



Anesthesie bij kinderen- Engels

Anaesthesia in children

Soon you will undergo surgery at the Spaarne Gasthuis. You agreed on this together with the doctor and (one of) your parents or guardians. Surgery requires you to be under general anaesthesia, and sometimes this requires an additional form of anaesthesia.

An anaesthesiologist (medical specialist) looks after you during surgery, along with an anaesthesia assistant. They make sure you sleep well and get good pain relief during and after surgery.

Please read the information in this leaflet carefully with your parents or guardians, or read this leaflet for yourself as a parent/guardian, so that you can explain it to your child.

Preoperative screening (POS)

Before you can have surgery, you will have an appointment at the Preoperative Screening (POS). Usually this appointment is over the phone. It is important that you attend the interview with a parent or guardian if you are about 8 years or older. Prior to this, you must fill out a questionnaire. This can be done via computer through your account in MijnSpaarneGasthuis; otherwise, a printed questionnaire must be completed.

At the POS, you will have a conversation with someone from the anaesthesia team. Questions asked include:

- Any previous surgeries and how you reacted to anaesthesia then.
- Your physical condition.
- Any medications you are taking.

We often ask things twice. A bit weird perhaps, but we do that for safety. We will explain to you what kind of anaesthesia you will receive. We also tell you what is and is not allowed before surgery.

Only little children get anaesthesia with a mask; bigger children get the anaesthesia through an IV. Of course, inserting an IV is not very nice, so you can get a prescription for a numbing cream. You need to apply this cream on the skin beforehand at the place where the IV is to be inserted. That cream slightly numbs your skin and so you feel a lot less from the insertion of the IV. You can read exactly how to use this cream in the leaflet: Emla cream and plaster (spaarne Gasthuis.nl). You can see how an IV works on our animation. Scan the QR-code to view this animation.



Kidsstrip Infuus

Sometimes you need to see the paediatrician first. The paediatrician will then do further checks. Surgery will then be postponed until the paediatrician confirms you can have surgery.

After the POS interview, you can get the agreements made on paper. Do you have a MijnSpaarneGasthuis account? If so, you can read the appointments there, from 7.30pm in the evening, at your leisure. Also, read it carefully the day before surgery. This way, you come to the hospital well prepared.

Fasting

Because of the surgery, you must have an empty stomach. When you are under anaesthesia, food from the stomach can get into your lungs. That can make you very sick. Therefore, before surgery, you should not eat from 12 a.m. onwards and drink only a little bit. That's called "fasting".

For this reason, keep the following in mind:

- From midnight (00:00 a.m.) onwards you are not allowed to eat anything, i.e. no breakfast, no fruit, no sweets.
- Until 1 hour before the operation, you may eat a water ice cream or have a small clear drink with some sugar in it: sports drink, tea **WITHOUT MILK**, lemonade, possibly some water). Also, no dairy products, no fruit juices, no fats (broth)
- Are you already a bit older and smoking? Do not smoke on the day of surgery.

Did you still eat or drink something that is not allowed? If so, it is likely that the operation will not take place that day. We will then agree on a new day.

Taking medications

The POS worker has told you whether you need to take any medication on the day of surgery. This is in the appointment list. About 1 hour before you go to the hospital, take paracetamol as agreed with you by the POS worker. This will help you feel better after the surgery because it will be well absorbed.

Admission to the hospital

The day before surgery, you or one of your parents or guardians should call the hospital. You will then be told what time to be at the hospital on the day of the operation and where to register.

On the day you are in hospital, we will ask you a few things like your name and date of birth. Also what kind of surgery you get and on which side. We need to be sure that we are doing everything right as we have agreed with each other.

Day care surgery

Are you having surgery in day care? Then you only bring some stuff for that one day. Are you taking any medications? If so, take it with you to the hospital. It is wise to leave expensive items at home to avoid losing them. You may bring your favourite cuddly toy to the operating room if you like.

More information can be found in the leaflet 'Child day care'.

