

Preparing for Your Child's Appointment Under General Anesthesia

Please review these instructions to prepare for your child's appointment under general anesthesia. A representative from our office will contact you one or two days before your child's appointment to confirm.

If you have questions about scheduling please contact our pediatric scheduling coordinators: **212-241-4046** (option two followed by option one) | **RadSpecialtySchedule@mountsinai.org**

Our clinical nurse coordinator, Ashley Garcia, BSN, RN, will be your main contact for your child's radiology scan and can help with education and support. She can answer questions about guidelines for eating and drinking, clearance forms, and logistics. Please contact her at: **ashley.garcia@mountsinai.org** | **646-939-8392**, Monday–Thursday, 7 am–5 pm.

Upon Scheduling Your Child's Appointment

- Contact the physician who referred your child to let them know when the appointment is taking place.
- We will work with your referring physician's office and your insurance company to confirm insurance coverage.
- Your child's pediatrician, specialist (such as cardiologist or oncologist), or other referring physician needs to conduct a complete medical history and physical exam (including heart and lung exam) no more than 30 days before the appointment.
 - At least 72 hours before the appointment, your child's physician must submit the complete history and physical exam (including heart and lung exam) and note that your child is optimized to undergo general anesthesia. This should also include any related labs or studies, if not performed at The Mount Sinai Hospital.
 - Your child's physician can email the history and physical form along with any supporting lab documentation to RadSpecialtySchedule@mountsinai.org or fax them to 646-537-9694.
- If your child is taking medication for diabetes or weight loss that is a GLP-1 receptor agonist, such as Ozempic® or Wegovy®, we will provide special instructions your child will need to follow before the procedure.



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Instructions for Eating and Drinking (night before and/or day of the appointment)

- **Patients under three years old**

- At _____, six hours before appointment time, stop eating or drinking solid food, formula, cow's milk (or other non-human milk), and other non-clear liquids
- At _____, four hours before appointment time, stop drinking breast milk
- At _____, two hours before appointment time, stop drinking clear liquids, such as water and Pedialyte®. Your child cannot eat or drink anything after this time

- **Patients three and older**

- At _____, eight hours before appointment time, stop eating solid food and drinking non-clear liquids
- At _____, two hours before appointment time, stop drinking clear liquids, such as water and Pedialyte. Your child cannot eat or drink anything after this time

The Day of the Appointment

On the day of the appointment, please go to 1468 Madison Avenue, MC Level, Room 801. (Refer to separate flyer for directions to Room 801).

Please arrive at Room 801 at _____ on _____. This will allow enough time to complete documentation before the scheduled appointment time.

Your child's appointment is scheduled for _____.

If you're running more than 30 minutes late please call 212-241-0856. We will do our best accommodate you, but we may need to reschedule.

You can expect to be at the hospital for a total of four to five hours, but times may vary. Preparation will take about an hour, the procedure will take about a half-hour to one-and-a-half hours, and your child will recover in the Post Anesthesia Care Unit (PACU) for about one to two hours.

A parent or legal guardian must accompany your child in order to give informed consent for the procedure to take place. If another adult is accompanying your child, a parent or legal guardian must be available to give consent over the phone. If no one is able to give consent, the appointment will have to be rescheduled.

If your child is female and 12 years old or older (or younger than 12 and has a menstrual cycle), she will need to take a urine pregnancy test at the hospital on the day of the appointment. If you think your child will not be able to provide a urine sample in the hospital, please call us at **212-241-4046** (option two followed by option one) to discuss other options.

Please do not bring siblings to the appointment unless a second caregiver is available to watch them while the patient is recovering in the PACU. Siblings are not allowed in the PACU and hospital personnel are not permitted to watch family members.

Your child must be escorted home afterwards by an adult.



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