

# Children's Information Guide

This book belongs to:



**Calvary**

**John James Hospital**

Continuing the Mission of the Sisters of the Little Company of Mary

Sometimes children who are sick, hurt or need surgery have to go to hospital to get better. Hospitals look and smell differently from home.



You can wear your own pyjamas or a hospital gown.

There are many things you may like to bring with you,  
some of these things might be:



**pencils**



**toys**



**socks & pjs**



**books**



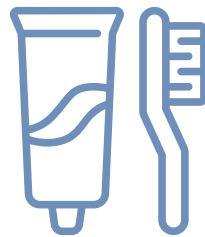
**teddy**



**doll**



**music**



**toiletries**

My favourite toy is called:



Your mum or dad/carer will be there with you all the time while you are in hospital. If you are staying overnight, mum or dad/carer will be given a sofa bed to sleep on next to your bed.



On the day of your surgery, you and your parents/ carer will go to the Calvary John James Hospital day Surgery and Admissions Centre. Your parents/carer will have to fill out some paperwork.



You will be given a special bracelet to wear with your name on it.

A staff member will weigh you and record your height



How much do you weigh?

**I weigh  kgs**

How tall are you?

**I am  cm tall**

A nurse will check your temperature.  
This may tickle your ear.

**My temperature was  °C**

The nurse may also use a machine called a sats monitor to measure your pulse and oxygen levels. The nurse will put a clip on your finger that has a red light, this will show some numbers on the screen. The nurse will write these numbers down. This sats machine will be used a lot on your finger after your operation.



When you go to theatre you can take your special toy with you. Your mum or dad can go with you too. They will have to put on a gown, booties that cover their shoes and a fluffy cap on their head.



A nurse will check your wrist band and ask your parent/carer some more questions. A special doctor will come to see you and talk to your parents/carer. This doctor is called an Anaesthetist.

When you get into the theatre room, there is a new bed for you to lie on. Now it is time to go off to sleep.



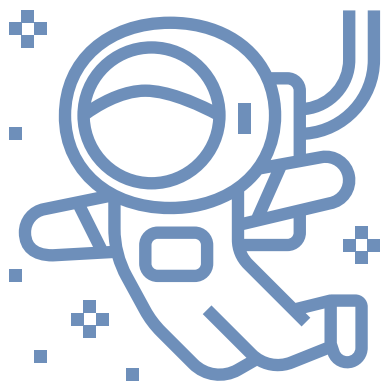
Draw what you think you might dream while you are asleep



All finished! You may wake up with a special mask on your face. A special kind of air comes out of the mask which makes it easier to breathe. Sometimes the special air can tickle your nose.



Did you dream that you were an astronaut floating in space?



If you are staying overnight you will be moved to the ward where our nurses will look after you.



You are now in your very own room with your special toy. You still feel a bit sleepy. When you are awake enough you can have something to eat and drink.



You can choose what you would like to eat from the special kids menu. There are icy poles and ice-cream and jelly in the ward fridge for you as well!!!



Your parent/carer will be able to choose what they would like to eat from the grown-up's menu. What are your favourite foods?

