Follow Me!

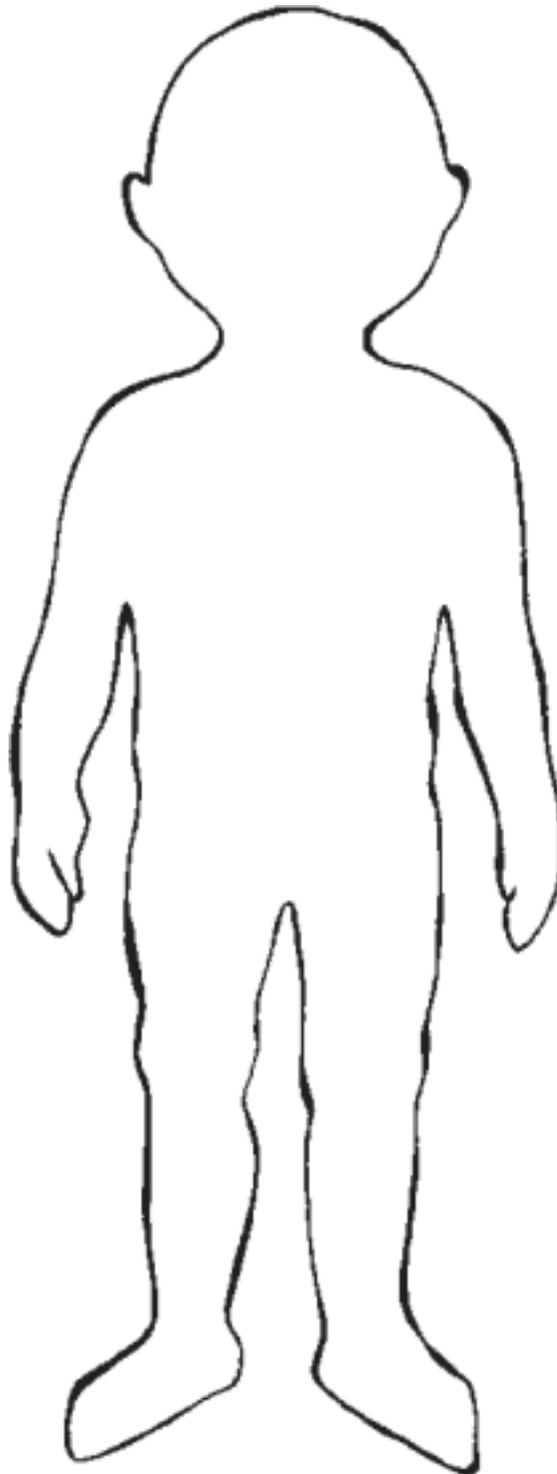


Dear family,

This coloring book is intended to provide general information on what children having an operation will experience during their visit to the hospital, either in POPS (Pediatric Outpatient Surgery) or staying overnight. By providing accurate information at a level your child understands, any fear or anxiety your child may have about the procedure may be decreased. By reading the information together, you can provide explanations about the specific procedure your child will undergo and correct any misconceptions regarding the reason your child needs an operation, the procedure or the hospital setting. Please ask your doctor or hospital staff if you have any questions.

The doctor says you need an operation to help part of your body feel better. Which part of your body are you having an operation on?

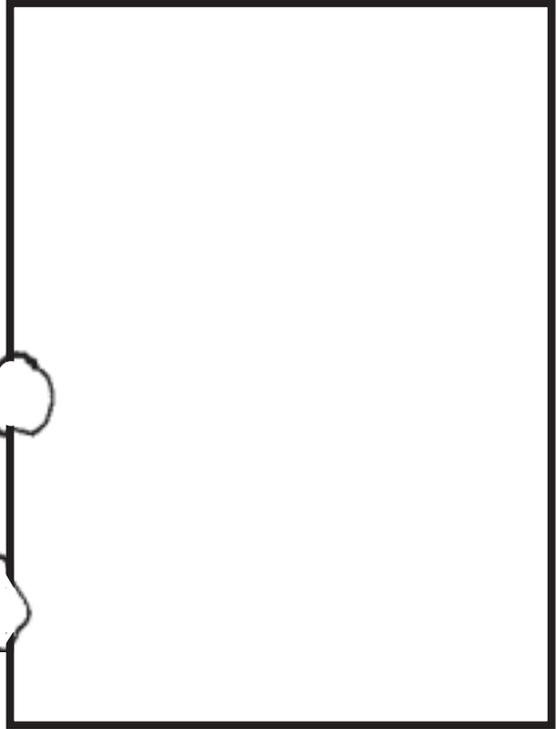
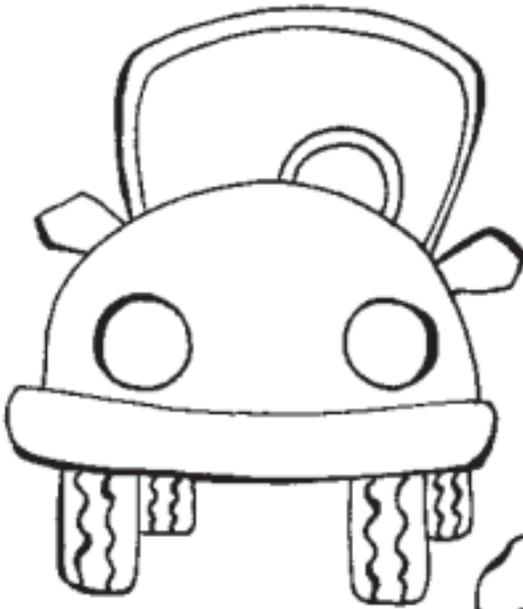
Color that part on the picture below



Remember:

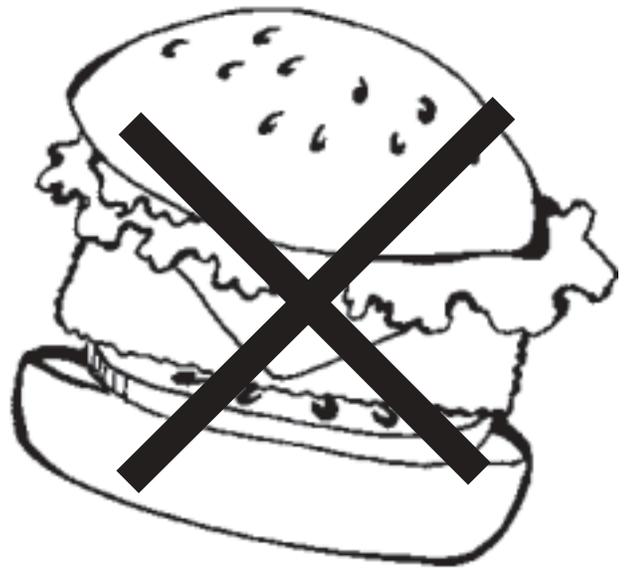
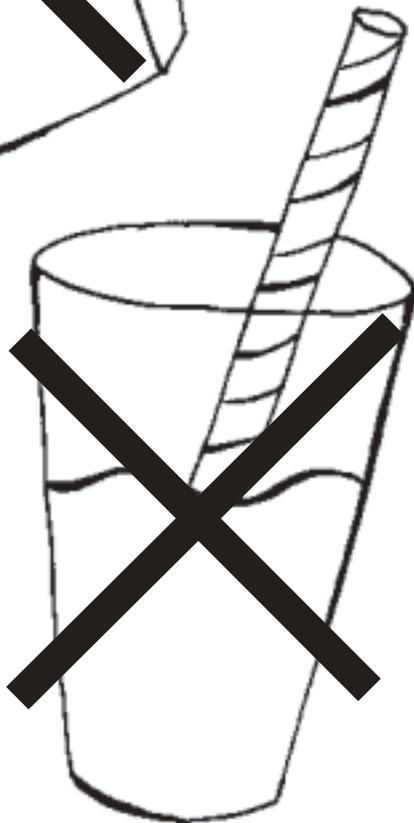
The doctor will only operate on the part of your body you were told about. No one has surgery because of being bad. No one is to blame for needing an operation.

