



What to Expect When You Go to the Hospital



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First edition

Developed by Allina Health.

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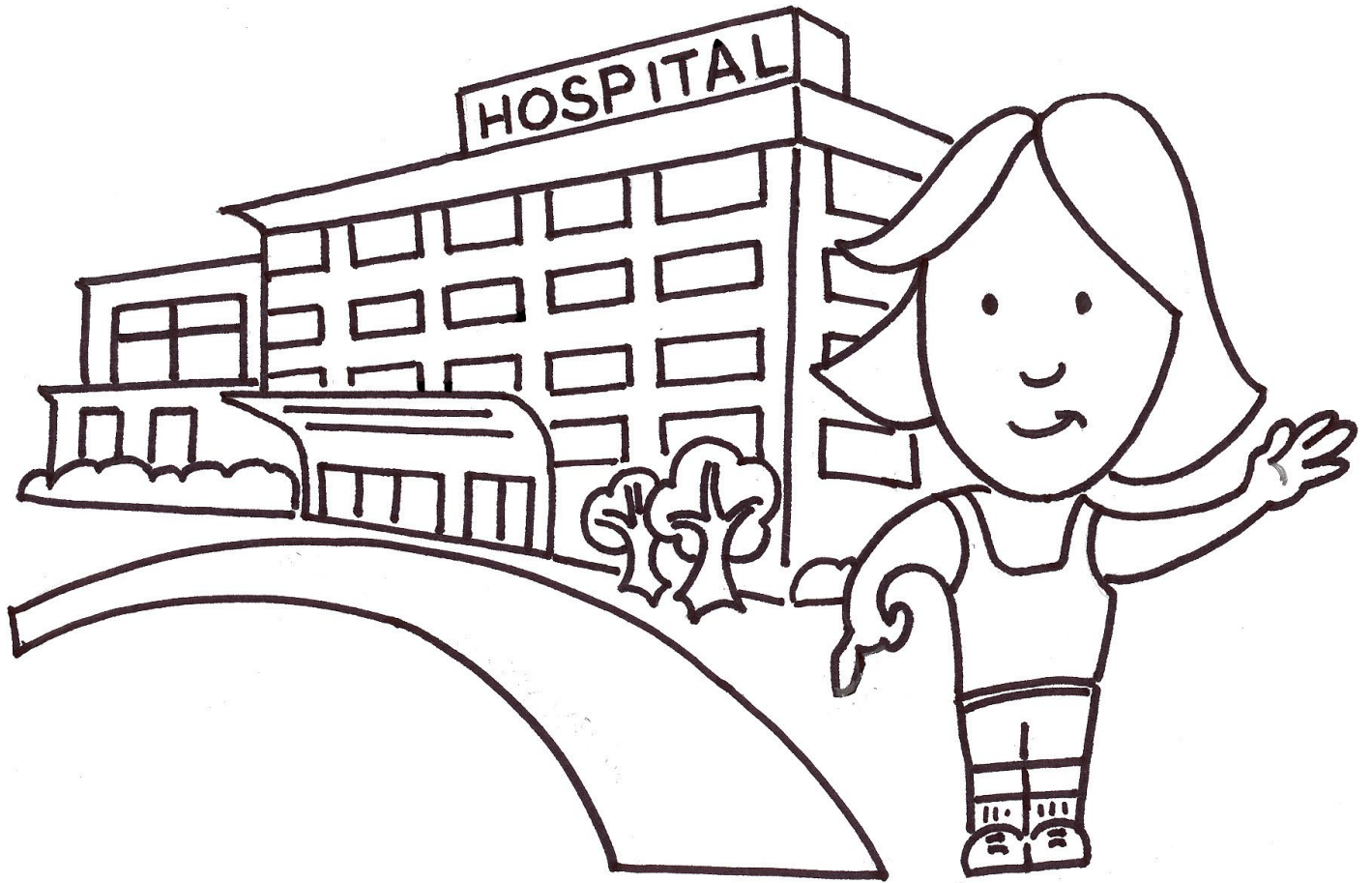
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This publication is for general information only and is not intended to provide specific advice or recommendations for any individual. The information it contains cannot be used to diagnose medical conditions or prescribe treatment. The information provided is designed to support, not replace, the relationship that exists between a patient and his/her existing physician.

For specific information about your health condition, please contact your health care provider.





