

Inform your child of the planned anesthesia **1 week** prior to the appointment. You can use age appropriate books, or check your hospital's website for anesthesia preparation videos, to help familiarize your kid with what will happen as well as open dialogue for questions.

**1-2 days** prior, discuss the schedule for the day, what time the appointment is, where it will take place, and what will be happening after (going home, going to the park, eating lunch).

## When kids ask...

What is anesthesia?

Medicine that make your body go to sleep while the doctors help your body

- Helps your whole body to go to sleep so you don't feel anything. \*\*see surgery
- Your body will go to sleep when the doctors start giving you the medicine and will wake up when the doctors stop giving you the medicine.
- This sleep is different from when you go to sleep at night.

How does it work?

One doctor's only job is to be in charge of the sleeping medicine - this is the anesthesiologist

How do you get the sleeping medicine? \*\*Check with your medical team

- through a mask that goes over your nose and mouth, and you breathe in the medicine.
- or through an IV - a bendy straw placed under your skin to give your body medicine. \*\*see IV placement

The anesthesiologist (doctor in charge of the sleeping medicine) knows just how much medicine to give you to keep your body asleep and not feeling anything.

Remember, when the other doctors are done helping your body, the anesthesiologist will stop giving you the medicine and you will wake up.

- If you have access to visuals, give the child the option to see them to share more detail

What do I do before?

That morning you won't be able to eat or drink anything.

- If you normally take other medicine in the morning, you can ask your doctor if you should still take the medicine with a sip of water that morning.

The sleep medicine helps your whole body go to sleep, so your stomach goes to sleep too and won't be able to do its job of digesting food.

Let's think of a plan for you to think about as your body is going to sleep:

- What do you want to think about? (favorite story/movie, favorite vacation/place, sing favorite song)
- What do you want to bring with you to the doctors/hospital? (favorite stuffed animal, blanket, backpack of distraction toys, pillow)

What happens after I wake up?

You might feel groggy or super sleepy for a while, kind of how it feels when you wake up super super early in the morning.

- Some kids feel crabby when they wake up, that's okay too

Mom/Dad/Caregiver will be there when you wake up and a nurse will be there to take care of you and to keep you safe.

Your job when your body wakes up is to let us know if you are feeling anything uncomfortable anywhere on your body.