You can bring a favorite toy with you to the hospital.

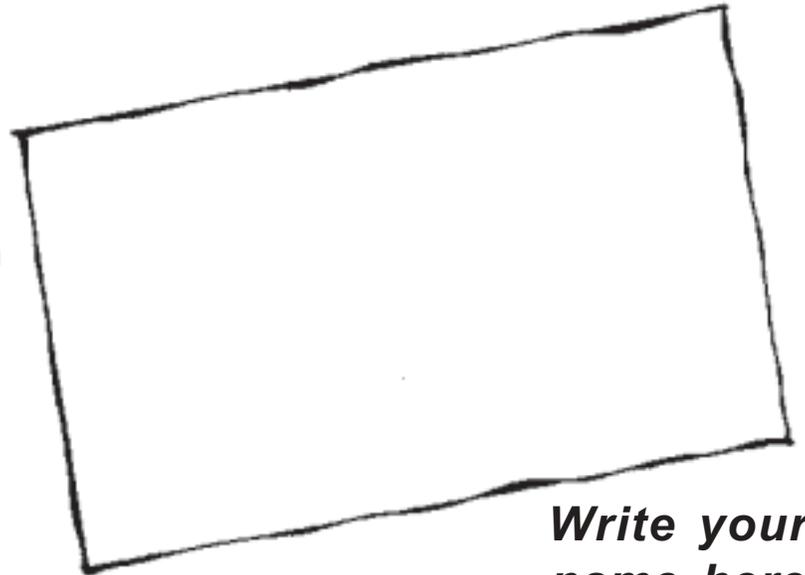


Draw your favorite toy here ▶

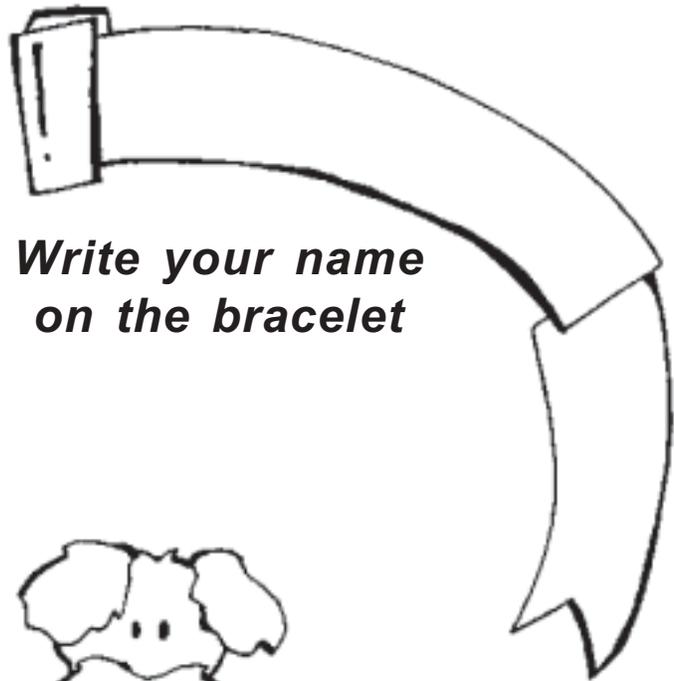
The day you come to the hospital, you will **not** be able to eat or drink anything before your operation. When you go to sleep during the operation, your stomach needs to be empty so it won't get upset.



When you come to the hospital you will be given a bracelet with your name on it. Your family will wear name tags with your name on them too! Name tags help the nurse and doctor find your family easily.