Admission to the paediatric ward

After some surgeries, you cannot go home the same day. This is usually known in advance. You will then be admitted to the paediatric ward beforehand. This is usually on the day of surgery. Will you be bringing some belongings and toys for a few days? Again, it is important not to forget to bring medications if you take them. Again, it's better to leave expensive stuff at home.

Before going to the operating room:

- Take off all your jewellery. This includes rings. They can get very tight around your finger.
- On the day of surgery, you should not use make-up, body lotion and/or face cream.
- Do you have gel or artificial nails? These may remain in place.
- Take out contact lenses. When this is agreed at the POS, you can keep your glasses on.
- Do you have (a) hearing aid(s)? Then you may keep these, too. It is important that you can hear us clearly.
- Will you be operated on the left or right side? Then, together with one of your parents or guardians and the nurse, you should draw an arrow with a marker on the side where you will be operated on.

Visitors

One of your parents or guardians may accompany you to the surgery ward until you are given anaesthesia. Your parent or guardian will be given a special suit that they can put on over their normal clothes. This is simply the rule in an operating room.

The preparation room (holding area)

The ward nurse will take you and one of your parents or guardians to the surgical ward. Sometimes a medical pediatrician from the paediatric ward comes along for guidance and explanation.

In the surgery department, everyone wears special surgery suits and a paper cap. You will be received in the central room (holding room) of the operating department. In the holding room, we take over from the ward nurse. We then go through that list of safety questions again.

In the holding room, you will be prepared for surgery:

- Stickers will be placed on your chest for heart monitoring.
- A blood pressure band will be put on your upper arm.
- You will get a clip on a finger to check oxygen levels in the blood.
- You will receive an IV in your arm or hand. An IV bag containing fluid is connected to this.
- Are you going to sleep with a mask? Then you will get an IV while you sleep. That way, you won't notice anything. An IV is needed because we also need to give all kinds of medications. So we can easily give you medicines that will help you feel better.
- An additional anaesthetic may have been agreed with you. This will be given only when you are asleep. That way, you won't notice anything.
- Sometimes, you have to wait for a while until the operating room is free. When your turn is about to come, you have to move over to an operating table. You will be picked up by a

nurse anaesthetist who, together with the anaesthesiologist, will look after you and stay with you during the surgery.

- Some surgeries require a bladder catheter. This is a tube in your bladder that keeps you from having to go to the toilet to urinate. Your pee then drains naturally into a special bag attached to that tube. This is inserted after the anaesthetic is given, so you won't notice anything. The catheter is usually still in there when you wake up.

A final check-up and the anaesthesia

You see the doctor before you go to sleep. If you have any questions, just ask. You will also still see the anaesthesiologist, who will give you the anaesthetic.

We will go through the questionnaire one last time with the surgical team just before you are given anaesthesia.

When you go to sleep with a mask, you get a mask over your nose and mouth that releases oxygen and sleep gas. You can feel that sleeping gas tingling a little in your throat. It is important to keep breathing calmly. Try to think of nice things. You'll fall asleep within about a minute.

Was IV anaesthesia chosen? Then you will get the sleep drug through the IV. You then also get a mask on your nose, but only with some oxygen flowing out of it. You won't feel this in your throat. Sleep comes a lot faster through the IV than through the mask.

As soon as you fall asleep, your father, mother or guardian will leave the surgical ward. The anaesthesia team will take care of you. During the operation, we will keep a close eye on you. Once the surgery is finished, we will wake you up again and take you to the recovery room.

After surgery in the recovery room

Once you arrive in the recovery room, we will call your parents or guardians to let them know you are there. One of them may then come to you. You will be closely monitored for some time. We will make sure you can peacefully recover from the operation. Once you are well awake and everything else is fine, the ward nurse will come to pick you up again.