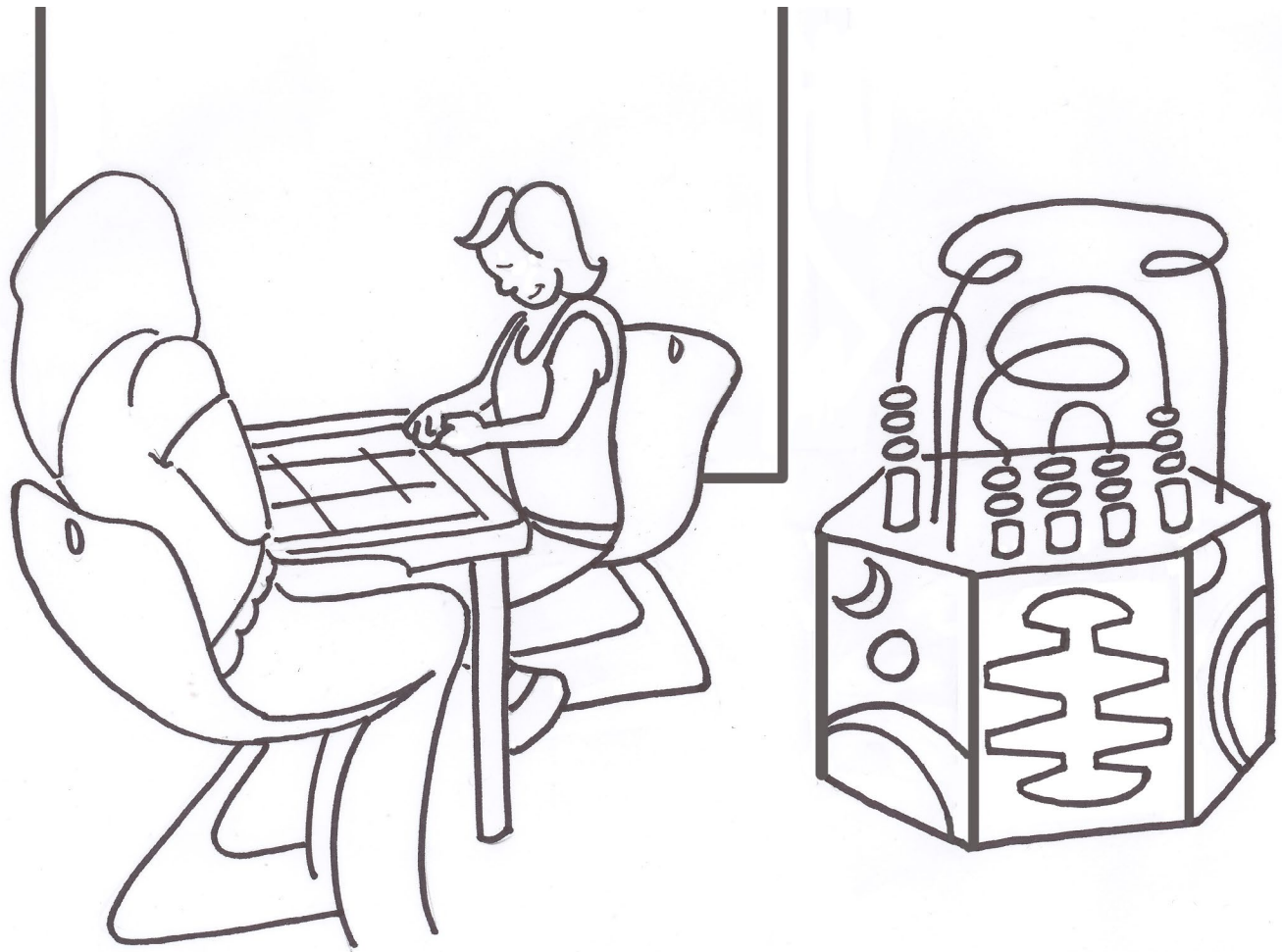


Hi! My name is Isabelle. I am here to show you what it will be like when you go to the hospital to have surgery. Let's go!



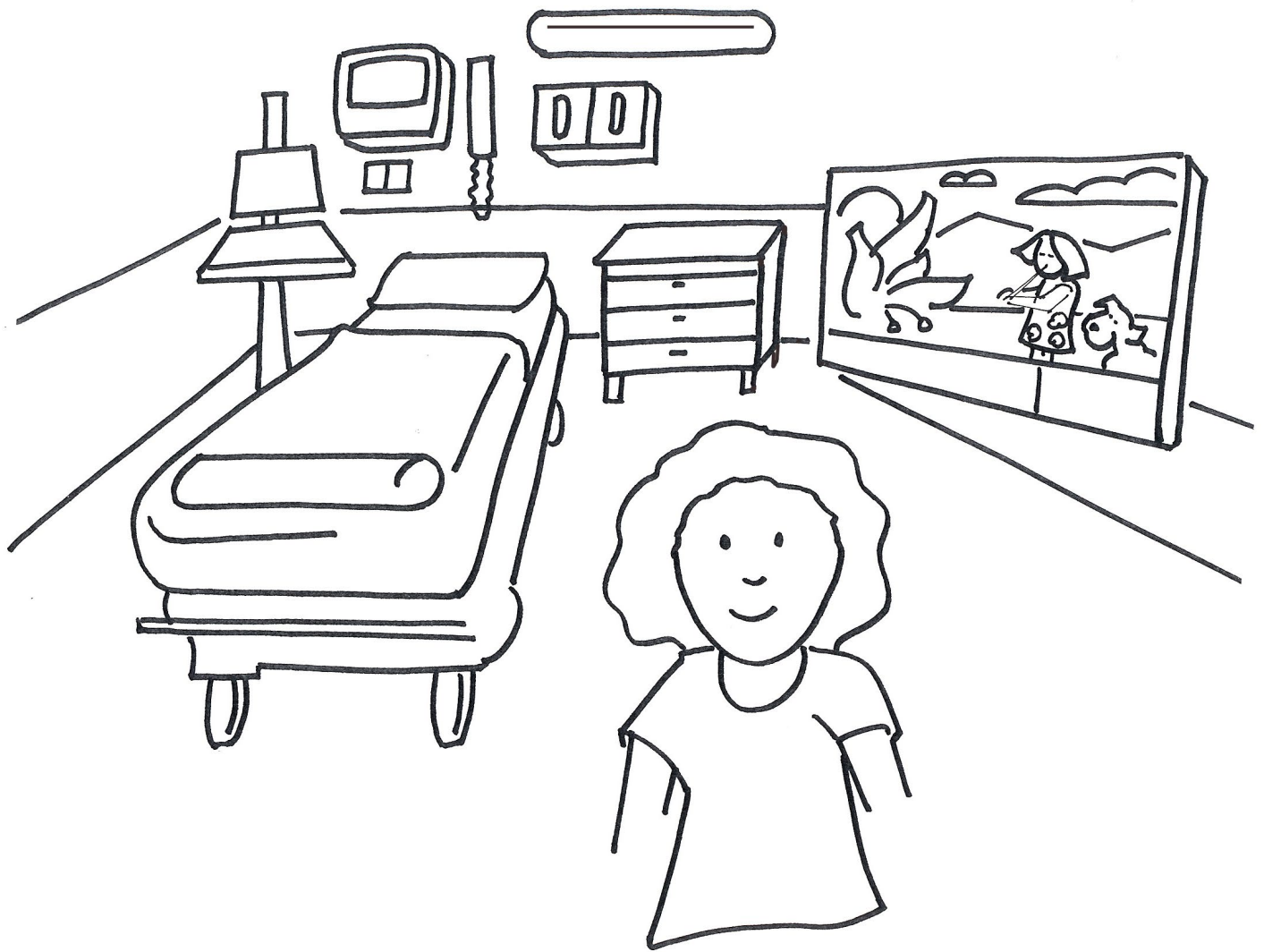
When you come inside, you will meet a friendly person who will welcome you to the hospital.