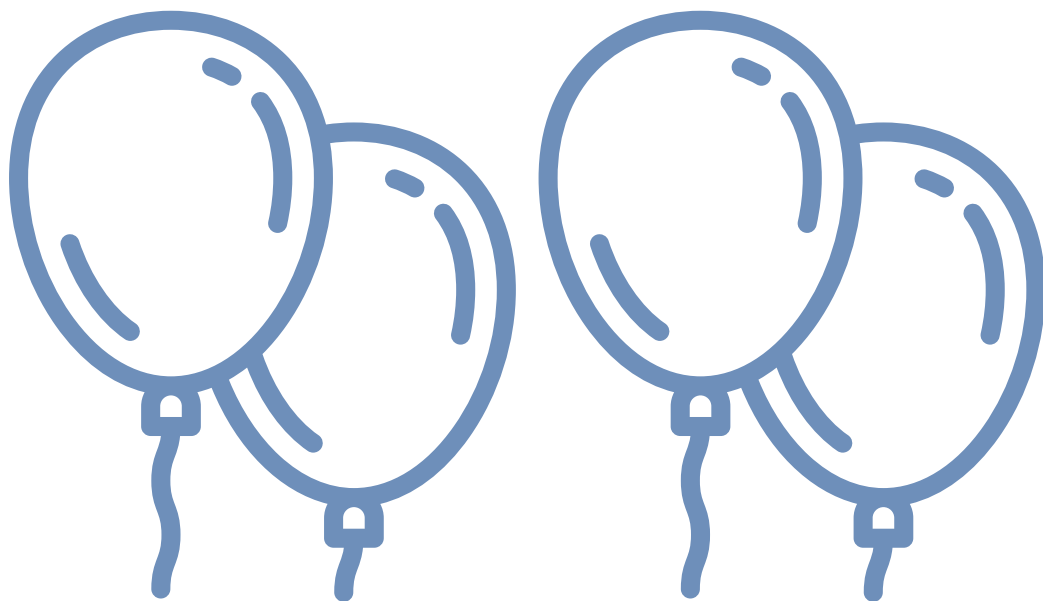
Your doctor may order medicine for you to take whilst you are in hospital. Before you are given the medication a nurse will look at the armband on your wrist and ask you and your mum or dad/carer a couple of questions. The medicine is usually in a syringe that you can squirt into your mouth.



You may have a cannula in your hand or arm. This is so that you can get the fluid and medications that the doctor may have ordered for you whilst you are asleep or not able to drink. It will be taken out by a nurse before you go home.



Write the names of your  
visitors and friends in the balloons.



When you are better, you can pack  
up all your things and go home.



Make sure you say goodbye to  
all your new friends at the hospital.



# Frequently asked questions:

**Why can't I eat or drink before the operation?**

Because it might make you feel sick.

**Can I brush my teeth before the operation?**

Yes, but don't swallow the water or the toothpaste.

**Do I have my asthma puffer in the morning?**

Bring it with you to hospital.

**What do I wear?** Pyjamas (non-flammable) or comfortable clothes.

**If I am staying overnight will I have my own room and toilet?** Yes

**Do I have a TV in my room?** Yes

**So what will happen on the day?** Let's read through the Children's Information Booklet together which is available on Calvary John James website. [www.calvaryjohnjames.com.au](http://www.calvaryjohnjames.com.au)

**Will you be with me?** Yes, either Mum or Dad/ or Carer can go with you to the theatre and if you are staying overnight one will need to stay with you.

**How will the doctor make me go to sleep?** The doctor will give you some special medicine that makes you go to sleep. You simply breathe.

**How long will it take until I am asleep?** After the Doctor puts a little mask on your face you will fall asleep. Can you count to 10? ....

**Will I feel anything when I am asleep?** No

**How long will the operation be?** Not too long -You will be back in the ward with your parents/carers quite quickly.

**Does it hurt?** It may hurt a little bit but you can have medicine to help.

**Will I have a tube in my hand afterwards?**

Yes, it will be removed before you go home.

**Can I get out of bed?** Yes, when you are awake your parents/carers will be able to help you.

**Does the hospital give me food?** Yes, you will be given a children's menu to fill out.

(shhhhhh there are icypoles and jelly and ice cream in the fridge).

**Will it hurt to eat?** Your throat may feel sore just like when you have a sore throat at home, the medicine the nurses give you will make it feel much better.

**Can people visit me?** Yes



#### **About Calvary**

*Calvary is a charitable Catholic not-for-profit organisation with more than 12,000 staff and volunteers, 15 public and private hospitals, 17 Retirement and Aged Care facilities, and a national network of Community Care centres. We operate across six states and territories within Australia.*

*Established in Sydney in 1885, by the arrival of the Sisters of the Little Company of Mary in Australia, our mission is to provide health care to the most vulnerable, including those reaching the end of their life.*



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