Instructions for Surgery

Surgery Date: ____________________________________________
Tentative Arrival Time: _____________________________________

NOTE: Arrival time will change to accommodate patients with special or urgent needs. We will notify you of your actual arrival time one business day before surgery.

Phone numbers we will call to notify you of your arrival time:
1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________

NO EATING OR DRINKING BEFORE SURGERY!
Undigested foods or liquids can cause serious complications during surgery. Your child’s surgery will be delayed or canceled if they have not followed the eating and drinking guidelines below.

STOP 8 HOURS BEFORE ARRIVAL TIME, STOP...
All solid table food, baby food and cereal

STOP 6 HOURS BEFORE ARRIVAL TIME, STOP...
Baby formula/formula supplements, all milk products and chicken/fish broth

STOP 4 HOURS BEFORE ARRIVAL TIME, STOP...
Breast milk

STOP 2 HOURS BEFORE ARRIVAL TIME, STOP...
Clear liquids

Prior to surgery, your child may have NO CHEWING GUM, CANDY OR MINTS after midnight. Up until two hours before arrival your child may have ONLY these clear liquids: gelatin, water, sugar water, apple juice, Gatorade®, Pedialyte® and white grape juice.

Notes:
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Important Phone Call

Pre-Anesthesia Testing Call (PAT)
When: Two business days prior to the day of surgery, you will receive a phone call from one of our PAT Nurses.

Why: To review medical history for anesthesia and ensure a safe surgery.

Confirmation of Surgery Time
Why: Our procedure times change to meet special/urgent needs of our patients.
When: Day before surgery you will receive a call from one of our nurses to give you your procedure time. Please answer or return their call to confirm new time.

Day of Surgery Checklist

- Take __________________________ medications as prescribed prior to surgery time.
- For a girl who is 12 years old or older, or has started her period, please be ready to have her provide a urine sample upon arrival at the pre-op area.
- The birth parent/adoptive parent/legal guardian must be present on the day of surgery to sign consents. For legal guardianship, we must have all legal documents before you can sign the consents for surgery/sedation. A responsible adult must stay in the hospital for the duration of the procedure and until discharge.
- Bring all medications, supplements or herbs your child takes, or has taken within the last week. Include medication name, dose, route and frequency.
- If your child uses any durable medical equipment such as feeding tube extensions, inhalers, CPAP or BiPAP, insulin pump, etc., please bring it with you the day of surgery.
- If your child has a preferred type of sippy cup or bottle, please bring an empty one. We will fill it AFTER surgery. If your child is breastfed, you will have an opportunity to breastfeed after surgery.
- Bring your picture ID, insurance cards and co-pay with you to the hospital.
- If your child rides in a car seat, please be prepared to have another responsible adult here at discharge, to sit in the backseat with your child. This is for your child’s safety.
- When You Arrive

PARKING: Please park in the parking garage or enjoy our FREE valet parking service located at the main entrance of the hospital. Proceed past the Emergency Department drive to the second drive for both parking options.

Please check-in with security on the first floor to receive your visitors badge when you arrive at the hospital.

How to Get to NCH 13535 Nemours Parkway | Orlando, FL 32827 | (407) 567-4000
Nemours Children’s Hospital is part of Medical City in the Lake Nona area of Orlando, near Orlando International Airport (OIA) off SR-417. Please be prepared for tolls. Current map applications and GPS may not recognize our physical address.

From the Southwest (Tampa/Sarasota)
Take I-75 North to exit #261 (I-4 East)
*Take I-4 East to exit #62 (SR-417 North)
Take exit #19 (Lake Nona Blvd)
Turn right on Lake Nona Blvd
Hospital is on the left (Nemours Pkwy)

From the South (Kissimmee/Poinciana)
Take US 1792/441 North (Orange Blossom Trail) to SR-417 North
*Take SR-417 North toward airport (left lane)
Take exit #19 (Lake Nona Blvd)
Turn right on Lake Nona Blvd
Hospital is on the left (Nemours Pkwy)

From Downtown Orlando/Northwest Orlando
*Take I-4 East to exit #82A (SR-408 East toward Orlando/Orlando)
*Take exit #18 (SR-417)
Keep right onto SR-417 South toward OIA
Take exit #19 (Lake Nona Blvd)
Turn left on Lake Nona Blvd
Hospital is on the left (Nemours Pkwy)

From Orlando International Airport (OIA)
Follow signs for the South Exit toward SR-417
Take South Access Road to Boggy Creek Rd
*Take Boggy Creek Rd to SR-417 North (left turn)
Take exit #19 (Lake Nona Blvd)
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From the North (Ocala/Gainesville)
Take I-75 South, keep left for Florida’s Turnpike near mile marker 329
*Take Florida’s Turnpike South toward Orlando
Take exit #254 (SR 528)
Keep right onto SR-528 East
*Take exit #16 (SR 417)
Keep right onto SR-417 South toward Tampa
Take exit #19 (Lake Nona Blvd)
Turn left on Lake Nona Blvd
Hospital is on the left (Nemours Pkwy)

From the Northeast (Daytona/Jacksonville)
Take I-95 South to exit #250B (I-4 West)
Take I-4 West to exit #101AB SR-417 South, staying right for #101B toward OIA
*Take SR-417 South
Take exit #19 (Lake Nona Blvd)
Turn left on Lake Nona Blvd
Hospital is on the left (Nemours Pkwy)

From the Southeast (Melbourne/Miami)
Take I-95 North to exit #205 (FL-528 West)
*Take FL-528 West to exit #16 (SR-417)
Keep left onto SR-417 South toward Tampa
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* Toll Road