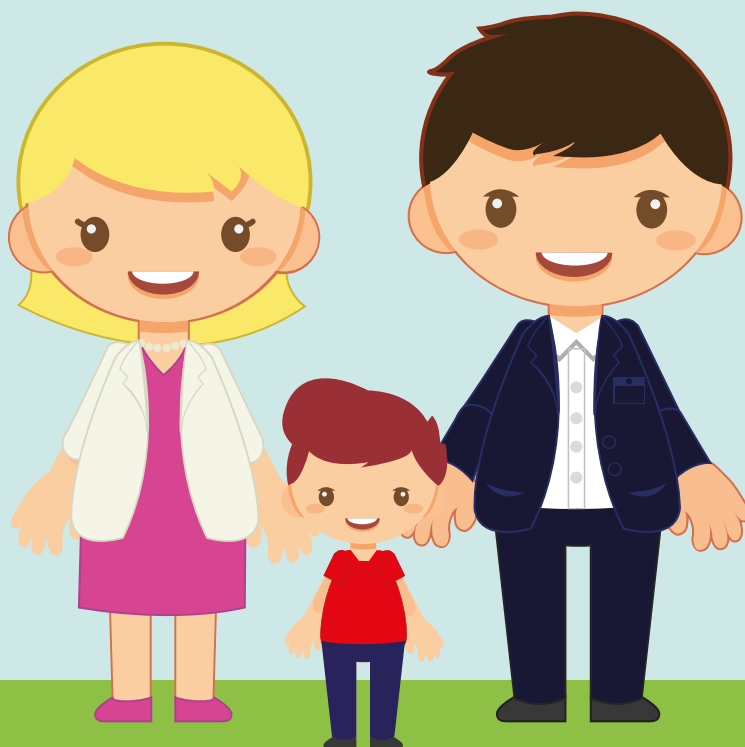


# Going to hospital

**The Alexandra  
Hospital**  
Part of Circle Health Group

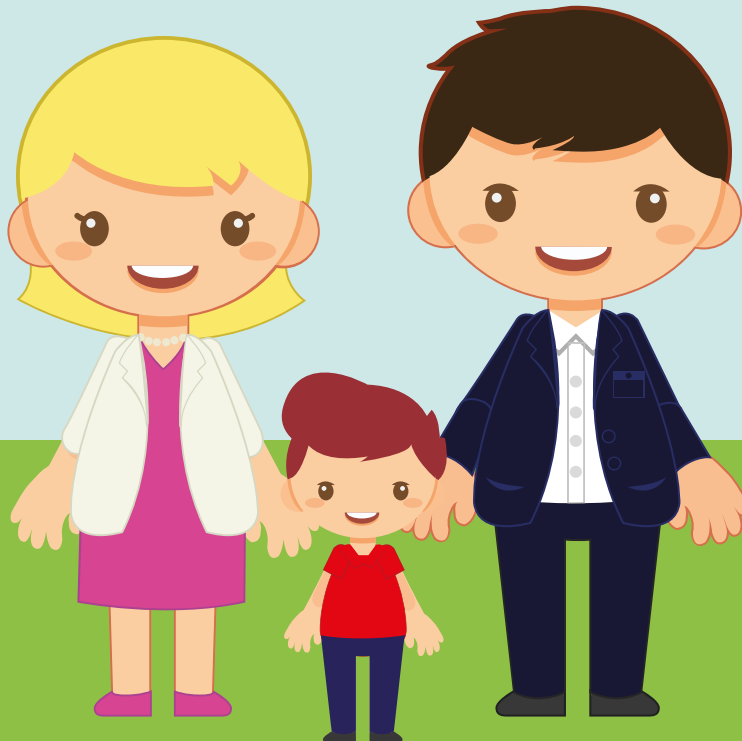


**Children and Young  
People's Services**

Your doctor and your family or carer have decided you need an operation. Some people call it having surgery.

You will be having your operation at The Alexandra Hospital which is the largest Circle Health Group hospital outside of London.

