

OAKLAND

Information for pediatric surgical patients

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.

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 (510) 428-4418 during normal business hours. For after-hours or weekends, please contact the Operating Room at (510) 428-3221. 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 you develop 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 surgeon and the Pediatric Prepare Clinic at (510) 428-4418 to let them know about the change.

All surgery patients should report to the Surgery Registration Desk, which is located on the 3rd floor of the OPC center immediately as you exit the elevators.

TRANSPORTATION

There are many options to get to Benioff Children's Hospital Oakland.

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:

Self-parking is available in the parking garage on Martin Luther King Jr. Way between 52nd and 53rd streets. Before paying for parking, get your discount coupon from one of the Ambassador desks in the main hospital or outpatient center lobby. Using the discount, patients and patient visitors pay no more than \$9 to park in the garage. To pay, visit a "pay on foot" kiosk on the 1st Floor located near the elevators and all exits.

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UCSF Benioff Children's Hospital Oakland Outpatient Surgery Center

744 52nd St., Third Floor Outpatient Center,
Oakland, CA 94609

Building hours: 6 a.m. - 3:30 p.m.

Phone: (510) 428-3856

Outpatient surgery after-hours phone: (510) 428-3221



Information for surgical patients

Rideshare:

If you are using a rideshare service such as Uber or Lyft, there is a drop-off location in front of the main hospital entrance at 747 52nd Street. The outpatient surgery center is located across the street from the main hospital.

Other transit options:

The location is accessible by public transportation including the AC Transit bus line 18. Patients can also use our UCSF Shuttles, which are free. Learn more at tiny.ucsf.edu/transit. **Please plan ahead for a rideshare service after discharge.**

DAY OF SURGERY

What to bring:

- Parent or 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).

During check-in, you can provide the cell phone number of one person to receive status updates via text message. We will let you know when your child is out of the procedure, in recovery, and when you can come back to the Post Anesthesia Care Unit (PACU) to be with them. Your loved ones can also check in with the Preop nurses for status updates on the day of your surgery.

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

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Visitors:

The Surgical Waiting Area and Preoperative areas allow up to two healthy adult visitors (age 18 or older) per patient. The recovery area allows for 1 adult at a time to be at the bedside, 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.

BENIOFF CHILDREN'S HOSPITAL OAKLAND AMENITIES

Pharmacy hours:

Monday - Friday,
9 a.m. - 9 p.m.

Weekends,
9 a.m. - 5 p.m.

Café hours:

Monday - Friday,
6:30 a.m. - 10:30 a.m.
11:30 a.m. - 2 p.m.
4:30 p.m. - 7 p.m.

Vending machines are available
24 hours a day.

WiFi:

UCSF Guest network.
No password needed.

UCSF Benioff Children's Hospital Oakland Main Hospital

747 52nd St.,
Oakland, CA 94609

Phone: (510) 428-3000

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