



## Smoking

Please note that The Townsville Hospital is a smoke-free campus.

## Illness

If your child develops a cold, flu or any other illness, please call the elective surgery bookings office on (07) 4433 2800, 24-48 hours before admission.

After hours please call the operating theatres on (07) 4433 2000.

## Important information for tonsillectomy surgery patients

If you are having tonsillectomy surgery and live outside the Townsville area, you will need to make arrangements to stay in Townsville for two weeks after your surgery.

## Personal belongings

Please leave valuables at home. The Townsville Hospital will not accept responsibility for the loss of money or other valuables during your time in hospital.

## Contact details

If you have any questions or concerns please call the elective surgery bookings office between 10.00am and 4.00pm, Monday to Friday:

**Phone:** (07) 4433 2800

The Townsville Hospital  
PO Box 670, Townsville QLD 4810  
Ph: (07) 4433 1111

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[www.health.qld.gov.au/townsville](http://www.health.qld.gov.au/townsville)



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## Fasting and medication information for children

Information for parents and carers

## Start time of your operating list is:

8.30am     12.30pm

Present to the central admissions counter at the main entrance of The Townsville Hospital

On \_\_\_\_\_, at \_\_\_\_\_.

### Fasting Instructions:

- Solids:** 6 hours prior to surgery
- Clear fluids:** 1 hour prior to surgery  
(Children under 6 months of age: please see instructions on the next page)

## Before your child's surgery

To provide the safest possible anaesthetic care, it is very important that patients undergoing elective surgery have not had anything to eat or drink for a number of hours prior to their surgery.

Failure to follow the instructions below may result in the surgery being cancelled because of concerns for your safety.

## Elective surgery and fasting guideline

The current guideline allows children to have clear fluids up to 1 hour prior to surgery.

**Diabetes Mellitus** patients will have special requirements and the anaesthetist of the day should be consulted.

## Oral medication

Please continue regular oral medications unless otherwise requested by the anaesthetist.

Stop all over the counter supplement medications one week prior to surgery.

## Children under 6 months of age

- Plan for the last breastfeed to finish no later than 3 hours before scheduled surgery
- Plan for a formula feed to finish no later than 4 hours before scheduled surgery
- **Can have clear fluids until 1 hour before your scheduled surgery.**

## All other paediatric patients

- Do not give milk drinks, food, lollies or chewing gum for 6 hours before surgery
- Please offer clear fluids up to 1 hour before surgery.

## Patients on a morning/afternoon list

### Morning list (starts at 8.30am):

- Fast from 2.30am for food or milk and continue clear fluids until 7.30am.

### Afternoon list (starts at 12.30pm):

- Fast from 6.30am for food or milk and continue clear fluids until 11.30am.

## Definitions of clear fluids

- Clear fluids are transparent when held up to the light
- They include water, cordials and clear apple juices
- They do not include pulp, milk-based products or Jelly.

## Hygiene

Please ensure your child has showered before arriving at the hospital. Particular attention should be paid to armpits, groin, bellybutton and the area being operated on.

Remove any nail polish and false fingernails, including acrylic and gel nails.

## Jewellery and body piercing

Please remove all jewellery and body piercing prior to your surgery.