You will be given a band to wear on your wrist. It will have your name and birthday on it. This will help the doctors and nurses know who you are.



Your next stop is the surgery waiting area. You will stay here while you wait your turn for surgery. If you want to, you can play with all the fun toys and games.

Your family will be waiting here for you while you have surgery.

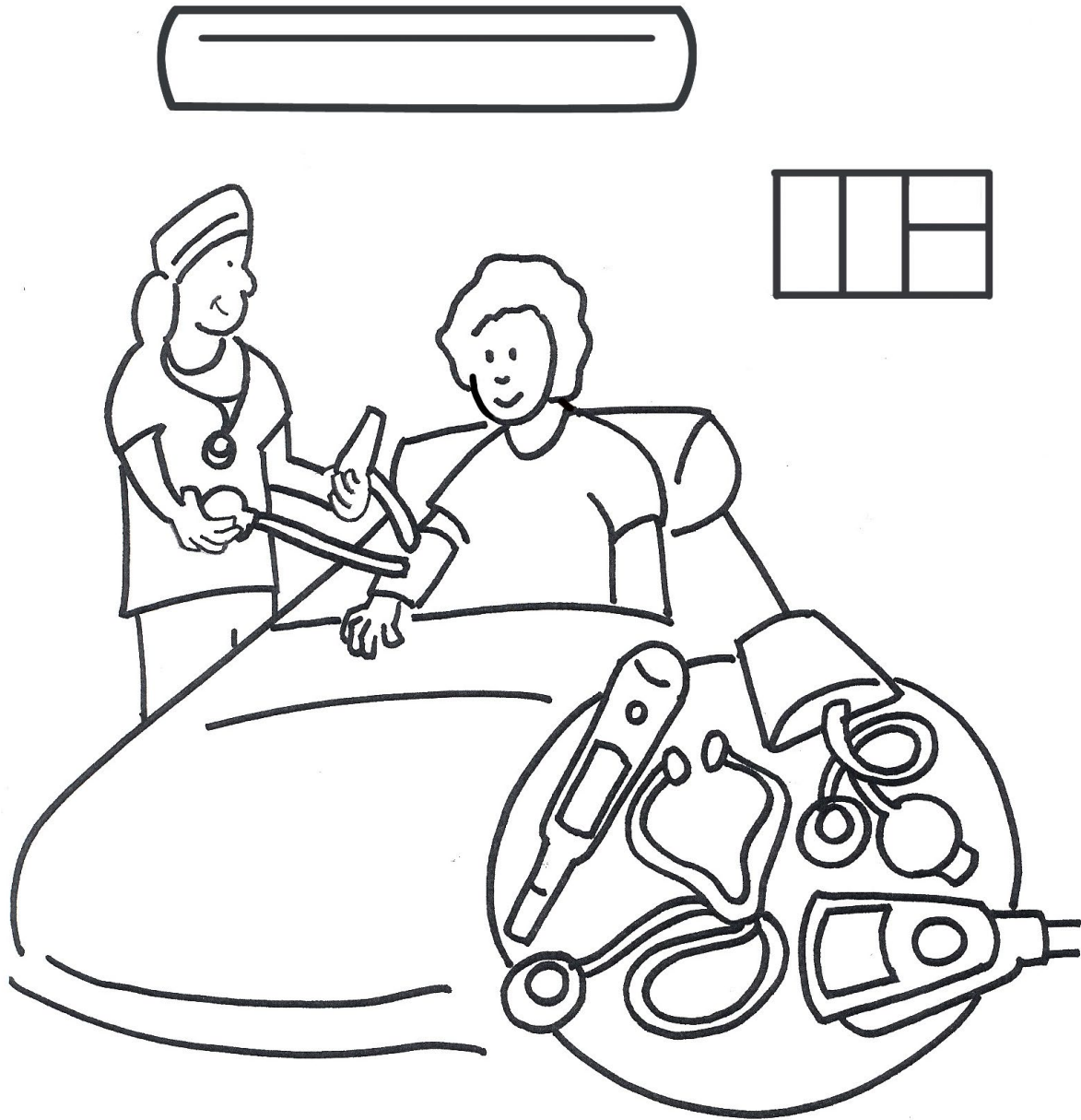


When it is your turn for surgery, you will go back to your hospital room. Here you will meet your nurse.

