

## Don't forget: Check this list before you or your child's surgery or procedure!

### How to prepare you or your child/teen before surgery or procedure:



**Bring a written list of all medications** including over-the-counter medications. You can bring pharmacy receipts, photos of bottles or a printout from the doctor's office.



**Have you or your child wear eyeglasses** on day of surgery/procedure. **Do not let yourself or your child wear contact lenses.**



Have transportation arrangements made for when you or your child leaves the hospital. **We don't recommend taking public transportation.**



**Remove all make-up and nail polish** from yourself or your child.



**Remove all jewelry**, including body piercings, from yourself or your child.

### On the day of the surgery or procedure:

- **We do not advise bringing siblings** to the hospital on the day of the surgery/procedure.
- **Consents for the surgery/procedure must be signed** by the parent or legal guardian if the child or teen is under age 18.
- A **urine (pee) sample** is taken from female patients over the age of 12. Female patients under the age of 12 who have had a period will also need to give a urine sample. The sample is used for a pregnancy test.

## Contact us

### Perioperative Care Coordination Clinic, Boston Campus

617-355-3765

*Arrive 1.5 hours before the procedure*

### Day Surgery, Boston Campus

617-355-7921

*Arrive 1.5 hours before the procedure*

### Surgical Center, Waltham Campus

781-216-1285

*Arrive 1.5 hours before the procedure*

### Surgical Center, Lexington Campus

781-216-3000

*Arrive 1 hour before the procedure*

### Gastroenterology Procedure Unit (GPU), Boston Campus

617-355-6172

### Interventional Radiology, Boston Campus

7:30am-4:30pm: 617-355-6579

*Arrive 1.5 hours before the procedure*

### Radiology (MRI, CT, and Nuclear Medicine)

8am-6pm: 617-919-7226

### Cardiac Pre-Op Clinic, Boston Campus

8:30am-4pm: 617-355-6095

4:30pm-7:30pm: 617-355-0030

After 7:30pm: 617-355-6363 and ask for Cardiac Fellow to be paged

### Cardiac MRI, Boston Campus

8am-4pm: 617-355-6024

4pm-7:30pm: 617-355-0032

After 7:30pm: 617-355-6363 and ask for Cardiac Fellow to be paged

# Your Guide to Eating and Drinking Before a Surgery or Procedure

## NPO Guidelines



Where the world comes for answers

617-355-6000  
617-730-0152 (TTY)  
[www.childrenshospital.org](http://www.childrenshospital.org)

