ADAM Goes To The Operating Room
This book is designed to help you and your family prepare for the surgical experience. It provides a step-by-step guide of the process from arrival to discharge to make the surgical experience less scary and less stressful for all of you. We know you will have many questions after you read this book. Please don’t hesitate to ask them. There is always someone available to help.
This book is dedicated to

Denise Natter.

When Denise was a teenage patient, she had strong ideas and asked a lot of questions. Denise made sure her questions were answered before surgery and we hope you do the same.
Adam and his mom came to the hospital very early on the morning of his operation.

They both felt a little nervous.
Adam checked in with the receptionist.
The receptionist gave him two hospital gowns.

She told him he needed to undress and put one gown on with the ties in the back and to wear the other gown as a robe.
Adam had his **weight** and **temperature** taken by one of the nurses.
Adam was shown to the **IV room** by a nurse. He had to **take off** any jewelry he was wearing. The only jewelry he had on was an earring. His mother kept it **SAFE** for him.
The nurse needed to start an *intravenous (IV)* in Adam’s arm.
She explained that this would help him get all the medicine he needed before and during surgery.
She told him that he may or may not have the I.V. in his arm when he woke up after the operation.
The nurse took Adam and his mom to a bed in the Day Hospital where they waited until it was time for his operation.
The nurse asked Adam to use the bathroom before his operation. An escort arrived to take Adam to the operating room.
When he was comfortable on the stretcher, she checked his name on the **ID band** and chart and gave him a special hat to cover his hair.
Adam and his mom went to the **Holding Area** outside the operating room. A nurse came to welcome them and asked Adam and his mom a few questions.
Adam and his mom stayed there until it was time for his operation. Adam’s mom said she would see him in the recovery room when the surgery was over.
Adam was a little nervous when he first went into the operating room, but the doctors and nurses there were very nice.
You may be given medicine before you go into the Operating Room.
When Adam woke up after the operation, his mom was with him. Adam felt very tired. A special mask was over his face. It had air coming out, which helped him wake up.
Once he was awake, a nurse brought Adam and his mom back to the *Day Hospital*. Another nurse listened to his heart and asked him a few questions. He was allowed to get out of bed and get dressed. After a short while it was time for Adam and his mom to go *home*.
If you need to stay in the hospital after your operation, you and your parent will be taken to a room in the hospital. There, a nurse will take your blood pressure and temperature and listen to your heart. She will make sure you are comfortable, like Adam.
Soon, Adam was home doing the things he most liked to do, like running on the beach with his dog Stormy.
If you have any questions, ask your doctor or your nurse.

I hope you feel better soon.
Acknowledgements

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The word alone is very scary, no matter how old you are. We see hundreds of children every year who require surgery for a variety of reasons. These children and their families all have many questions about the surgical process. “Why do we have to come to the hospital so early?” “Can my mom and dad stay with me?” “Can I go home on the same day?” We’ve developed this book to help answer these questions and more.

Adam Goes to the Operating Room
is a pictorial account of a boy who needs an operation. We see Adam as he arrives at the hospital the morning of his operation and follow him from his ride on a stretcher to the operating room until he wakes up in the post anesthesia unit. Using photographs and short easy-to-understand captions, the book can be used with children of all ages and language skills.

No one wants to have an operation, but knowing what to expect makes the process easier for every member of your family. Remember to ask any and all questions you have.

We wish you a swift and speedy recovery.

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