

# The story of my anaesthetic

A story for younger children about having an anaesthetic



Central Coast Day Hospital



Last week I had an anaesthetic at the day surgery.

An anaesthetic is when a doctor gives you medicine so that you don't feel, hear or see anything during an operation. It's a bit like a really deep sleep.

The doctor gives you the anaesthetic for as long as you need it and when they stop the anaesthetic you wake up.

I will tell you what it was like for me.

## Getting ready

It's good if you take a book and a favourite toy.

## No eating

You must not have anything in your tummy when you have an anaesthetic, so I couldn't have anything to eat or drink.



## Meeting the nurse

At the day surgery, a **nurse** weighed me on the scales so the doctors would know how much medicine to give me later. The nurse gave me a name band for my ankle to tell everyone I was **Rees**. The nurse also checked my temperature and heart.



## Nearly time for the operation

I had a bit of time to wait before my operation. My nurse asked me to put on a hospital gown. While I was waiting, I met another nurse who would be helping the anaesthetist. I also saw the Doctor.

## Different kinds of anaesthetic

I met my **anaesthetist**. That's the doctor who looked after me during my anaesthetic. Anaesthetics can be started with a tiny tube in your hand or with a mask. We talked about the best way for me.

You can have cream on your hands to stop the tiny tube from feeling too sore. The anaesthetic medicine goes into the tiny tube and works very fast indeed.





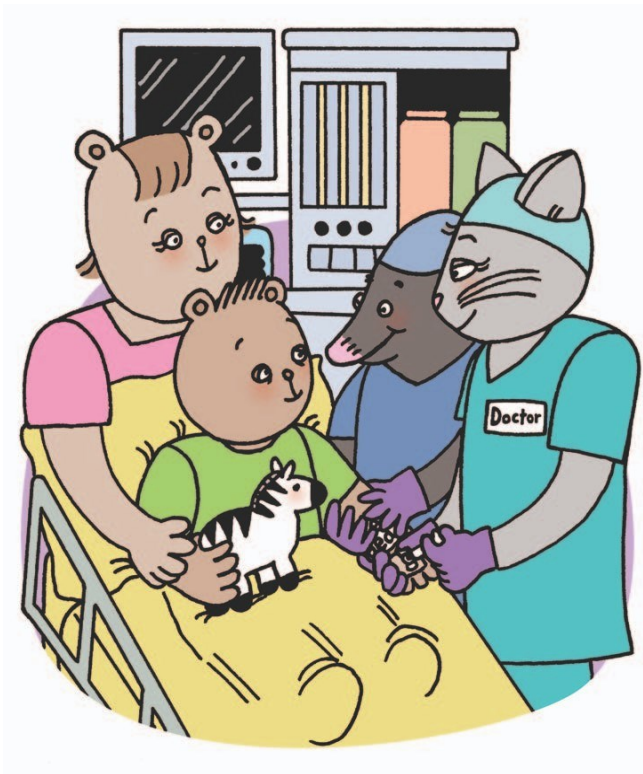
The mask smells funny and takes a bit longer to work. You still need a tiny tube in your hand after the mask in case you need more medicine later, but you can't feel anything after the mask.





## The operating room

In the operating room there were machines called **monitors** to help look after me all the time. My mum came with me into the room.

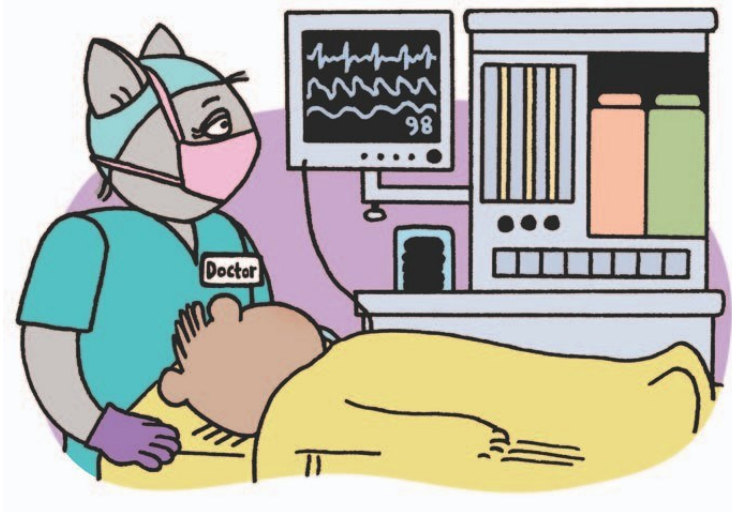


Then when I was asleep  
Mum went to wait for me.  
I knew she wasn't far  
away.