Don't worry about coming to hospital, all our doctors and nurses are very nice. Your parents or carers can stay with you while you're in hospital, and all the people you meet there will be very friendly.







On the morning of your operation, you won't be able to eat or drink like you normally do.

This is because you will be having a special medicine called anaesthetic, which works best when your tummy is empty.

You can bring your favourite toy with you  
when you come to hospital. Maybe you have  
a special teddy, book or game?



When you arrive at hospital on the day of your operation, you and your family or carer will be taken to your bedroom. You will have your own bed, TV, bathroom and chairs, as well as some special equipment.

A nurse will come to say hello. This will be the nurse that will look after you. You can ask them any questions you like – our nurses are all really helpful and friendly!

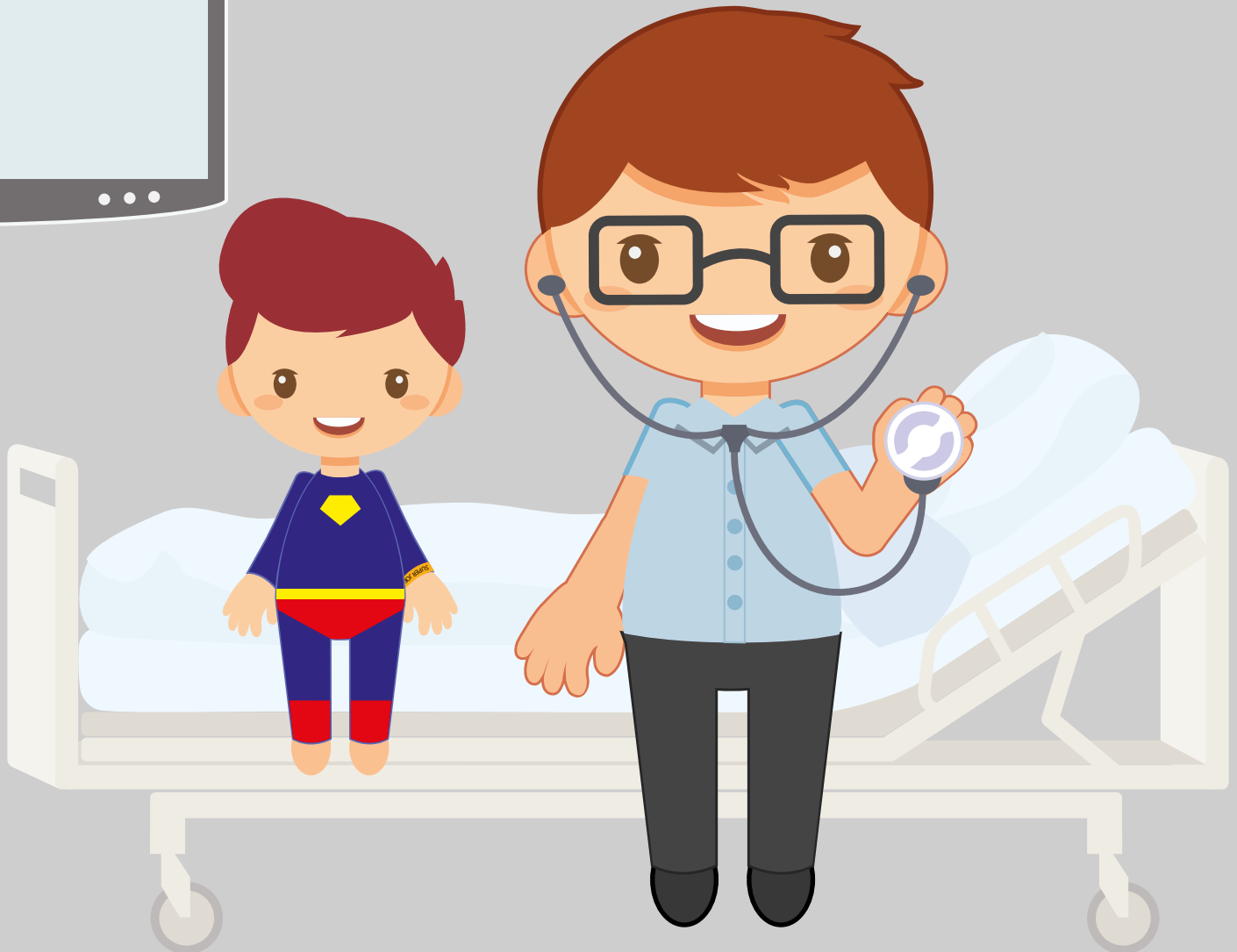


Then you will get changed into your pyjamas  
and your nurse will give you a special bracelet  
with your name on it.



