

Eating and Drinking Instructions for AFTERNOON Procedures

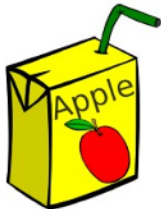
**It is essential your child eats breakfast
before 7:30 am, even if it means waking them up**



**After 7:30 am:
NO FOOD / SWEETS / GUM
NO smoothies / fizzy drinks**



**After 9:30 am:
NO MILK
NO FORMULA MILK
NO BREAST MILK**



**During the day allow
your child to sip CLEAR
FRUIT JUICE / WATER until
the time of their procedure**

Fresh fruit juice with “no bits in” is ideal. Water or diluting juice are alternative drinks but provide no calories.

How can I prepare my child for their general anaesthetic?



Scan the QR code to download the **free Little Journey app** or use the link below:

<https://www.littlejourney.health/qr-scan>

We recommend using Little Journey to help prepare your child for their anaesthetic at home, **before their hospital visit**.

'**Take a tour**' will let your child enjoy a virtual tour of the children's hospital, with animated characters showing them the rooms they will visit, what will happen and who they will meet.

Bite-sized **information articles** will answer queries you may have on your child's anaesthetic or hospital visit. The app also includes fun **distraction games and relaxation activities** to help your child stay calm.

You have been given this leaflet as the hospital staff think you and your child may benefit from using the free Little Journey app. The games, articles, and interactive tours help families to prepare for hospital visits.



How to download the app:

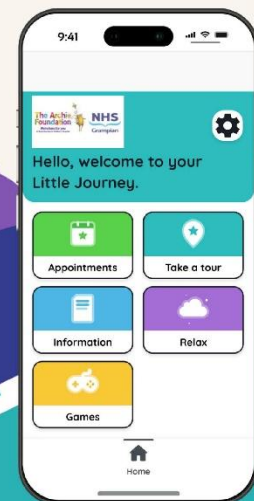
1. Simply search for "Little Journey" in the Apple Store or Google Play Store.



2. Search for the hospital name:
Royal Aberdeen Children's Hospital
3. Select one of the pathways below:

Day Surgery Pathway
Surgical Ward Pathway
MRI with anaesthetic

The Archie Foundation
We're here for you



Thank you to 'The Archie Foundation' who have kindly funded 'Little Journey' for Royal Aberdeen Children's Hospital.

Find out more at
www.littlejourney.health



**Website
with links to
videos and leaflets**

Scan the QR code to visit the '**Anaesthesia**' page of our **website**, or use the link below:

<https://www.rach.scot.nhs.uk/anaesthesia/>

Scroll to the end to find weblinks for **videos and leaflets** to help prepare your child for their anaesthetic.

Translations of information leaflets into 20 different languages are also available here.



Common events and risks for children and young people having a general anaesthetic

This summary card shows some of the common events and risks that healthy children and young people of normal weight face when having a general anaesthetic (GA) for routine surgery (specialist operations may carry different risks).

Modern anaesthetics are very safe. There are some common side effects which are usually not serious or long lasting. Risk will vary between individuals, and will depend on the procedure and the anaesthetic technique used. Your anaesthetist will discuss with you the risks they believe to be most significant. You should also discuss with them anything you feel is important to you.

Very common

More than 1 in 10
Equivalent to one person in your family



Sore throat



Agitation on waking from GA
Mainly ages 1-6 years



Sickness



Temporary changes in behaviour
eg. anxiety, sleep problems, bedwetting

Common

Between 1 in 10 and 1 in 100
Equivalent to one person in a street



Minor lip or tongue injury



Discomfort at injection site

More information

Our website has more on these risks as well as short videos to help children prepare for surgery.



Scan to find out more:



rcoa.ac.uk/childrensinfo

Uncommon

Between 1 in 100 and 1 in 1,000
Equivalent to one person in a village



Breathing problems
Needing treatment



Skin damage
Mainly longer procedures

Rare

Between 1 in 1,000 and 1 in 10,000
Equivalent to one person in a small town



Need for Intensive Care (unplanned)
1 in 2,400
Risk is higher for children under 1 year



Injury to eye
eg. scratch on eye



Damage to teeth

Very Rare

1 in 10,000 to 1 in 100,000 or more
Equivalent to one person in a large town



Anaphylaxis
1 in 40,000
Severe allergic reaction to a drug



Awareness during an anaesthetic
1 in 60,000



Long-term disability
Less than 1 in 100,000



Death as a direct result of anaesthesia
1 in 100,000 to 1 in a million

Things we all do in normal life, such as road travel, involve higher risks than the **Very Rare** risks above.



Leave your feedback on this resource at: rcoa.ac.uk/patientinfo/risks-child#tell-us or by scanning the QR code.

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