

Getting Ready for Your Child's Heart Operation[©]



An informational booklet for parents



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Pediatric Cardiac Surgery

Preoperative day

Welcome to the NewYork Weill Cornell Pediatric Cardiac Surgery Preoperative Program. This booklet will give you and your child information about what to expect as you prepare for surgery.

On the scheduled day we will perform a number of tests and give you a tour of the hospital.



Here is the usual schedule for the day:

- You will need to fill out multiple forms.
- Your child may have the following tests: an Echocardiogram, an EKG, and a Chest X-ray
- Blood tests will be taken.
- The surgeon may meet with you on this day to answer questions.
- A History and Physical examination will be completed.
- A tour of the pediatric intensive care unit (PICU) will be given.
- Insurance information will also be requested at this time.
- Please plan on being at the hospital for about 5 hours.
- Please bring formula/food for your child.



**If you have any questions or concerns,
please let us know.**
Cardiac Surgery Office 212-746-5014

What to do if your child is sick before surgery

If your child develops a runny nose, cough, fever, diarrhea, vomiting or a rash within two weeks of the surgery date please call the cardiology/cardiac surgery office. If you reach the answering service, leave your name, phone number and a message that your child is ill. We will call you back. Also, contact your child's Pediatrician. We will reschedule your child's surgery after he/she gets better.



Your surgery date is:

What to bring to the hospital

On the day of surgery you may bring your child's favorite toy or blanket.

On the second or third day after surgery, you can bring more items such as those listed below. There is a small space at the bedside in the PICU for belongings

Clothes: Soft loose fitting tee shirts, sneakers, socks, underwear for use when your child is getting out of bed

Toys: stuffed animals, a blanket, a favorite toy, a battery-operated headset, coloring books, reading books, and similar items.

There are NO plants or flowers allowed in the PICU.



Anesthesia

You and your child will meet with the anesthesiologist the morning of surgery. The anesthesiologist will answer any questions. Please write down your questions so we can answer all of them for you.



Going into the operating room

A parent can go with their child into the operating room. Once the child is sleeping, you will be asked to leave the operating room. You may wish to have breakfast at this time. Be sure to check that you have all your personal items with you.

Where you will wait while your child is in surgery

Please wait on the 6th floor in the Greenberg Pavilion PICU Waiting Room. The cardiologist and the cardiothoracic nurse will keep you informed about your child's progress.

You will meet the attending physician and the pediatric intensive care nurse who will be caring for your child. The surgeon will also meet with you in this room after surgery.

When leaving the family room, please let the nurse or PICU unit clerk know where you are going and when you will be back. Please leave a cell phone number where you can be reached.

Visiting and staying with your child after surgery

- Parents and family members are welcome to visit the child in the PICU. One parent may stay overnight.
- After surgery, it will be about one hour before you will see your child in the PICU. You will be brought in to see the child as soon as possible. If you have been waiting longer than one hour, and the staff has not spoken with you, please go to the PICU desk and ask when you can visit.
- **Parents may call the PICU at any time.** **The telephone number is 212-746-0308.** For privacy, staff will only give information to parents. Please tell friends and other relatives not to call the PICU for information.

- Please limit the visitors to two at a time in your child's room.
- A parent's waiting area is available for your use. We encourage you to use this room to take a break or to eat.
- Pay telephones are located near the G elevators.
- Bathrooms are adjacent to the parent's waiting area.
- Vending machines for soft drinks and snacks are located in the family waiting room.
- There is a television, DVD/VCR player at each child's bedside. Video games are also available. DVDs and games may be brought in from home. Please put your child's name on any DVDs/games brought from home.
- All jewelry, cameras, radios, and expensive toys should be taken home. Remember the hospital is not responsible for your valuables.
- **Cellular phone policy: For patient safety, cellular phones are not allowed in patient care areas. Please be sure to turn your cell phone completely off.**



Other Information, Services, and Amenities

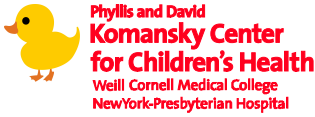
Transportation:

By bus: M15, uptown on First Avenue to 68th Street
M15 downtown on Second Avenue to 68th Street.

M66, cross town going East to 68th Street and York Avenue

By subway: #6 uptown/downtown local, Lexington Avenue and 68th Street. #4 or #5, uptown/downtown express to 86th Street or 59th Street. Change to the #6 local.





By car

Uptown: FDR Drive to East 63rd Street exit
Downtown: FDR Drive to East 71st Street exit.

Parking



Several garages are available locally for parking.

Location of the PICU

After entering the hospital at the main 68th Street entrance, walk straight ahead to the information desk, make a right turn and walk down the hallway to the Greenberg Pavilion. Make a right turn at the Greenberg hallway and take the elevator to the 6th floor. Turn right and follow the signs to 6 South.

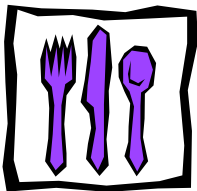
Chapel

The Interfaith Chapel is located on the first floor near the 68th Street entrance to Hospital. It is open 24 hours a day for prayer. A chaplain is available for bedside visits on request.