You will step on a big scale. This will show how much you weigh.

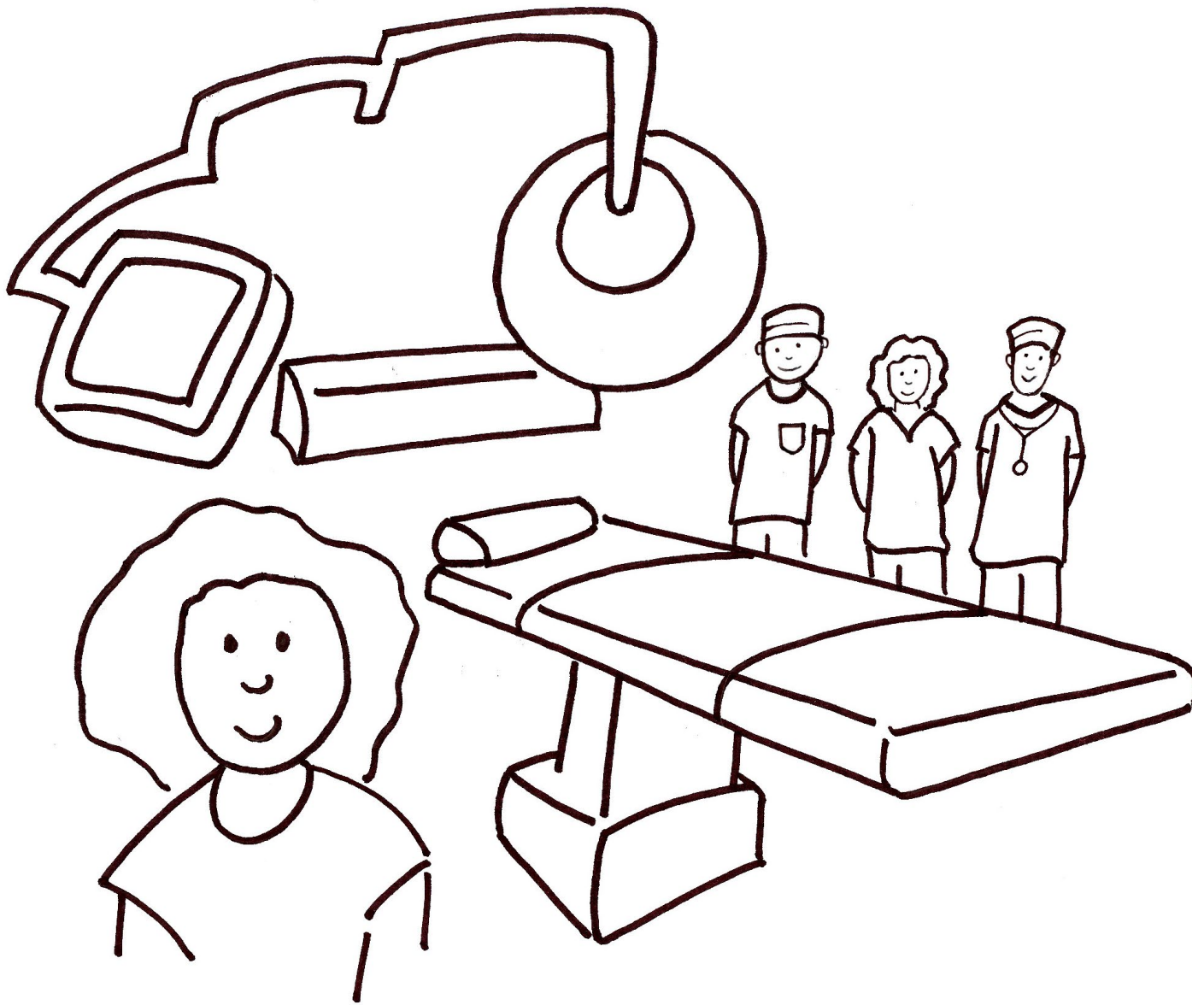
You will change into a pair of comfy hospital pajamas or a gown. You will also get to wear a special surgery hat. Everyone who has surgery or works in surgery has to wear a hat.

Your room will have a big hospital bed and a TV. You can watch cartoons if you want to. What's your favorite cartoon?