### During my operation

I don't remember anything, but my anaesthetist  
stayed with me all the time. They looked after me  
and gave me the anaesthetic.





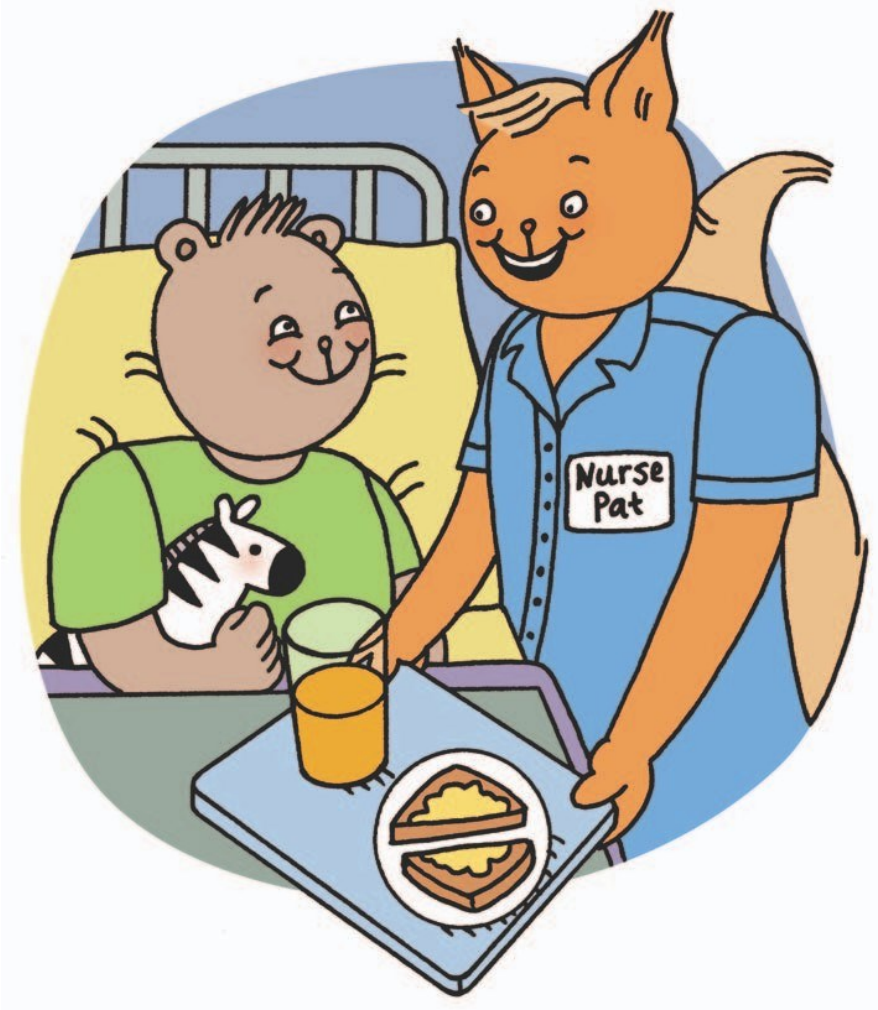


### The recovery room

When my operation was finished, the anaesthetist turned off the anaesthetic medicine so I could wake up. A nurse looked after me in the recovery room until my mum could be with me.

I felt a bit funny at first, but I told the nurse and they gave me some medicine, and soon I felt better.





### Feeling hungry

When I started to feel hungry again, the nurse let me have something to eat and drink. That felt better.

## Time to go home

Everyone at the day surgery was very kind, but I was glad when it was time to go home.



## Who's who and what's what

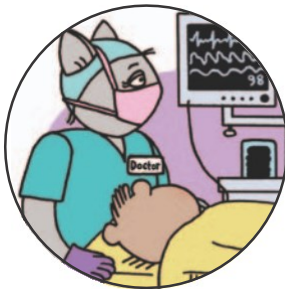


### Anaesthetist

The doctor who gives you the anaesthetic medicine, and then looks after you until it's time to wake up again.

### Nurses

People who look after you when you don't feel well.



### Theatre

A room in a hospital where operations are done. Everything is very clean and the people working there wear clothes like pyjamas and hats to keep their hair tidy.

### Recovery room

The room where patients wake up after anaesthetics.





## How to use this leaflet

### Information for parents

We have designed this leaflet for you to read with your child and to help them to prepare for their anaesthetic. It will introduce some of the people they may meet and some of the things which might happen.

Explain to your child why you are reading them this story. It is important to find out what the story means to them and see if they have any questions.

We suggest you prepare your child during the week before their anaesthetic.

We welcome any suggestions you may have to help us improve this leaflet. You should send these to:



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# Central Coast Day Hospital