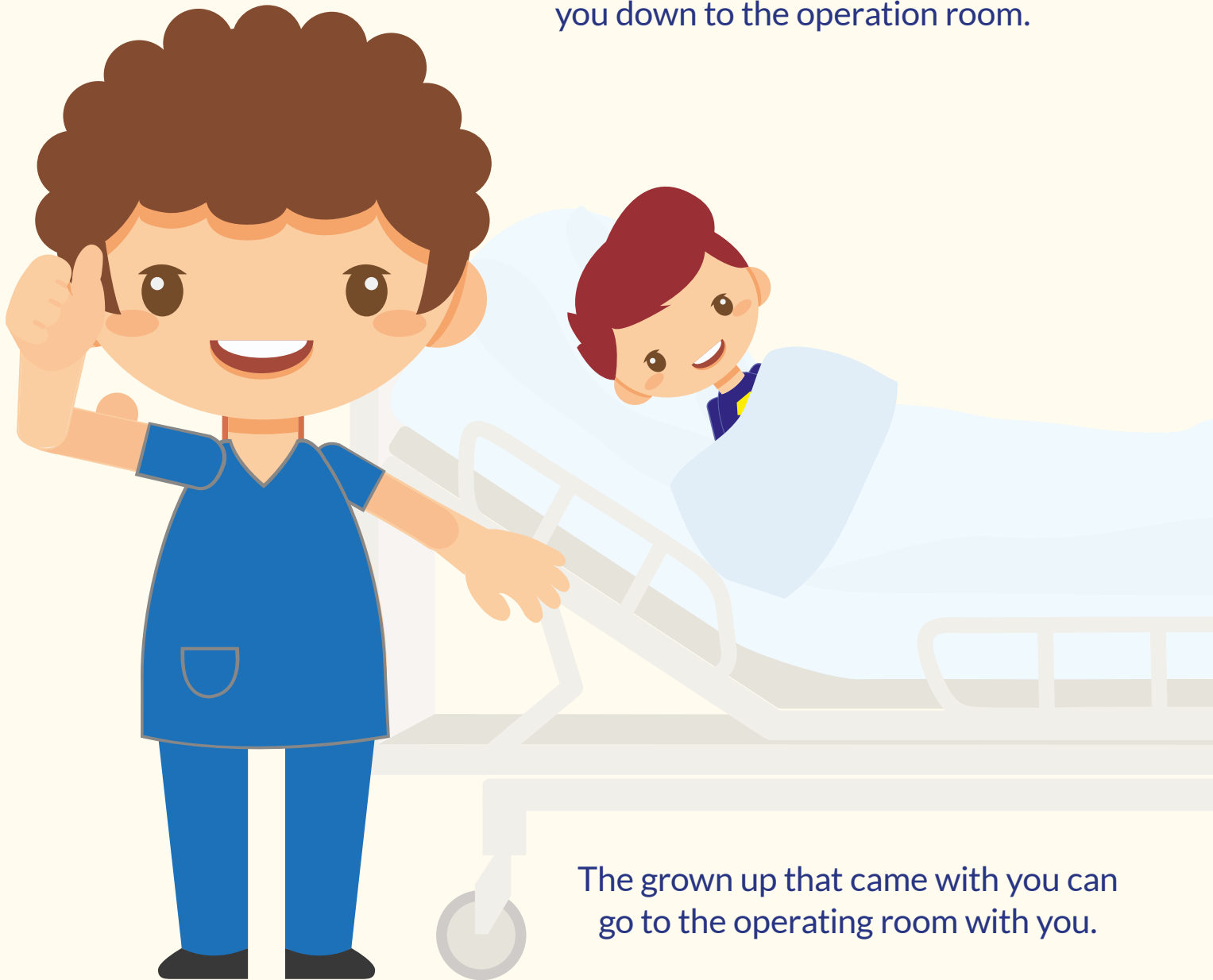
They will also measure your temperature and put  
something on your finger to measure your oxygen levels.  
Then they'll put some special cream on your hands.