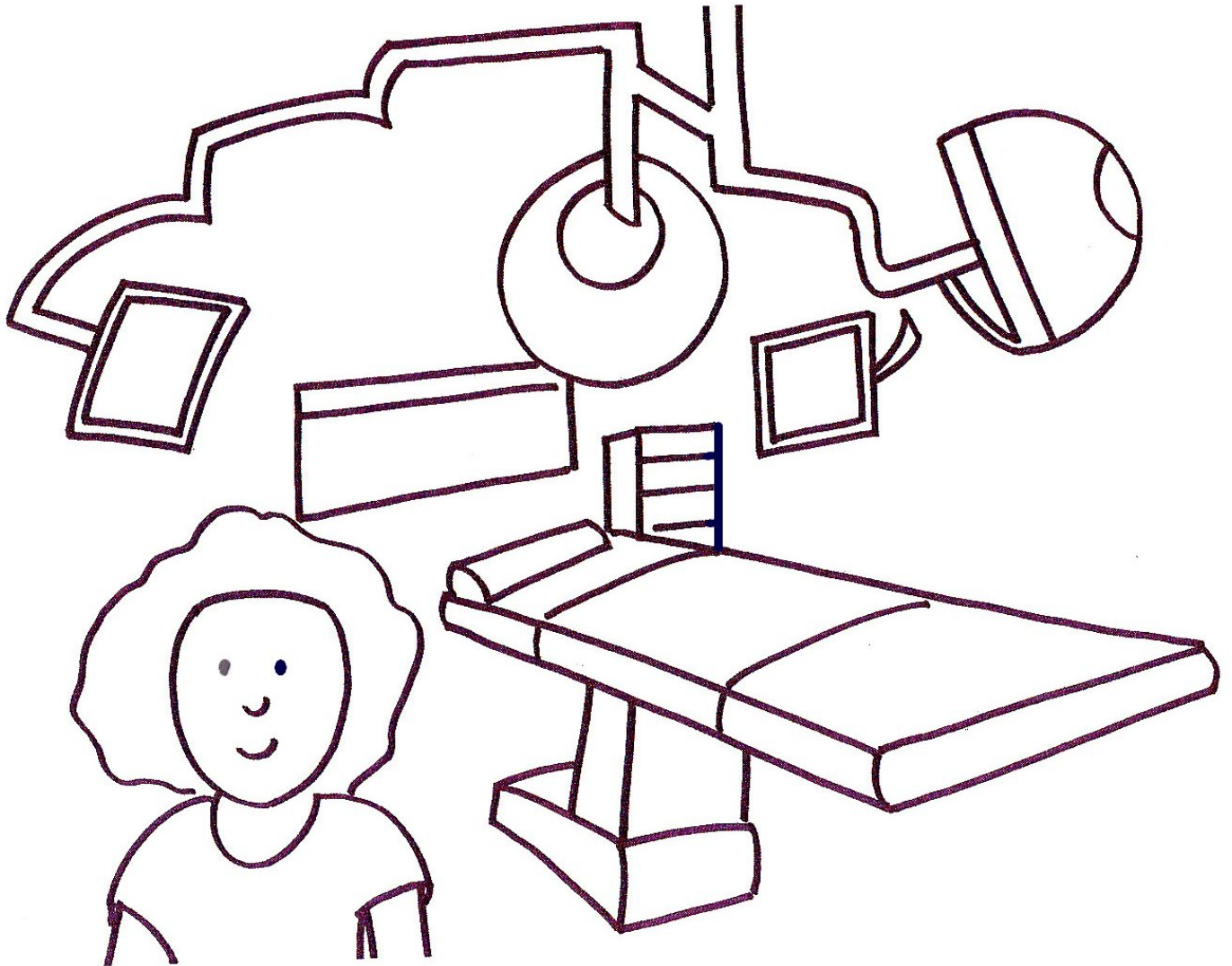
The nurse will check your temperature, blood pressure and oxygen. He or she will talk with your Mom or Dad about your surgery.

You may need to take some medicine. Some medicines help you feel comfortable and some help you go to sleep.



Now it's time to meet your doctor and the others who will be helping with your surgery.

