

SAN FRANCISCO

# Information for pediatric surgical patients

[ucsfbenioffchildrens.org/care/surgery](https://ucsfbenioffchildrens.org/care/surgery)



## PRIOR TO SURGERY



**You will receive a confirmation call from a nurse the business day before your child's surgery with instructions for fasting and the time of arrival for surgery.**

**Please use the QR code or link below to see a video that can help you prepare for your child's visit. We recommend watching it with your child.**

[bit.ly/prepareforsurgery](https://bit.ly/prepareforsurgery)

## What if my child develops symptoms prior to their surgery?

Your child should be healthy on the day of the procedure. If your child or other household member develops any illness prior to the procedure, please call your surgeon and the Pediatric Prepare Clinic at (415) 353-1150 during normal business hours. For after-hours or weekends, please contact the Pediatric Operating Room (OR) front desk at (415) 476-1018. Symptoms to report include:

- Fever at or above 100.5 F (38.0 C) in the last 24 hours
- Cough, sore throat, runny nose, or other cold symptoms
- Flu or flu-like symptoms
- An infection

Although COVID testing is no longer required for surgery, it's still important to inform your health care providers if your child or anyone in the household develops any new symptoms that could suggest a COVID infection. This ensures that appropriate testing and precautions can be taken.

**If your child starts a new medication, please call your child's surgeon and the Pediatric Prepare Clinic at (415) 353-1150 to let them know about the change.**

## TRANSPORTATION

There are many options to get to Mission Bay. **Please keep in mind that your child will be required to leave the hospital accompanied by a caregiver or family member after their surgery.** If you foresee any issues with this, please let us know so we can provide a list of assisted ride services.

## Self-parking:

Patients can access the Mission Bay Hospital Parking Garage at 1975 Fourth Street, which is the same address as the children's hospital. Please keep your parking ticket with you and use either a pay station prior to going to your car or pay at a parking booth.

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## UCSF Benioff Children's Hospital San Francisco

1975 Fourth Street, First Floor information desk,  
San Francisco, CA 94158

**Building hours:** 5 a.m. - 8 p.m.

**Phone:** (415) 476-1000 (Main Hospital)

**Surgical Waiting Area:** (415) 476-0343 | hours: 5:30 a.m. - 6 p.m.

**Outpatient surgery after-hours phone:** (415) 476-1018



# Information for surgical patients

## Valet services:

As an alternative to self-parking, valet services are available at 1825 Fourth Street, just a 3-minute walk to the hospital entrance. The regular hourly parking rates apply, but there is no additional cost for valet. Valet hours are Monday-Friday, 7:30 a.m. - 6:30 p.m. After 6:30 p.m., keys can be picked up from the booth west of Precision Center Medicine Building (PCMB) located next to the UCSF Owens Street Garage at 1835 Owens Street.

## Rideshare:

If you are using a rideshare service such as Uber or Lyft, there is a drop-off location in front of the UCSF Benioff Children's Hospital San Francisco at 1975 Fourth Street.

## Other transit options:

The location is accessible by public transportation, including the Muni T-Third Street line. Patients can also use our UCSF shuttles, which are free. Learn more at [tiny.ucsf.edu/transit](https://tiny.ucsf.edu/transit). **Please plan ahead for a rideshare service after discharge.**

## DAY OF SURGERY

### What to bring:

- Parent or legal guardian should bring a form of identification with photo and insurance card. Both are required upon check-in.
- **The accompanying adult should be the parent, legal guardian, or authorized medical decision maker for the child. If you are not the child's biological parent, please bring copies of any guardianship, adoption, or other documents that authorize you to make medical decisions for the child. This must be available to the physician or team before the day of surgery.** (If you have questions about what documents are acceptable, contact your surgeon's office.)
- List of your child's medications and supplements, including dosages. Please bring also a list of any medications your child is allergic to.

### You are welcome to bring:

- Cell phones, other electronics, and chargers
- Books or magazines
- Comfort items for your child such as stuffed animals and a blanket
- Comfortable clothing and shoes for your child to wear when going home

### Do not bring:

- Your child's medications. The care team will provide your child with the medications they normally take at home.
- Leave your child's contact lenses at home. Your child may wear glasses, if needed.
- Jewelry or retainers (Remove for surgical procedure).

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During check-in, you can provide the cell phone number of up to two caregivers to receive status updates via text message.

After surgery, recovery time usually takes between 60 - 90 minutes, although every patient is different.

## Visitors:

The Surgical Waiting Area and Pre-operative areas allow two healthy adult visitors (age 18 or older) per patient. The recovery area does not allow visitors, unless you have an approved special needs accommodation.

## What can my child eat or drink on the day of the procedure?

**To provide safe anesthesia, your child must have an empty stomach when they arrive. The procedure may be canceled or delayed if they do not follow these fasting instructions.**

- Please stop all eating and drinking at **MIDNIGHT** the night before the procedure (including milk products, breast milk and formula). Do not give your child gum, candy, or mints after midnight.
- Your child may have **clear liquids only** on the day of the procedure until 2 hours before hospital **ARRIVAL** time.
- Clear liquids are:
  - Water
  - Filtered (clear, non-pulp) apple juice
  - Pedialyte
  - Gatorade
- If your child has been instructed to take any medications on the day of their procedure, they may take them with a small sip of water.
- If your child's surgeon has given you additional instructions about what to eat or drink before the day of your child's procedure, please follow those instructions as well.

## Pharmacy hours:

Monday – Friday,  
8:30 a.m. - 8:30 p.m.

## Café hours:

Monday – Friday,  
6 a.m. - 10 p.m.

## WiFi:

UCSF Guest network.  
No password needed.

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