Write your name here



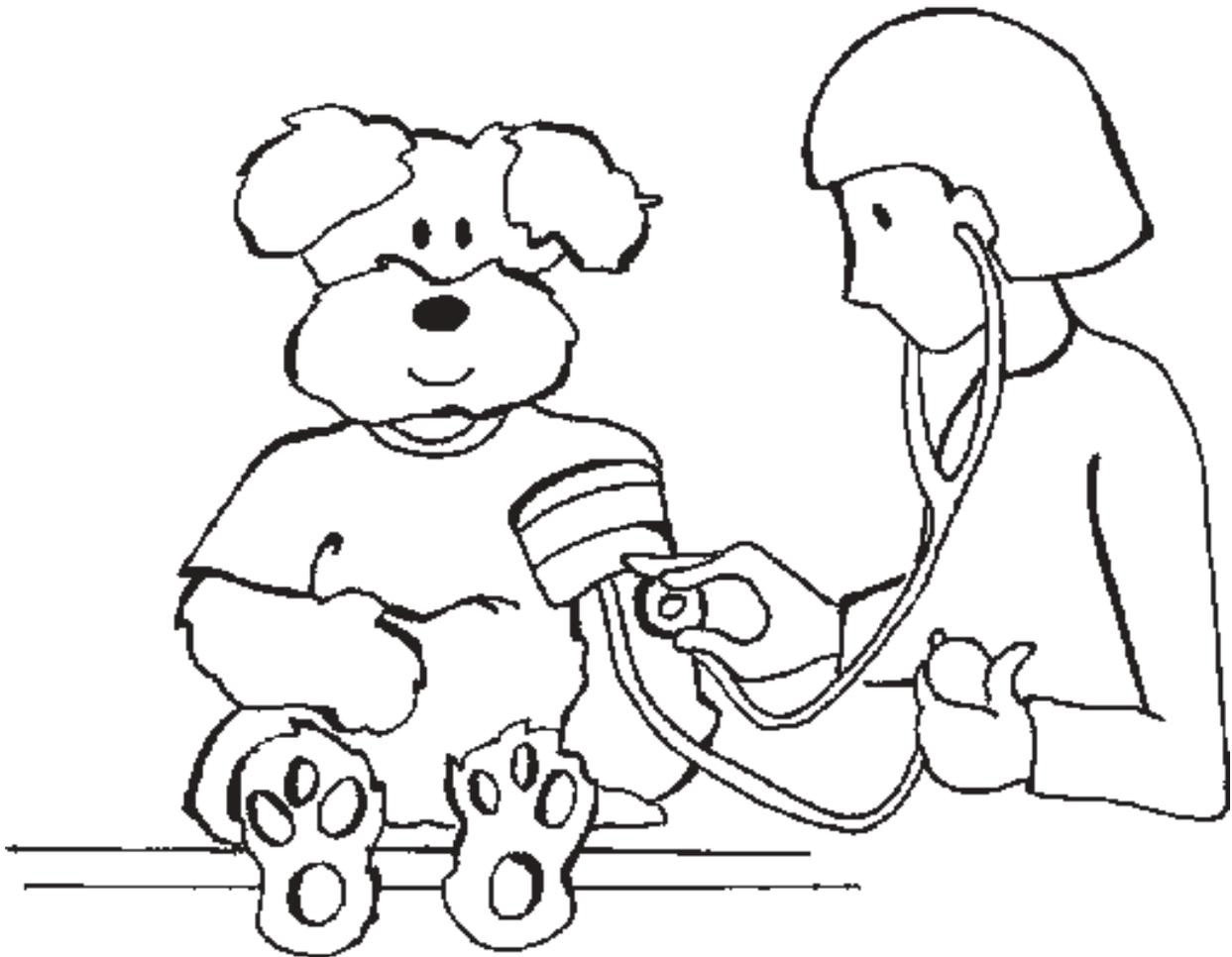
Write your name on the bracelet



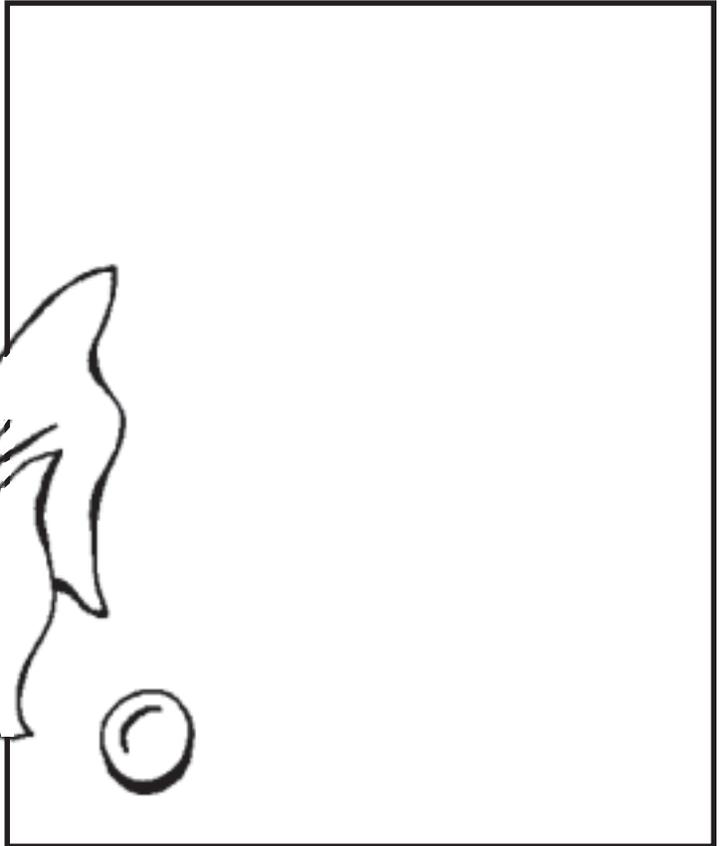
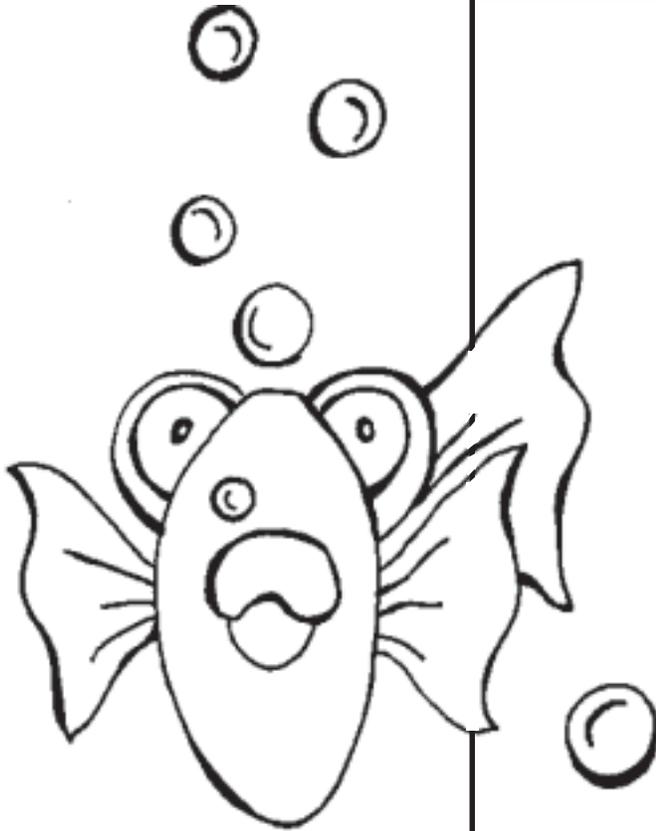
Your family can help you change into hospital clothes. A nurse will weigh you, take your temperature and measure your blood pressure. The blood pressure cuff may feel snug around your arm but won't hurt.

The nurse will ask when you last had something to eat or drink.

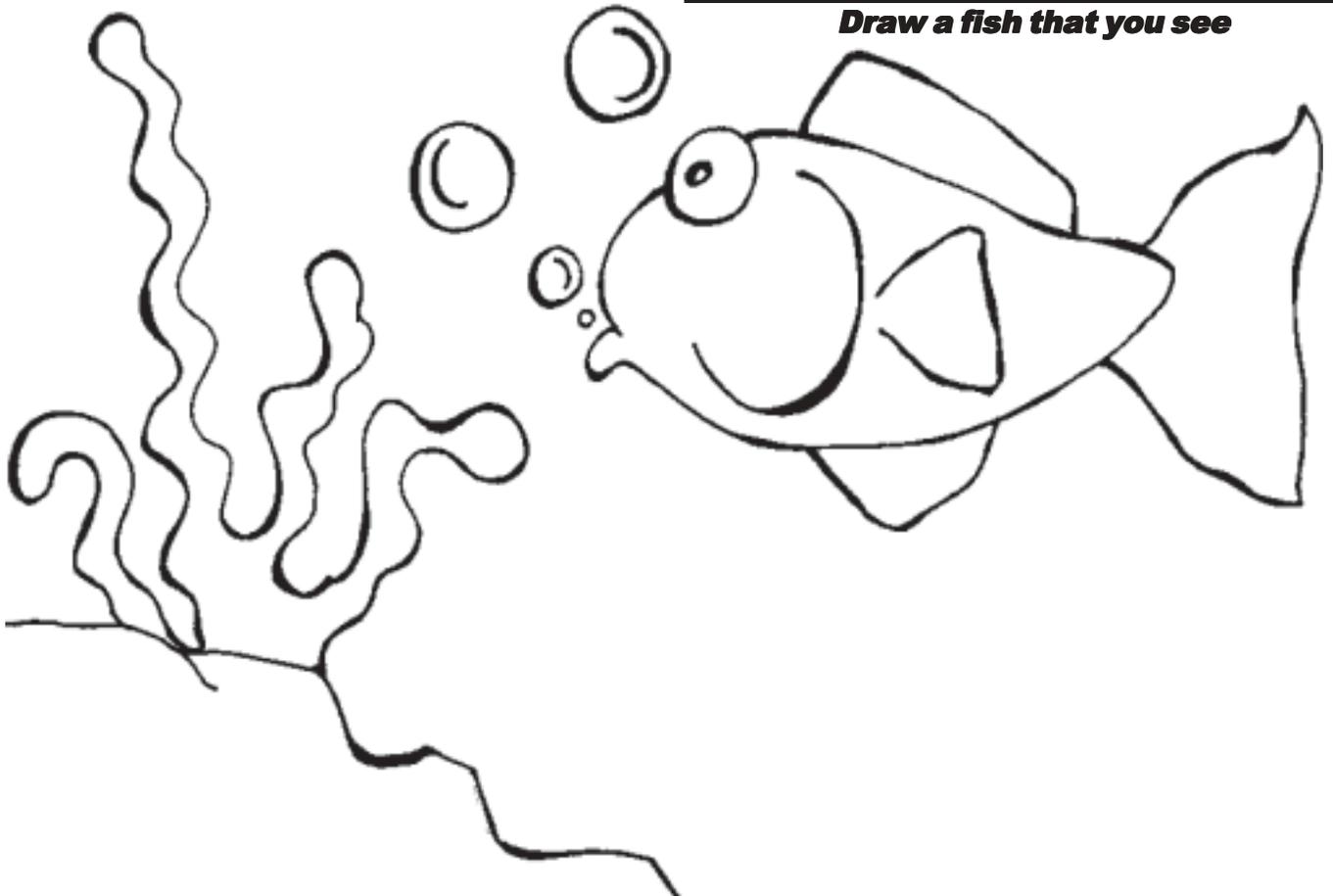
You will be asked that a lot!