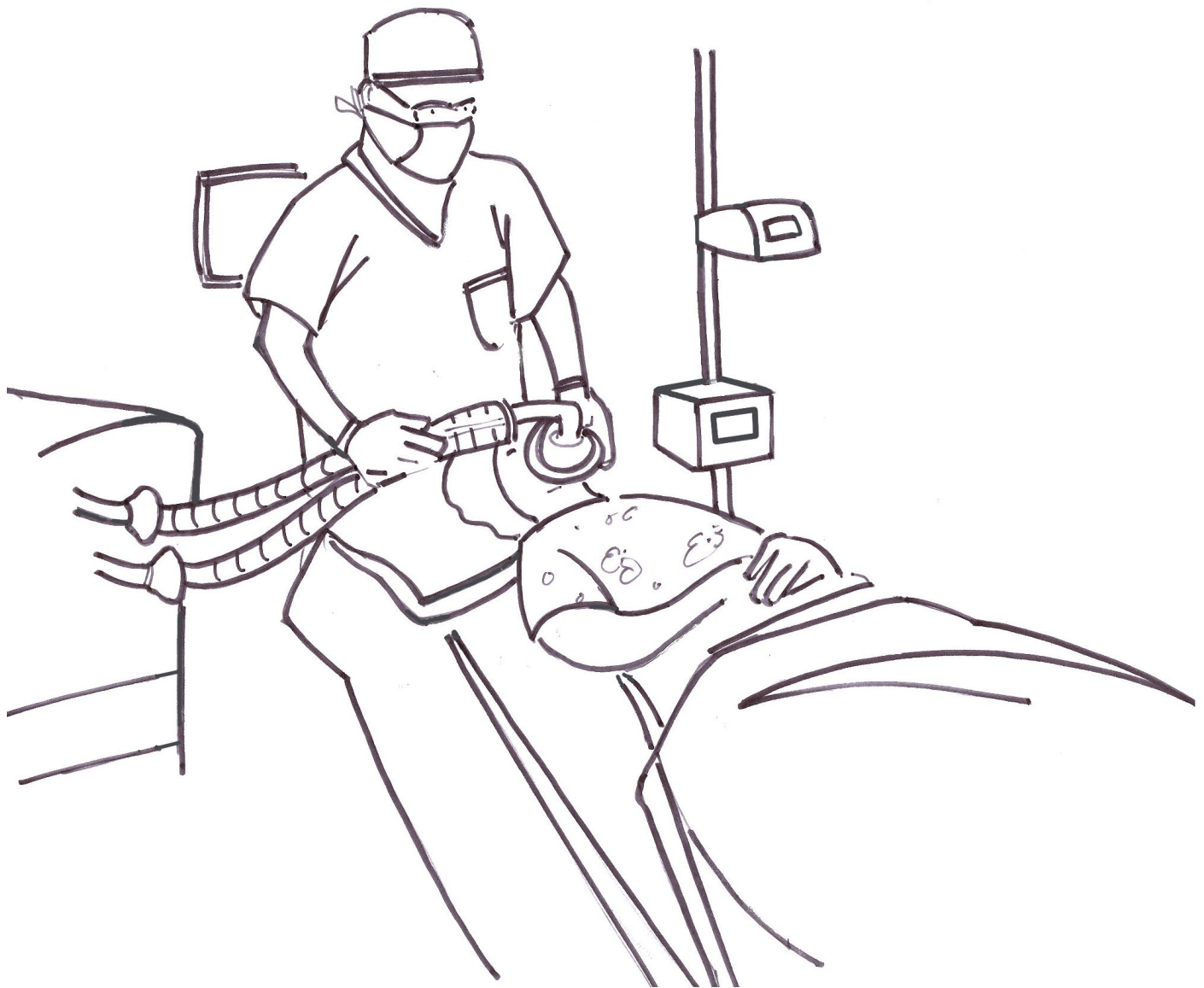
- Your doctor will do your surgery.
- Your anesthesiologist and nurse anesthetist will give you a special sleeping medicine that will help you sleep during your surgery. You won't feel anything.
- Your surgery nurse will help everyone in the operating room. He or she will also talk with you and your parents about the surgery.



When it is time for your surgery, you will get to go for a ride on your bed to the operating room. This is the where you will have your surgery.

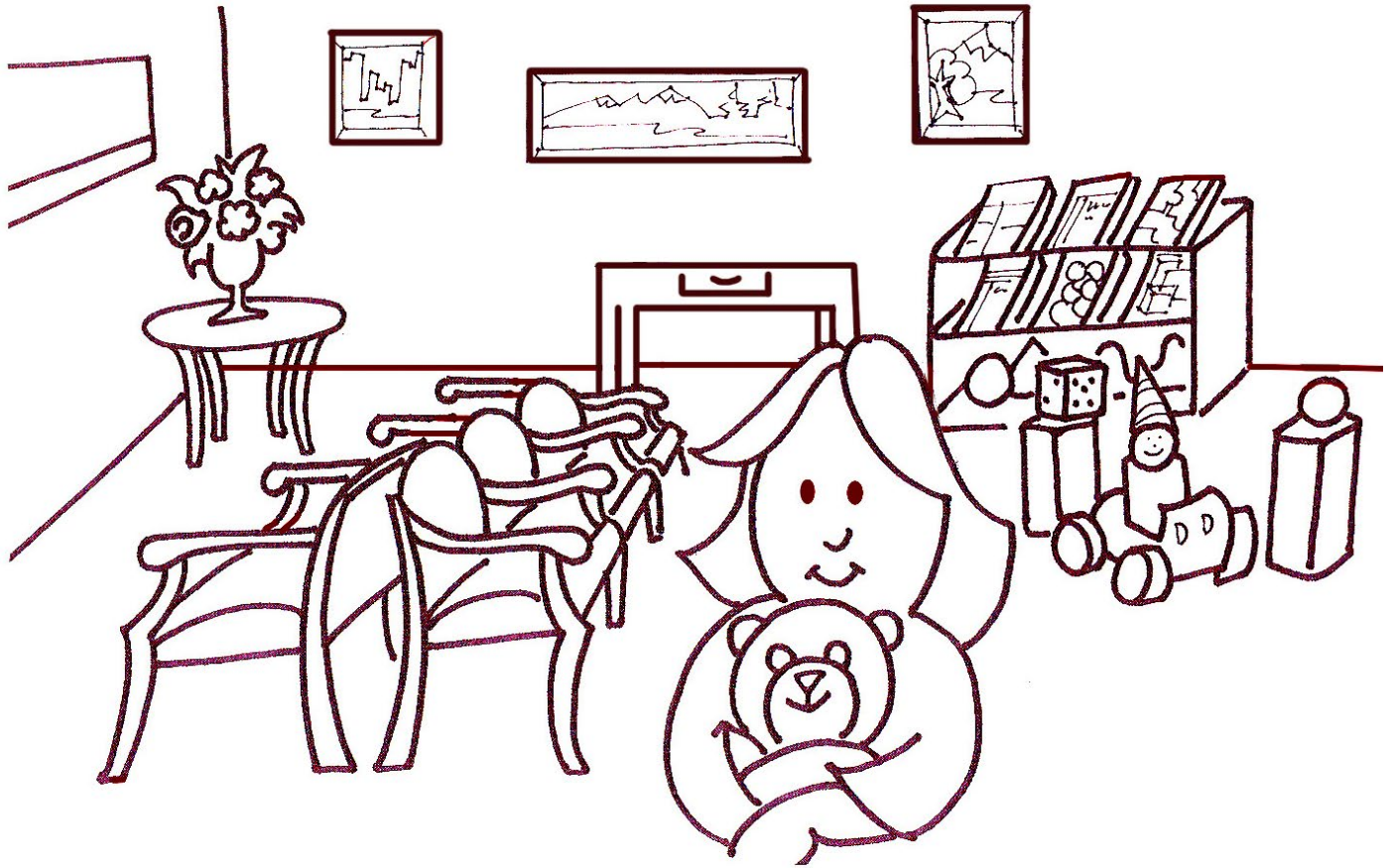
The operating room will have bright lights and might feel cold. You will have blankets to keep you warm.

