

important not to give your child different brands of the same medicine at the same time or medicines that may contain the same active Ingredients. For example, paracetamol may be called by several different names: Calpol and Dispol are both brands of Paracetamol produced by different manufacturers.

Always read the label on the medicine bottle and make sure you give the correct dose. If you are not sure about a medicine or have any questions, please contact the hospital pharmacist or your local pharmacist who will be able to support and advise you.

Pain medicines for

To be filled in by your child's nurse before you go home

Medicine name	Dose	How often to give	Time of last dose	Comments

If you have any questions or concerns, please do not hesitate to contact the ward on 01925 215 070 or main reception on 01925 265 000.

Spire Cheshire Hospital does not have an accident and emergency department therefore if your concerns are of a serious nature please seek immediate medical attention from your local accident and emergency department.



Spire
Cheshire Hospital



Ward: 01925 215 070



Main reception: 01925 265 000



info@spirecheshire.com



www.spirecheshire.com



**Spire Children and Young
People's Service**

Patient information

Discharge advice

This leaflet provides some standard information and advice about your child's discharge. However, you should always follow the instructions of your child's consultant.

If you have any unanswered questions or concerns, please do not hesitate to ask your child's consultant or nurse for more information. It is natural to feel anxious, but knowing what to expect can often help.

Discharge process

If your child has been admitted as an inpatient, we aim to discharge them by 9.30am on the morning of discharge, unless they are feeling unwell or need to be reviewed later in the day by their consultant.

Your child's consultant will visit them during their stay and can answer any specific questions about their

procedure, as well as aftercare at home. If you or your child has any other concerns please ask a member of the paediatric nursing team.

Your child's nurse will discuss these points with yourself and your child on the day of discharge:

- Feedback and outcomes from their stay
- Medicines to take home

- Wound care and post-operative information
- Discharge letter
- Follow up appointments
- Post discharge contact details
- Care at home
- Any other questions you or your child may have

Any medicines your child takes home will have information leaflets with them. Should you have any queries or concerns about your child's prescribed medication, please ask the discharging nurse.

Recovering at home

Following discharge, should you or your child have any urgent concerns about their health and recovery relating to the procedure or treatment, please contact the hospital. Ask for the nurse in charge and state this is a paediatric care enquiry.

It is important to contact us if your child is experiencing any of the following:

- Acute, uncontrolled pain
- Vomiting and/or diarrhoea
- Inability to pass urine
- Surgical site bleeding and/or swelling
- High temperature
- Dressing soiled or fallen off

Take your child to nearest paediatric A&E if they are experiencing:

- Persistent uncontrolled bleeding from the surgical site
- High temperature which medicine is not bringing down
- Increased pain which medicine is not settling
- Prolonged vomiting and/or diarrhoea
- Prolonged inability to pass urine

Anaesthetic advice

If your child has received an anaesthetic for their procedure, this advice should be read and understood before you take your child home.

Most children appear to be alert and active when discharged home after an anaesthetic, however, the effects of an anaesthetic can last for a couple of days. Your child may experience some dizziness or tiredness.

You should encourage your child to rest as much as possible.

Ensure their activities are supervised by a responsible adult.

Do not let them ride a bike.

Do not give them fizzy drinks.

Do not give them fatty foods such as chips or burgers.

Following an anaesthetic it is also normal for your child to experience symptoms of a sore throat,

hoarseness, muscle aches and pains. To aid recovery from this please give your child some paracetamol, dispol or calpol. Do not exceed the recommended dosage for your child's age. Any further medications given to you on discharge will be advised upon.

What if my child vomits?

If your child vomits after discharge, do not be alarmed.

Do not give your child anything to eat or drink for approximately 1 hour, then offer them some sips of a clear fluid such as water or diluted juice. After they have tolerated this fluid you can then begin to introduce some light diet such as toast/ cereal.

If this vomiting continues, please contact the hospital, your GP, walk in centre or nearest accident and emergency department.

Pain relief

Your child will have received pain relief medication when they were in the hospital, but these will wear off when you get home. The hospital will advise you about what pain medicines to use at home. Give the pain medicines to your child by following the instructions on the bottle closely and remember that after surgery:

- Pain relief medication should be given regularly, every 4-6 hours.

- Different types of pain relief medication work well together, for instance, paracetamol and ibuprofen can be given at the same time for the strongest effect when advised by the hospital.
- Do not wait for the pain to return before you give your child further pain relief medication. Regular medication is the best way to manage your child's pain or discomfort.

If your child is still in pain or you are concerned at the severity of pain, you should contact the hospital to get advice immediately.

How long should I give pain relief medication for?

In general, you should give medicine for as long as your child is complaining of pain or as instructed by your consultant. When the pain is bad, you should give the pain relief medicine regularly, e.g. every 4-6 hours. After that, you should give medicine when your child begins to complain of pain.

Is it alright to give my child more than one pain relief medicine at the same time?

It is approved to give some combinations of pain relief medicine at the same time. For instance, paracetamol and ibuprofen can be given together when advised by the hospital to do so. But it is very