

## Tips for Teens Having a Procedure

### Informed Consent and Advance Directives

If you are an adult patient age 18 or older who has the ability to make an informed decision, you have the right to make your own [medical treatment decisions](#).

### Preparing for the Procedure

- Talk to your parents about your surgery and the need for it. If you have questions or would like to see the hospital before the day of your procedure, attend the Teen Tour (preoperative program for teens 12 and older) at Cincinnati Children's. Call 513-636-8298 to schedule.
- If you wear contact lenses, be sure you pack your contact lens case.
- You are welcome to bring a portable CD-player, Gameboy, pillow, or other items that comfort you.
- Alcohol, tobacco products and recreational drugs are bad for your general health. On the day of your procedure, do not smoke, drink alcohol or use recreational drugs. These cause health risks that can cause your procedure to be unsafe and therefore cancelled.

### At Home on the Morning of the Procedure

- You will need to remove all nail polish and make-up.
- You will need to take out ALL piercings, even plastic ones.
- Cell phones may be used in the surgery waiting area.
- Wear loose-fitting, comfortable clothes.

### Getting Ready for Your Procedure at the Hospital

- Your nurse will ask you a lot of questions to get to know you. The nurse will measure your blood pressure and oxygen level, listen to your heart and take your temperature.



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- Don't be afraid to speak up, ask questions or tell people how you're feeling. We depend on you to tell us how you like to be cared for.
- We respect your privacy. We want you to feel comfortable. Please let us know if there is anything we can do to help you to feel more comfortable.
- All patients have to change clothes before a procedure. You can keep your underwear on unless it is necessary to remove them for your procedure.
- For safety reasons, girls age 12 and older will take a pregnancy test by giving a small urine sample once you are here at the hospital.

## Your Procedure

- Your family can be with you until it is your turn to go to the operating room. Then your family will be escorted to the waiting room.
- Before you fall asleep in the operating room, a nurse will place stickers on your chest and finger. They are used to check your heart. A blood pressure cuff will be placed around your arm.
- In the operating room you will be given anesthesia or "sleeping medicine" through an intravenous (IV) tube to make you fall asleep. You can ask about getting laughing gas or numbing medicine before you are given your IV.
- You will stay asleep and feel nothing during your procedure.
- When the procedure is done, anesthesia is stopped and you will begin to wake up.

## After Your Procedure

- You will be in the recovery room until you wake up. However, if you go to the Intensive Care Unit (ICU) after your procedure, you will wake up in the ICU.
- You can decide when you would like your family members to join you in the recovery room. This is a good thing to talk about before you have your procedure.



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- When you wake up, you may notice that you have a sore throat. This is normal and could be from receiving oxygen while you were asleep.
- Tell the nurses or doctors if you have any discomfort or pain so that they can help you. Pain medicines can be given in the IV or as a pill, when needed.
- If you are staying the night, your parents or guardians can stay with you. Friends and other family members may visit between 8:30 am and 8:30 pm. In the ICU, visitors must be over 14 years old.
- You must not drive or work for 24 hours after your procedure or while you are still taking prescription medicines other than Tylenol® or antibiotics.

## Contact the Colorectal Center at Cincinnati Children's

For more information or to request an appointment for the Colorectal Center at Cincinnati Children's Hospital Medical Center, please [contact us](#).