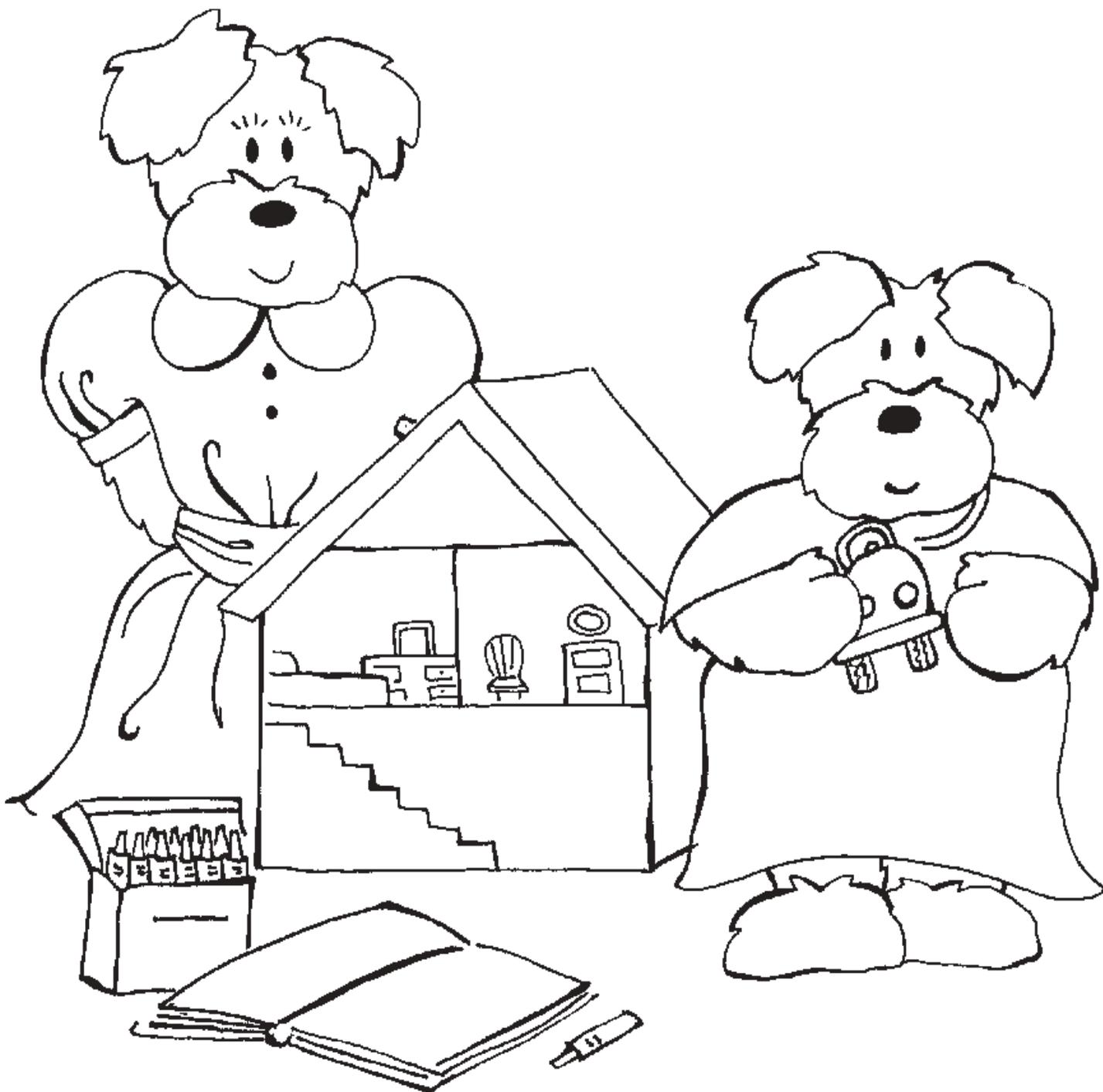
You can wait in the play room, watch the **fish**, or sit and play with your family.



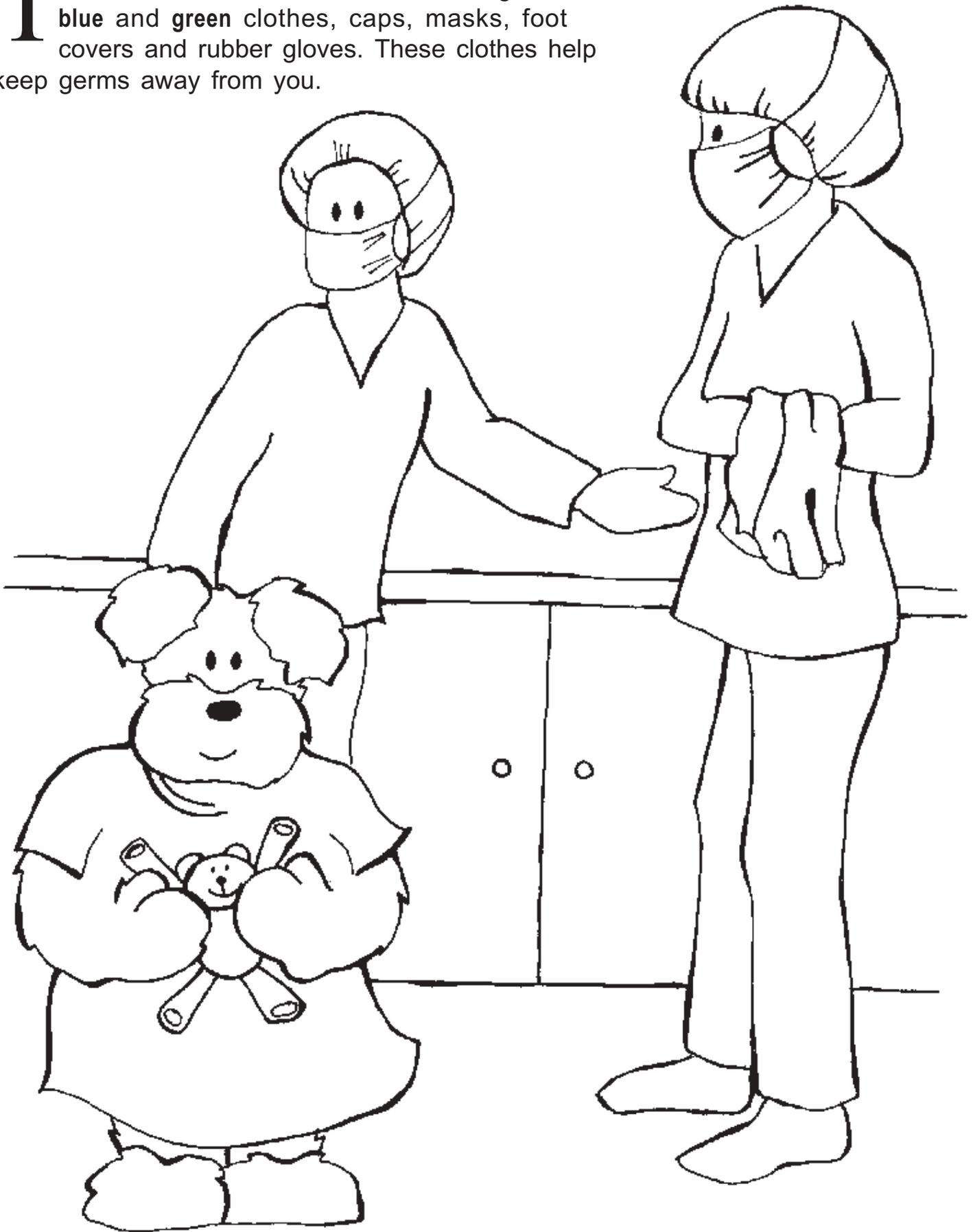
Draw a fish that you see



When the nurse calls your name, you and your family will go to a quiet area where you will wait until the operating room (O.R.) is ready for you. This room is called holding. **There is a play room there too!** While you are in holding, a doctory called an anesthesiologist will talk with you and your family. The doctor will explain how you will go into a deep sleep so you won't feel anything during the operation.