Your nurses will move you to a different bed to have your surgery. It will be just like your hospital bed.



The anesthesiologist will put a mask over your mouth and nose. You will breathe in the special sleeping medicine. You will get very tired and fall asleep during your surgery.

While you are sleeping, an IV will be put into your hand or arm. The IV looks like a tiny plastic straw or tube. It will give you medicine to help you sleep.



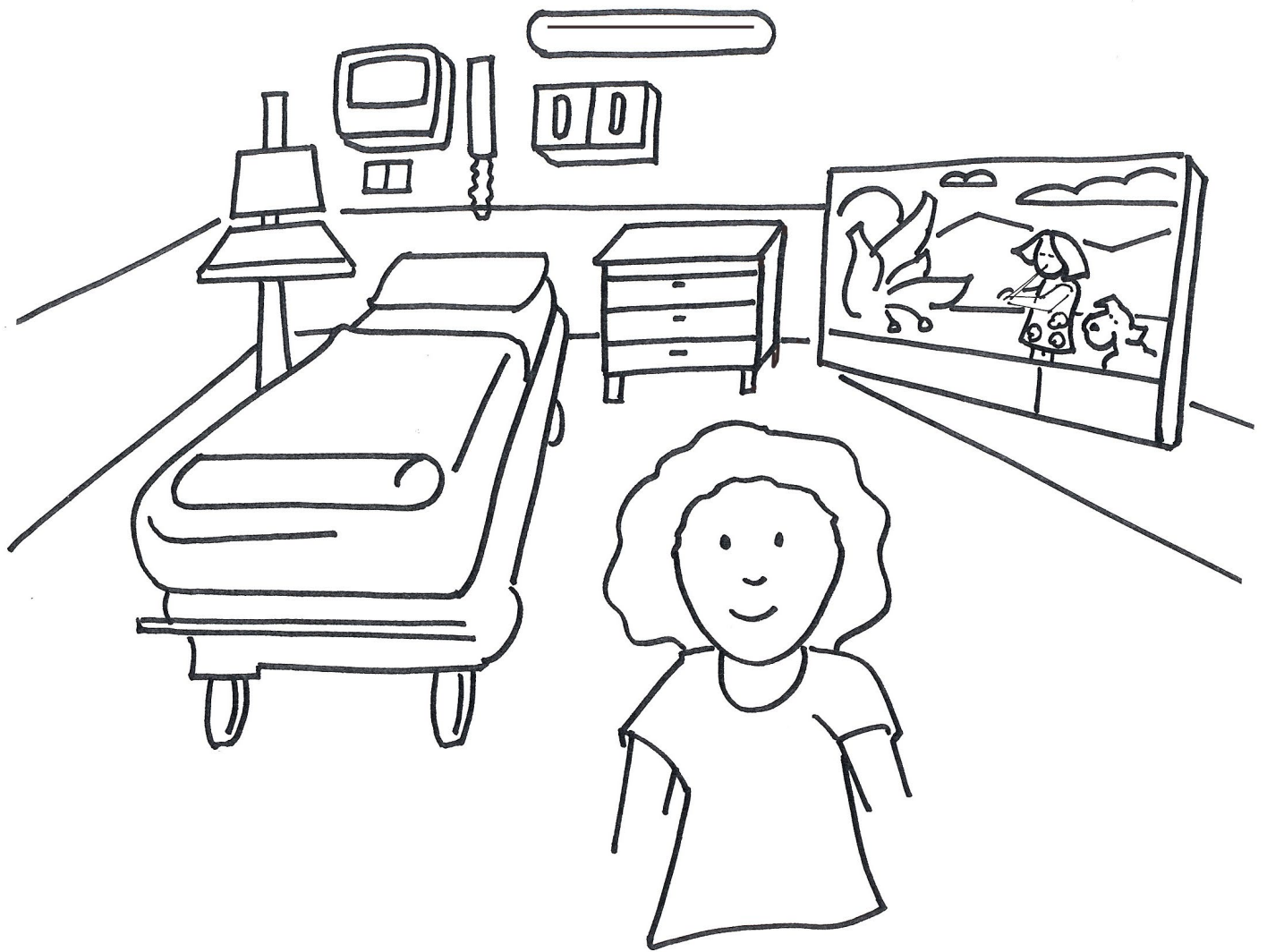
While you're having your surgery, your family will be waiting for you in the surgery waiting area.