General side effects and complications after surgery

Despite modern anaesthesia techniques, risks and side effects still exist. Common side effects include:

- nausea
- vomiting
- dry mouth and throat
- a sore throat

Fortunately, this will go away quickly. Usually, it is due to the medication but often it is also due to the surgery itself. We do our best to make sure you are as comfortable as possible.

Pain after surgery - medicines to feel better

In the recovery room, if necessary, you will be given medication to make you feel better. This starts on the morning of surgery when you take paracetamol at home. We'll let your parents or guardians know what medications they may give you at home.

Paracetamol

Paracetamol may be sufficient for minor surgery.

Morphine

Larger operations often require stronger medications. You will also be given morphine. These painkillers can be combined with a local anaesthetic you received during surgery. That local

anaesthetic will work for several hours after the operation. As a result, you need fewer painkillers.

You can find more information about morphine in the leaflet: Morphine - Answers to your questions (spaarnegasthuis.nl).

Recording of pain scores

We ask you to indicate on a special measuring stick how you feel: a smiling face means: I feel good. A crying face means: I don't feel good at all. Then we will know exactly what medications we can give you that will help you feel better.

Advice when using medications for pain

- Do you have any questions? Ask the doctor or nurse.
- Not feeling well? If so, tell your mom or dad, nurse or doctor as soon as possible. Even at night, you should let them know if something bothers you. There is always someone awake to help you.
- For your father and mother:
 - Have your child take the painkillers at set times. Do not wait until your child is in pain to give them the painkillers. It is better to wake your child up to take painkillers than to have your child wake up in pain.
 - Adhere to the amount and type of medication prescribed by the doctor.
 - Alert the nurse or doctor if the sensation changes in location, severity or character.

Day care surgery and an unexpected stay overnight

Sometimes after surgery, you may still not be able to go home the same day. Then you have to stay for a night. This may be due to a problem caused by the surgery but also due to a problem caused by anaesthesia.

Birth control

Are you a little older? Do you use "the pill"? In the immediate period after surgery, the contraceptive pill does not work properly. You must then take extra measures for up to a month after the procedure to ensure that you do not become pregnant. Are you using anything other than "the pill"? Like, say, a hormonal shot? Then you should take extra protective measures until 7 days after surgery.

Recovery

After surgery, you should get better again. This recovery costs your body a lot of energy. It is quite common to feel uncomfortable for some time after surgery. Surgery does a lot to you anyway. This is caused by the anaesthetic, but also because every surgery is a traumatic experience. Your body needs to recover at its own pace. That takes time.

Physician assistant in training

Several wards have physician assistants in traineeship from a university hospital. They are doing an internship at Spaarne Gasthuis. These assistants are junior doctors working to become specialists. Several assistants from Amsterdam UMC work in the anaesthesiology department.

Questions

It is important that you get accurate and clear information. You decide together with the doctor whether to have the treatment done. After talking with the doctor and reading this information, do you have any questions? Please don't hesitate to ask. Write down your questions in advance, so you don't forget anything. After your visit to the outpatient preoperative screening,

does anything change with the medication you are taking, in your health condition, are you suddenly being operated on in another hospital or are you seeing a new specialist? Please let us know as soon as possible.

You can read and watch even more information together with your parents:

- The paediatric ward (spaarnegasthuis.nl) Paediatric day care - leaflet
- Preparing your child at home for admission and the day of your child's admission: <https://kids.spaarnegasthuis.nl/4-6-jaar>, <https://kids.spaarnegasthuis.nl/7-11-jaar>

If after reading the leaflets and watching the videos you still have questions or want more explanation? You can indicate whether you would like to be prepared by a medical paediatrician. He or she can also tell you about what will happen before the operation. This can be good if you find that you feel stressed.

Where to find us

Haarlem Zuid

Boerhaavelaan 22
2035 RC Haarlem

+31 23 224 0000

Haarlem Noord

Vondelweg 999
2026 BW Haarlem

www.spaarnegasthuis.nl

Hoofddorp

Spaarnepoort 1
2134 TM Hoofddorp

info@spaarnegasthuis.nl