ATM

Located in the vending machine area and in the Greenberg Lobby first floor. They are available 24 hours a day for your banking convenience.

Food Service



The Garden Café (cafeteria) is located on the B level. It is open Mon-Fri (closed on holidays). Breakfast is served from 6:30 am to 10:30 am, lunch from 11:00 am to 3:00 pm, and dinner from 4 pm to 7 pm.

A vending area is located next to the Garden Café on the B level. It is available 24 hours a day.

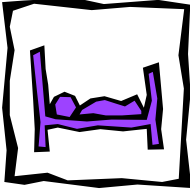
Additional vending machines are located near the family waiting room in the Greenberg pavilion.

Gift Shop

The gift shop is on the 1st floor near the information desk. The gift shop offers gift items, baby items, toiletries, newspapers, magazines, cards, stationery, candy, and snacks. Fresh flowers and plants are not allowed in the PICU.

Hours: Mon-Fri., 8:00 am to 8:00 pm; Sat. and Sun. 9:00 to 8:00 pm, Holidays: Special hours.

Overnight stays



If you or other family members want to stay near the hospital:
Contact the Helmsley Medical Tower for a reservation.
The phone number is 212-472-8400.

Child Life Program

The Child Life Program offers many ways to help your child deal with their hospitalization. Certified child specialists help decrease the anxiety of hospitalization by using age appropriate language to explain medical tests. They teach ways to cope that help children gain a sense of control and understanding. For more information on the Child Life Program please call (212) 746-3518.

Books for children going to the hospital

You may wish to prepare your child for the hospital by reading one or more of these books about the experience. This is a brief list of the many wonderful books available for children being admitted to the hospital. Check your local library and bookstore for additional titles on this subject.

FOR PARENTS:

"It's My Heart" by the Children's Heart Foundation (www.childrensheartfoundation.org) a resource book for patients and families affected by congenital heart defects. In plain, understandable language 'It's My Heart' provides descriptions of the types of congenital heart defects and acquired pediatric heart conditions your child may face. Along with explanations of the various tests, surgical procedures, and treatments for CHD's this book also contains helpful diagrams, a glossary of medical terms, and much, much more. 'It's My Heart' was developed over a number of years by a dedicated group of doctors, nurses and parents in a collaborative effort spearheaded by The Children's Heart Foundation.

"Matty's Heart"

This book prepares children for open heart surgery in a way that they can understand. Kids With Heart families have purchased these since they first became available and the children love it. It is also great to explain it to siblings, relatives, and teachers. This book is distributed exclusively by Kids With Heart National Association for Children's Heart Disorders. Can be purchased at www.kidswithheart.org



BOOKS FOR KIDS:

"Matty's Heart Catheterization Coloring Book"

This book explains the heart catheterization procedure to children. It is also a coloring book, which can help the child feel a little more comfortable when dealing with the situation. Can be purchased at www.kidswithheart.com

"It's My Heart"

This book was written by the Children's Heart Foundation for the purpose of assisting parents of children with congenital heart defects. It is a wonderful resource for all parents at several different levels of care with their "heart child." Order your free copy of this book today. \$3.95 handling fee plus normal shipping rates apply.

BOOKS FOR TEENS:

"A Night Without Stars"

This book, designed for the adolescent facing open heart surgery, is a story of a 10 yr old girl who is facing open heart surgery and the fears she is dealing with. She meets a young boy near her age who is badly scarred from burns & he helps her to face her fears by sharing his experiences with her.

"The Beat Goes On"

This book is about living with a pacemaker or ICD that keeps your surgically repaired heart in beat. It takes the young adult with the congenital heart defect step by step through these following issues: 1) the heart and how it works 2) abnormal heart rhythms 3) types of devices and what they do 4) caring for a device. The Beat Goes On! answers a lot of the everyday questions about having a device that may leave some patients off the beat!

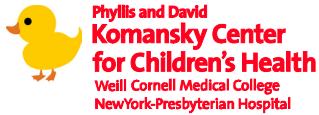
BOOKS FOR SIBLINGS:

"Cardiac Kids"

This book is a very good resource for explaining to siblings what the heart child will be experiencing. It explains all the different "heart" tests from the ekg, to the cath lab to the hospital. It also explains to a child how the heart works, in terms that they can understand. This book received wonderful reviews from both parents and professionals.

"When Molly Was In The Hospital"

This book is written to help siblings understand what happens in a family when a sibling is hospitalized. It is a young girl telling her experience about when her baby sister was hospitalized, how she felt, the frustrations, the emotions, and what happened after the baby came home. While it is not specific for heart surgery, the issue of hospitalization, itself, is very well addressed.



"My Brother Needs An Operation"

This book is the story of how Joey's life was affected, in different ways, when little brother, Alex, went to the hospital. This interactive book provides parents & children an opportunity to talk about feelings & experiences and contains a section where the child can write about his/her own experiences and/or feelings, paste pictures/ mementos, & enjoy a variety of activities and games.

For more information please access the hospital web site at

<http://www.cornellpediatrics.org/> or <http://www.cornellphysicians.com/pedscardio/>.

Go to A pre-surgical tour Just for kids. (Box with butterfly)

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