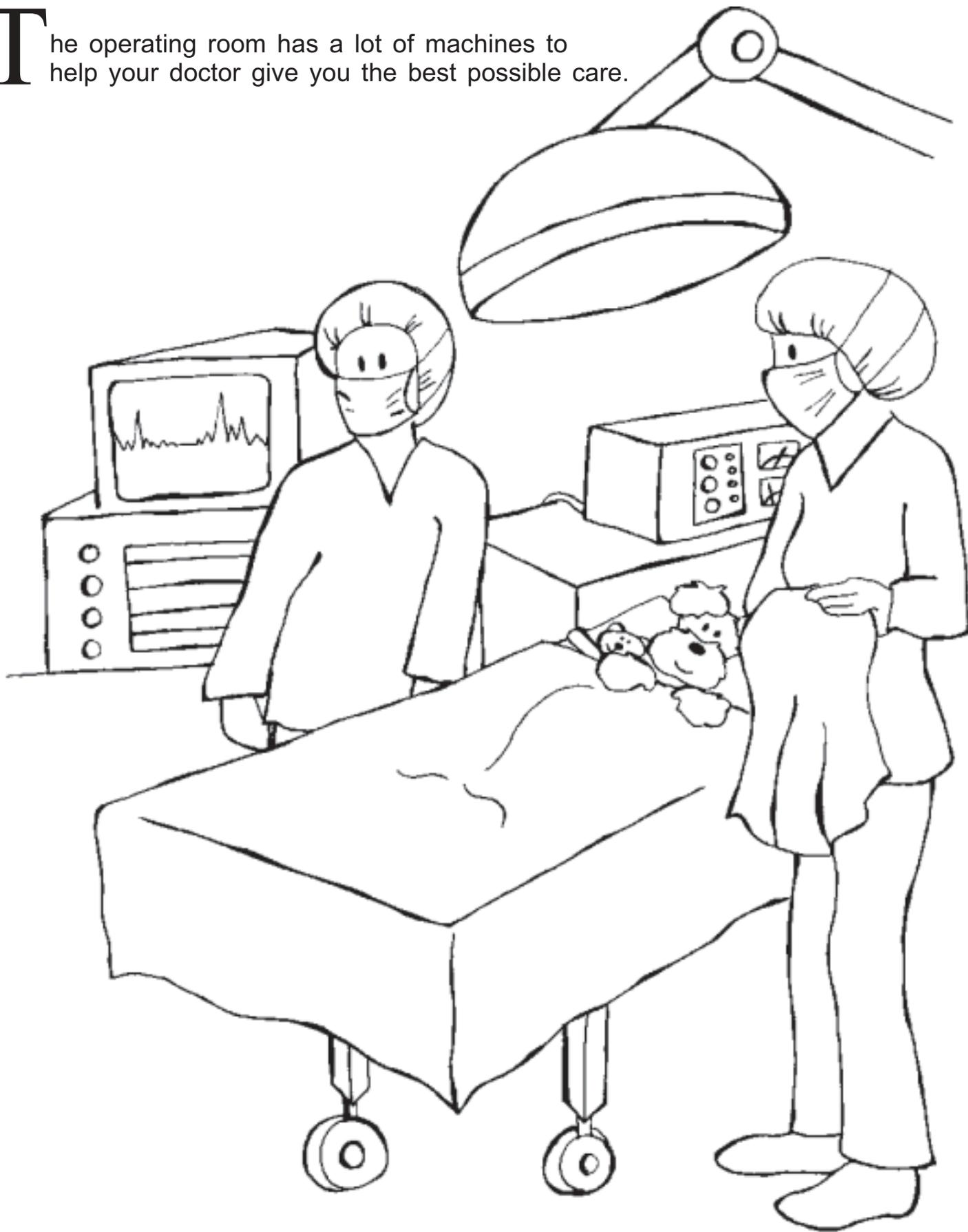
The doctors and nurses will be wearing **blue** and **green** clothes, caps, masks, foot covers and rubber gloves. These clothes help keep germs away from you.



When you go to the O.R. you will see some double doors. This is where you say “see you later” to your family. They can wait for you by the fish tank.

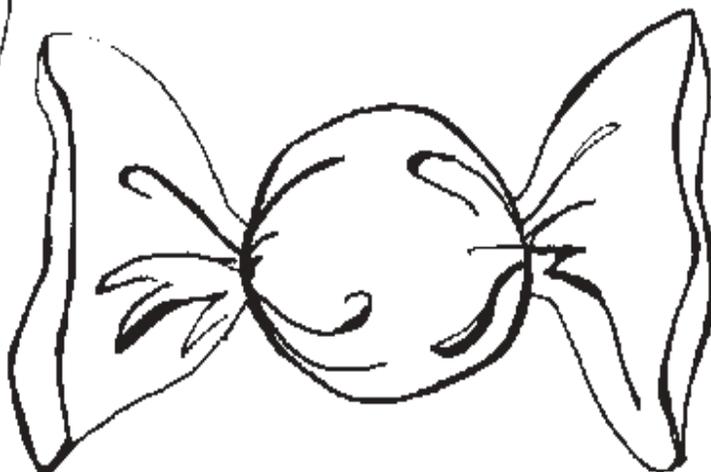
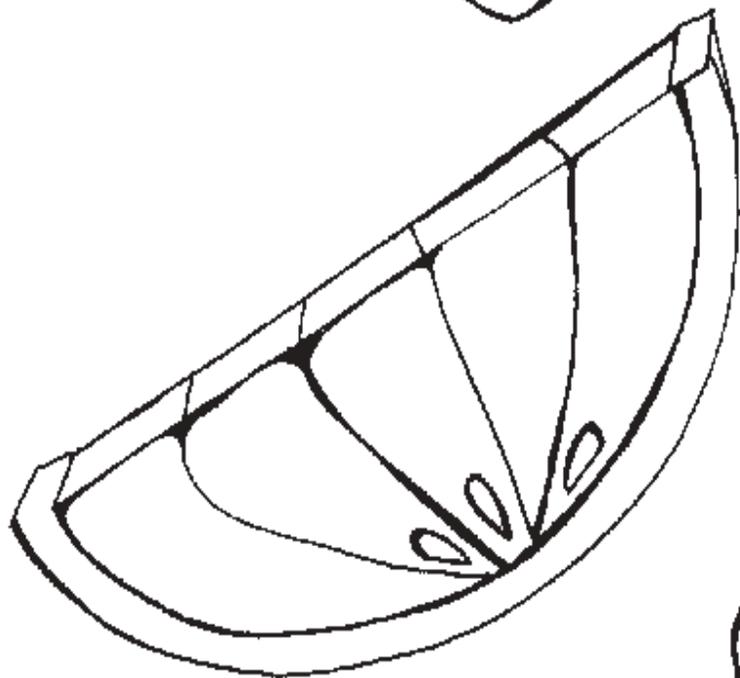
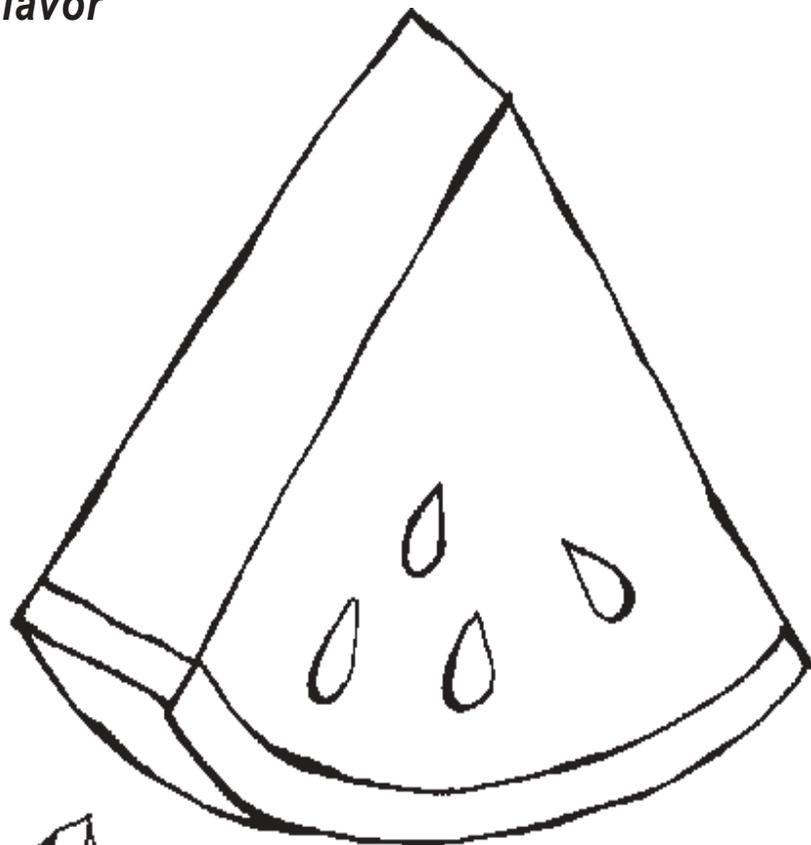
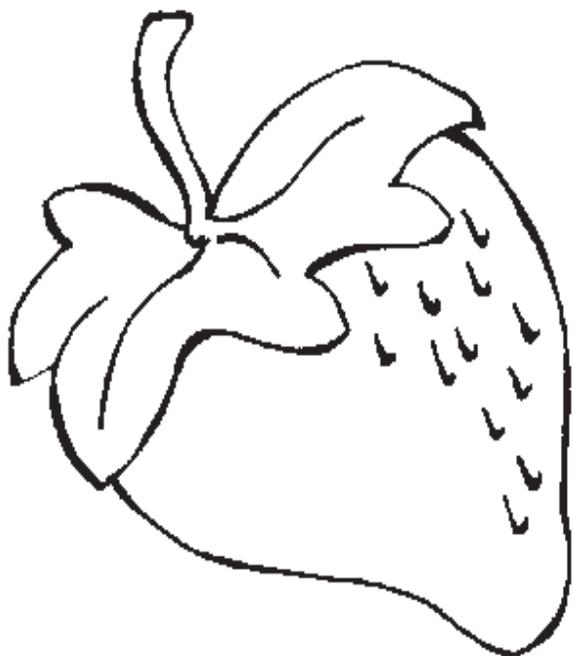


