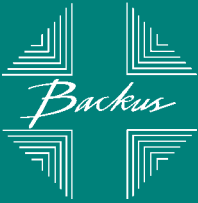




sail through surgery

Pre-Admission Handbook

Welcome!



The healthcare team at The William W. Backus Hospital would like to welcome you and your child aboard our smooth sailing journey through your child's surgery! We are dedicated to ensuring that you and your child are as comfortable as possible during your visit with us. We have developed a program for both parents and children to assist in preparing for this day through an informal question/answer session. We provide a "pretend" surgical tour allowing children to become familiar with each phase of the surgical day. Please join us on this journey as we "Sail Through Surgery" together!

Same Day Surgery	860-823-6376
Pre-Op (before surgery) Sail Tours (M-F 8AM - 5:30PM)	860-823-6376
Pre-Surgical Information	860-889-8331, ext. 2147
Admitting/Registration	860-889-8331, ext. 2215 or 2271
Financial Counseling	860-889-8331, ext. 2917
Patient Accounts/Billing	860-823-6394
Main Hospital	860-889-8331



Arrival Time: _____ Surgery Time: _____

Clear liquids* may be consumed until **3 hours before** the arrival time.

If your child has GERD, clear liquids* may be consumed until **5 hours before** the arrival time.

(*water, ice, ginger ale, apple juice, Gatorade, Kool-Aid, 7-Up, gelatin, frozen juice pops.)

Important Phone Numbers

Sail through Surgery

In order to prepare you and your child for the actual surgical day, we encourage you both to come for a "Sail" before surgery. This pre-surgical information session includes tours of the areas that you and your child will see the day of surgery, and is designed to address your questions regarding the pre- and post-operative phases of the surgery. This will give you both a chance to become familiar with the environment, procedures and people, prior to arriving for surgery. Parents and children meet with the friendly nurses in Same Day Surgery, Operating Room, and Recovery Room. In addition, you will go through a special "pretend" surgery sail, from the pre-surgery room, operating room and recovery room...or as kids call it... the "wake-up" room.



As part of the "Sail," your child will receive a "sailing sack" to bring with him or her the day of surgery. This handy bag can be used to pack all the "special" things that your child might find comforting to have both before, during and after surgery - such as a favorite blanket, toy or stuffed animal.

Sail through Surgery sessions are held twice a month on the first Friday afternoon from 4 to 4:30 p.m. and the third Saturday morning from 10 to 10:30 a.m. Each tour lasts approximately 30 minutes. The “Crew” will also be available following the tour for an additional 30 minutes to address any specific questions or concerns that you have.

To register for your “Sail,” please contact the Same Day Surgery Unit at 860-823-6376, Monday through Friday, 6 a.m. to 5:30 p.m.

The “Sail” departs from Same Day Surgery. Please park and enter through the Emergency Room entrance. At the end of the entrance hallway, you will find an elevator immediately to your left. Take this to the first floor for Same Day Surgery. Exit to the right and proceed to the Same Day Surgery Waiting Area; check in at the window.

Pre-Op (before surgery) Sail Tour

Special services:

- To request a sign language interpreter, please notify Same Day Surgery as soon as you know your child's surgery date.
- For non-English speaking families, we have an interpreter phone available.
- There is a TDD/TYY phone in the Same Day Surgery waiting area for the hearing impaired.
- Cell phones may **not** be used **anywhere inside** the Hospital; however, they may be used outside.
- Phones are located in the patient rooms of Same Day Surgery and the waiting area. There is no charge for local calls. Long distance calls will require a calling card.
- **Please arrange child care for siblings in advance.**



What to bring for your sail:

A few things from home may be comforting to your child. Pack them in your "Sail Sack" the night before the surgery. Here are some suggestions:

- Favorite small stuffed animal or toy
- Special blanket or pillow
- Special book or hand-held video game
- Loose, comfortable clothing (extra), as well as a pair of socks, even in the summer
- "Sippy" cup or bottle
- Pacifier
- Disposable diapers
- Small container of formula
- Extra shirt for parent/guardian (just in case)
- Towel for the ride home (just in case)
- Paperwork (if instructed)



What to Bring/Special Services

DIRECTIONS TO THE WILLIAM W. BACKUS HOSPITAL

FROM THE NEW HAVEN AREA: Take I-95 North to Exit 76 for I-395 North. Follow 395 to Exit 81-East for the Routes 2 and 32 connector in Norwich. Follow the connector until you exit to your right onto Washington Street. The Hospital entrance is on the right.

FROM THE HARTFORD AREA: Take Route 2 East to Norwich. Exit right onto Washington Street. The Hospital entrance is on the right.

FROM THE GROTON AREA: Take I-95 South and go over the Gold Star Memorial Bridge. On the New London side of the bridge, take Exit 84 for Route 32 North. Follow Route 32 North to I-395 North. Follow I-395 to Exit 81-East for the Routes 2 and 32 connector in Norwich. Follow the connector until you exit to your right onto Washington Street. The Hospital entrance is on the right.

FROM THE NEW LONDON AREA: Take Route 32 North to I-395 North. Follow I-395 to Exit 81-East for the Routes 2 and 32 connector in Norwich. Follow the connector until you exit to your right onto Washington Street. The Hospital entrance is on the right.

FROM NORTHEASTERN CONNECTICUT: Follow I-395 South to Exit 81-East for the Routes 2 & 32 connector in Norwich. Follow the connector until you exit to your right onto Washington Street. The Hospital entrance is on the right.

FROM THE WESTERLY, RHODE ISLAND AREA: Take Route 2-North/West to Norwich. Route 2 becomes Washington Street in Norwich. Backus Hospital is located at 326 Washington Street, on your left.

FROM THE PROVIDENCE, RHODE ISLAND AREA: Take Route 6-West to I-395 South. Follow I-395 to Exit 81-East for the Routes 2 & 32 connector in Norwich. Follow the connector until you exit to your right onto Washington Street. The Hospital entrance is on the right.

As you turn into the Hospital, bear right and follow signs to Emergency Room parking lot. Please park and enter through the Emergency Room entrance. At the end of the entrance hallway, you will find an elevator immediately to your left. Take this to the first floor for Same Day Surgery. Exit to the right and proceed to the Same Day Surgery Waiting Area, checking in at the window.

The William W. Backus Hospital
Department of Surgical Services
326 Washington Street
Norwich, Connecticut 06360
860.889.8331

www.backushospital.org

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Backus Marketing Dept.