

# My GI Procedure Journey



# My GI Procedure Checklist



## Planning

- Sign up for MyChart to see test results, talk to your provider and get instructions.
- Make sure we have your correct email address.
- Review Clean-Out instructions (if your provider orders this).
- Review directions to Children's Health<sup>SM</sup>, 1935 Medical District Drive. Plan your drive and where to valet park. Expect traffic delays.
- Get your Clean-Out supplies.
- Please write down your questions.
- A nurse will call you to go over your child's medical history.
- Write down the date and time of your child's procedure:

**Procedure date:**

**Procedure time:**

*Failure to follow Clean-Out instructions will result in a canceled procedure.*

## Getting Ready

- The Authorization/ Pre-registration team will call to verify insurance benefits and explain payment options. Please have your insurance card available.
- Please allow one to 30 business days to verify insurance benefits. Holidays affect response times. We will not proceed with the procedure until we have the insurance authorization.
- A clinical staff member will call to review pre-op instructions.
- Complete the Clean-Out steps.
- The night before the procedure, stop giving your child food or drink, as instructed.
- Give your child a bath the night before to help prevent infection.

**For your child's safety, it's important to keep his or her stomach empty before surgery.**

**If you need to reschedule a procedure (i.e. your child is on antibiotics), please contact your nurse.**

## Checking In

- Please arrive two hours before your appointment. Free valet parking is available off 1935 Medical District Drive. Paid parking is also available.
  - Plan to spend around 30 minutes at the admitting desk to make sure that we have all the proper information. You will sign a consent and review patient information.
- Arrival time:**
- \_\_\_\_\_
- Procedure time:**
- \_\_\_\_\_
- Go past the model trains, under the sign to The Bright Building to the third set of elevators. Take the "airplane" elevator to the second floor waiting room.

We provide a bag to store your personal items and outlets to charge electronics.

**Getting to the hospital on time is important for your child and every child we see that day.**

## Pre-op/ The Procedure

- You will sign consents for the procedure and will remain in the waiting room.
  - A pre-op nurse, procedure circulating nurse, anesthesiologist (the doctor who helps your child go to sleep) and GI provider will see your child before the procedure.
  - Your child will move to the pre-op area to prepare for the procedure.
- Two parents/guardians will be allowed in the pre-op area.
- The procedure will last one to one and a half hours.
- Do not worry if it takes longer. This is not unusual. If this happens, we will call you to explain.

## Recovery

- Every child is unique, but recovery usually takes about one and a half to two hours.
- A nurse will watch over your child while he or she wakes up.
- Our staff will go over discharge instructions with you while your child recovers.
- Your team will explain what they saw during the procedure.
- You will be reunited with your child now.
- Locate your valet ticket and have it validated before you leave the PACU (wake-up room).

## Going Home

- A nurse will check vital signs (temperature, heart rate, breathing rate, etc.) before discharge.
- Our goal is for you to head home as soon as it's safe so that your child can recover in the comfort of your home. For this reason, discharge typically happens as soon as possible.
- Remember to ask for a school note or work note if needed.
  - We will accompany you to the first floor of the hospital.
  - Later that day, a nurse will make a follow-up call to find out how your child is feeling.



### Results

- Download the MyChart app at [mychart.childrens.com](http://mychart.childrens.com).
- A nurse will call you or contact you via MyChart.

Sometimes we will not know all of the results at once. You may need to wait for further reports. Results typically take seven to 10 business days.

**Let us know how you feel about your experience at Children's Health. Watch for an email survey soon.**