The operating room has a lot of machines to help your doctor give you the best possible care.

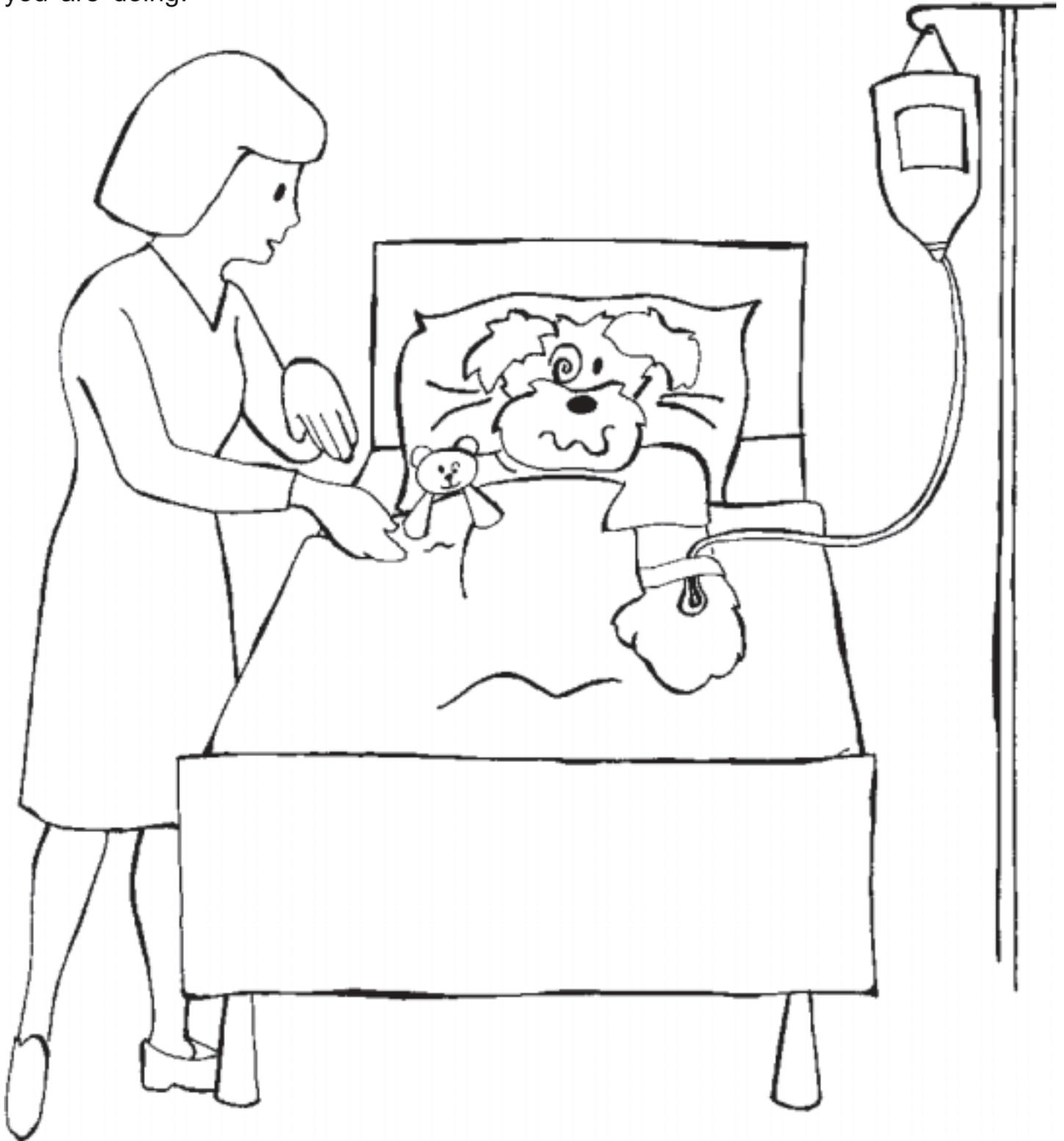


Anesthesia is a sweet smelling medicine that will help you go into a very deep sleep. You may breathe it through a mask. You can chose from different flavors like orange, strawberry, watermelon, or even bubble gum! When the operation is over, the doctor will stop giving you the medicine so you can wake up.