After your surgery, you will go to the recovery room. This is where you will wake up from surgery.

You might feel sleepy or a little dizzy. Your nurses will help you feel better.

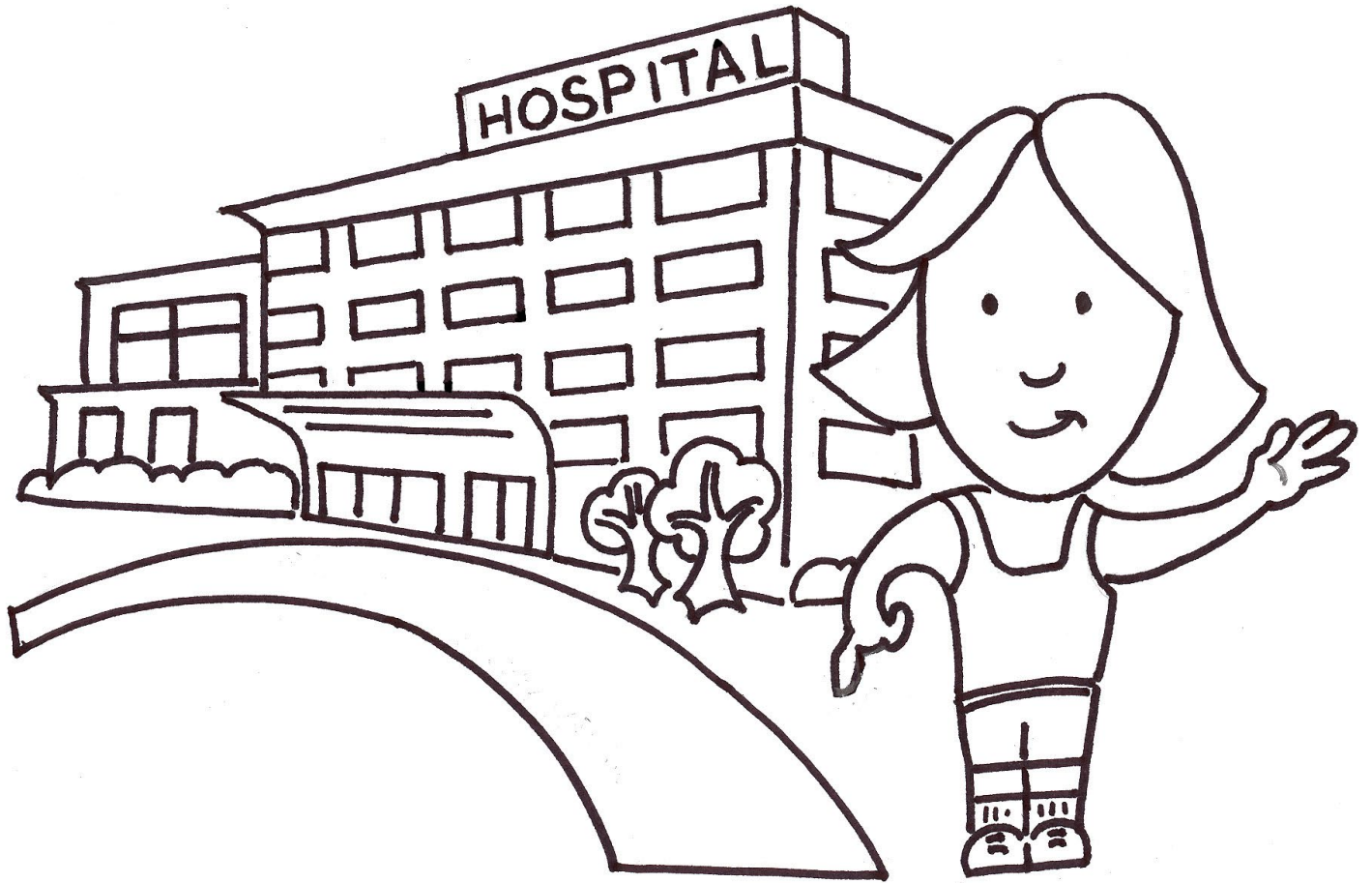
As soon as you are awake, your family can come in and sit with you. You can also have something to drink or a Popsicle®.



You may get to leave the hospital on the same day as your surgery or you might have to stay overnight. If you have to stay overnight, someone from your family can stay with you.



It's time to go home! You will get to ride in a wheelchair out to the car. You can ride all by yourself or sit with one of your family members.



Thanks for being such a great patient. *Good-bye!*

Autographs

Use this page to get autographs of all the doctors, nurses and other helpers you meet while at the hospital.

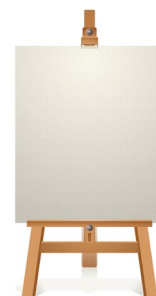


My Journal

Write about your time at the hospital. What did you see? What was surgery like? You can write or draw anything you want on these pages.



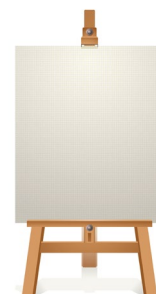
My Journal



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