Your doctors will come and see you in your room to say hello and ask a few questions. You can ask them questions, too. The doctors at The Alexandra Hospital are all really nice, they will take good care of you and make sure you don't feel scared.





When it is time for your operation a nurse will come collect you from your bedroom and take you down to the operation room.



The grown up that came with you can go to the operating room with you.

When you get to the operating room, the doctor will take the special cream off your hands and put a small tube called a cannula into the back of your hand. The special cream makes it so this won't hurt.



The doctor will then send special medicine through the tube in your hand, which will make you feel sleepy and slowly you will fall asleep.

You will stay asleep until your operation has finished.



When you wake up you will be in a room called the recovery room. A member of your family will be with you and your surgery will be finished.

The recovery room is where our nurses make sure you are feeling ok.

You will have a bandage on your hand from the cannula, and you might feel a bit sleepy.



When we are sure you are feeling ok, the porter will take you back to your bedroom with your parent or carer.

Once you are back in your bedroom, you'll be able to have something to eat and drink.

We have a restaurant with lots of nice food and we'll bring it to your room for you.

The nurse will take the bandage and cannula off your hand. If you are not feeling very well, let your nurse know and they will help you feel better.

The most important thing is to rest.

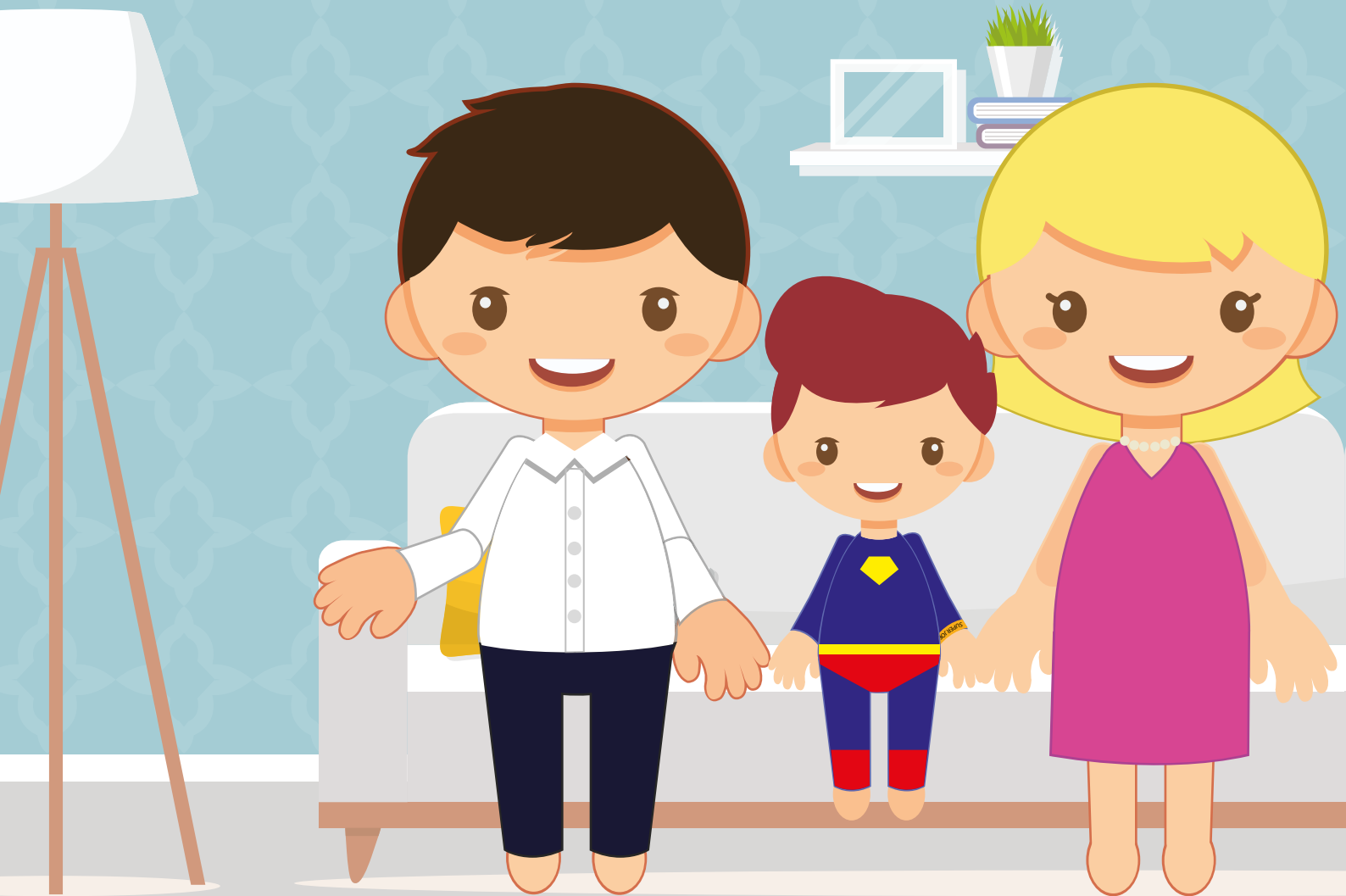


When you are ready, you can get out of bed and put your clothes back on. Unless you want to stay in your pyjamas!

Your doctor will come and visit you in your room and let you know when you can go home. We will be sad to say goodbye!



Remember to take it easy when you get home. You could watch a movie, read a book or do some drawing. Resting will make you feel better faster.



We would like to know how you felt while you were in hospital so please tell us what we did that made you feel happy and smiley.

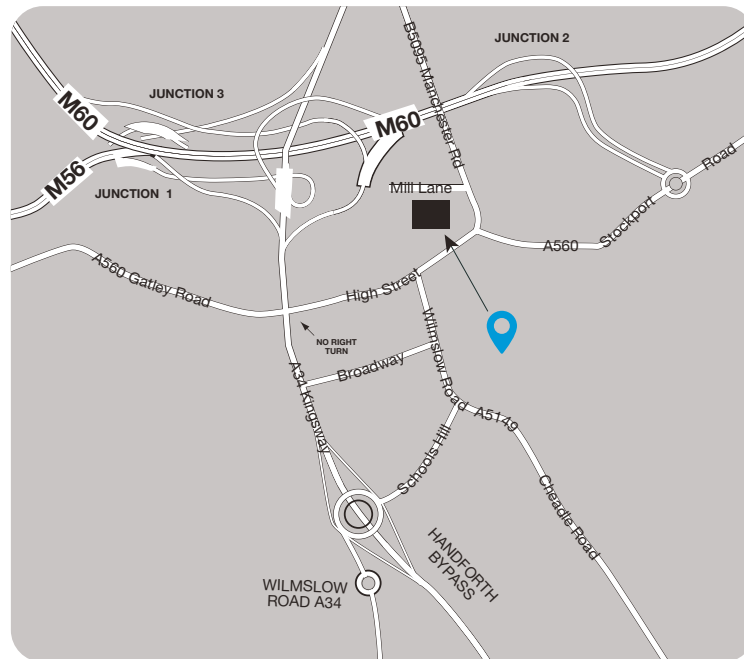
If we did anything you did not like, maybe we made you feel sad or said things you didn't understand, please tell us about that too. That way we can be better next time when we look after other children.

We might give you a special piece of paper to write down your feelings about being in hospital. If you are too scared to tell one of the doctors or nurses, tell someone at home who you trust.



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People's Services

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