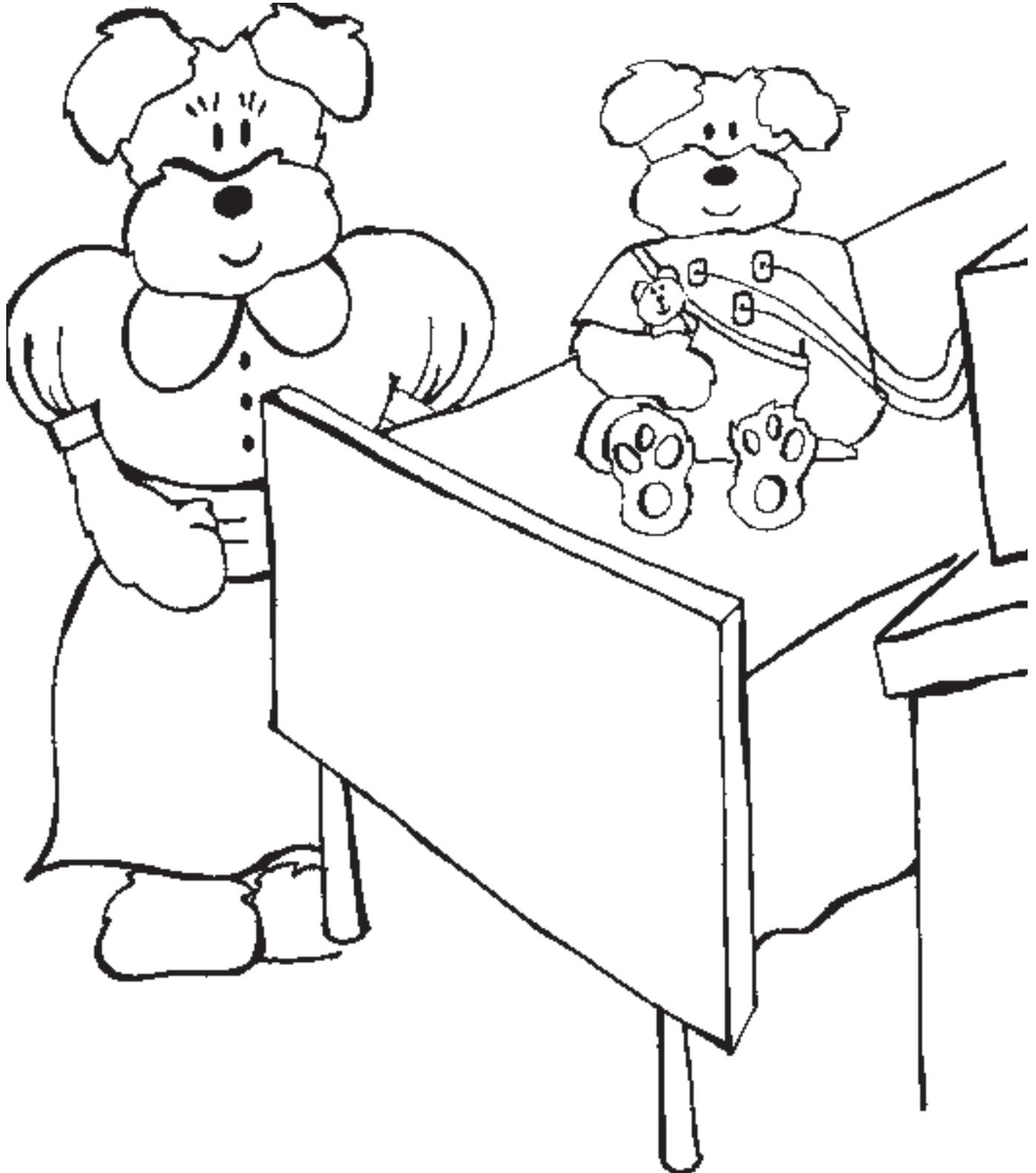
Color your favorite flavor



After the operation, you will go to the recovery room until you are awake. You may hear the nurse before you can open your eyes to see anyone. You may hear other children too. The nurse will be holding a tube that will be blowing cool air in front of your nose and mouth to make it easier to breathe. The nurse will measure your blood pressure and heart rate often. While you are in the recovery room, the doctor will tell your family how the operation went and how you are doing.



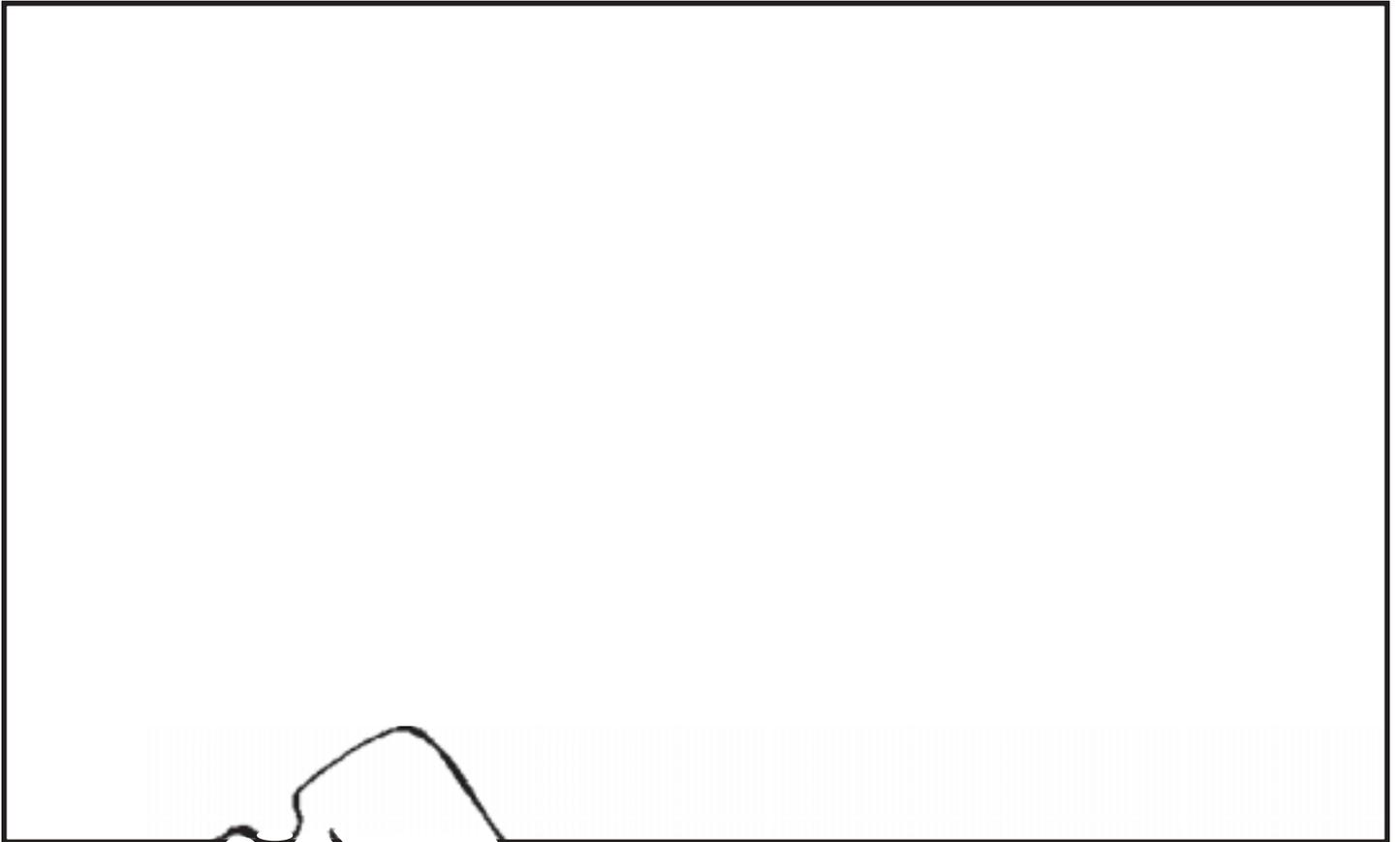
You may have a tube called an I.V. in a vein in your arm. It helps you get better so you can go home. There will be three circles or squares on your chest with strings connecting them to a box that shows a picture of how your heart is working. They may be removed before you leave the recovery room. You may feel the skin pull slightly as they are removed like when you take off a band-aid.



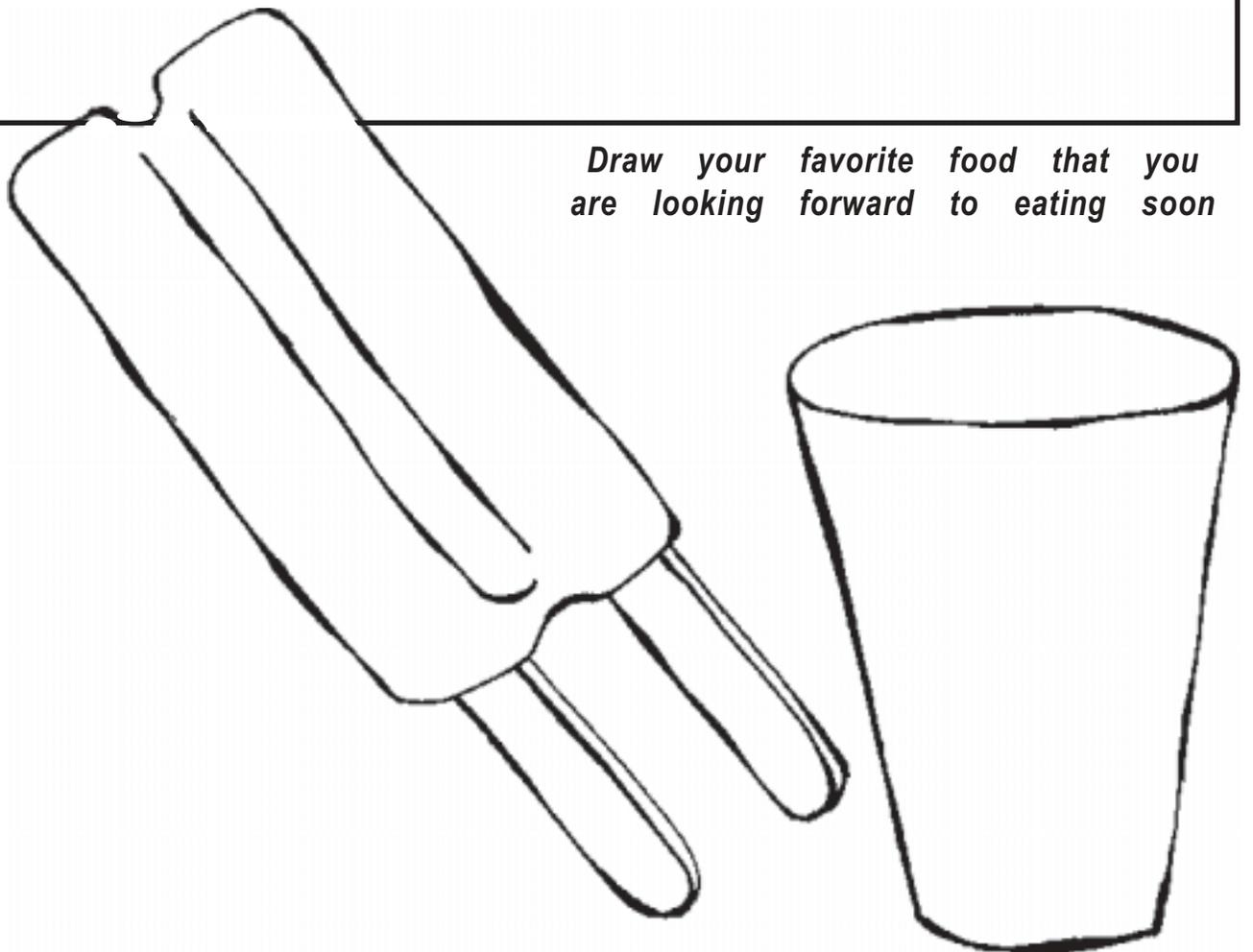


Once you are awake, the nurse will bring you on the bed with wheels to POPS or to a room in the hospital if you need to stay overnight. Your family will be waiting there for you with a **big hug!**

Your stomach has been asleep and resting and needs time to wake up. As your stomach wakes up, you will *slowly* be able to drink and eat food again.



Draw your favorite food that you are looking forward to eating soon



If you go to **POPS**, you will stay until the nurse tells you it's time to go home. When you are able to drink, the nurse will remove the IV tube from your arm. Most kids say it doesn't hurt. The nurse will tell your parents how they should care for you at home. Then it is time for you to get dressed in your own clothes!



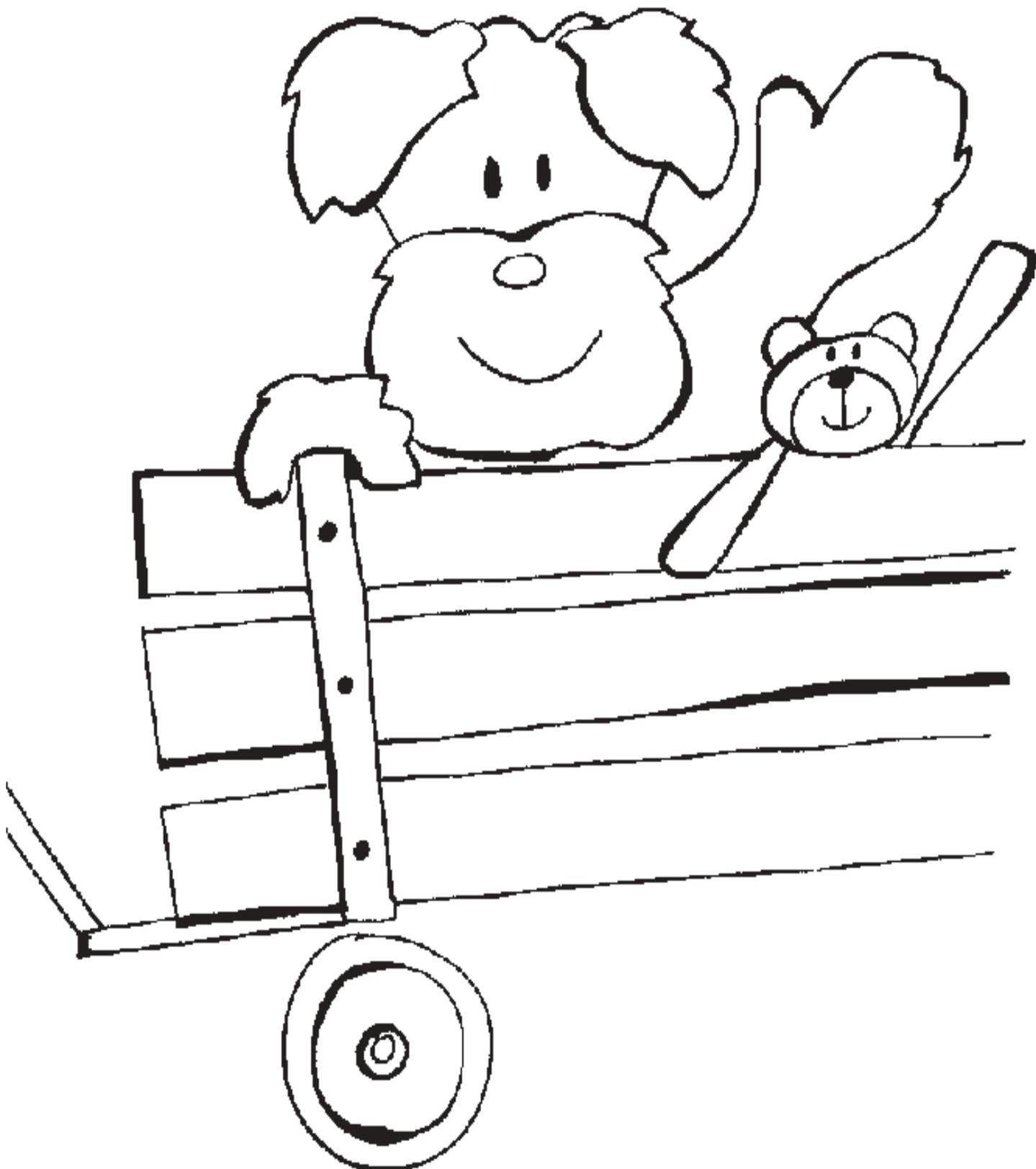
If you need to stay in the hospital overnight, you will meet your family in a room on another unit. Your nurse will tell you when you can eat and drink.

The nurse will also tell you about your room and staying overnight in the hospital.

There is a bed in the room for a family member in case someone is able to **stay with you!**



When it is time for you to go home, you can ride to your car in a wheel chair or in a red wagon!



On the way home, you can think about your favorite things to play with. You may need to rest for a short time, but you will soon be able to do all the things that you like best.

Draw a picture of your home!



Illustrations: Jennifer Domaradzki
Script: Pat Newell, BS - Child Life Specialist
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