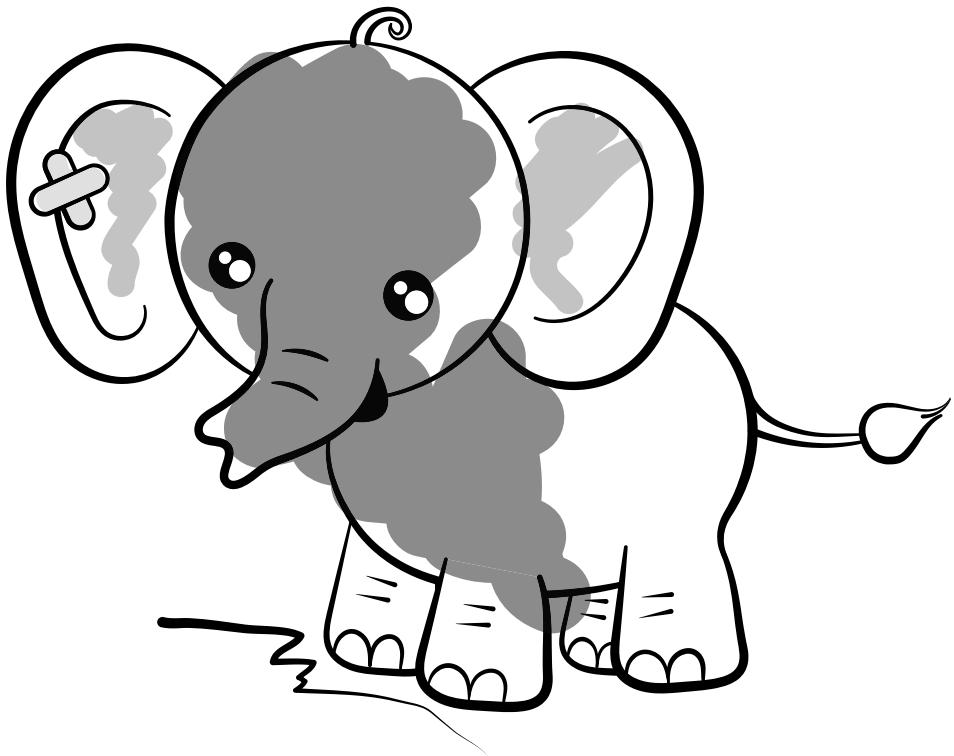


NHS

York Teaching Hospital
NHS Foundation Trust

My Going to Surgery

Colouring Book



Written by Anthea Downing, Justine Heard & Claire Kilmartin Illustrated by Rachel Ham & Arturas Janusas



This book belongs to

.....

I am having surgery on:

____ | ____ | ____

My Doctor's name is:

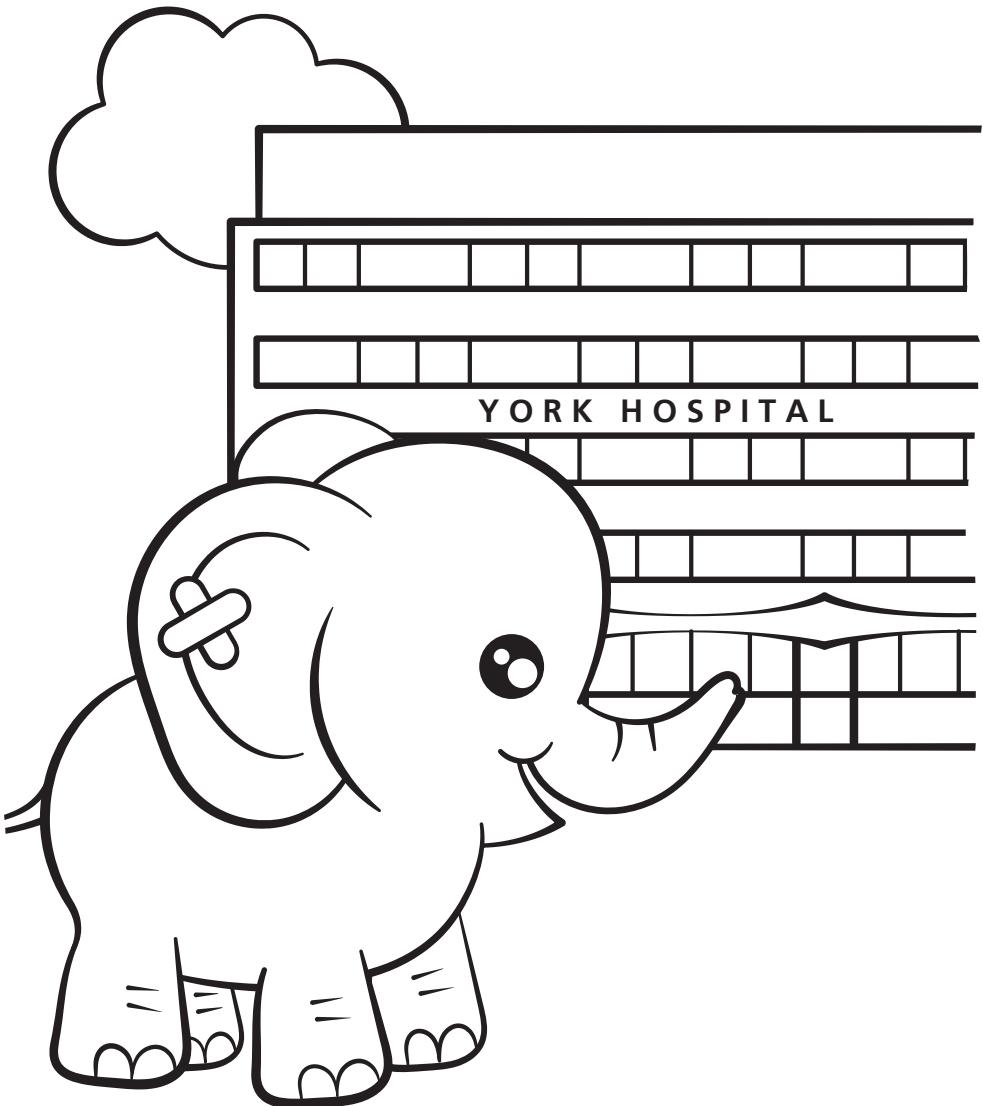
I live in:

When I am at home I like to:



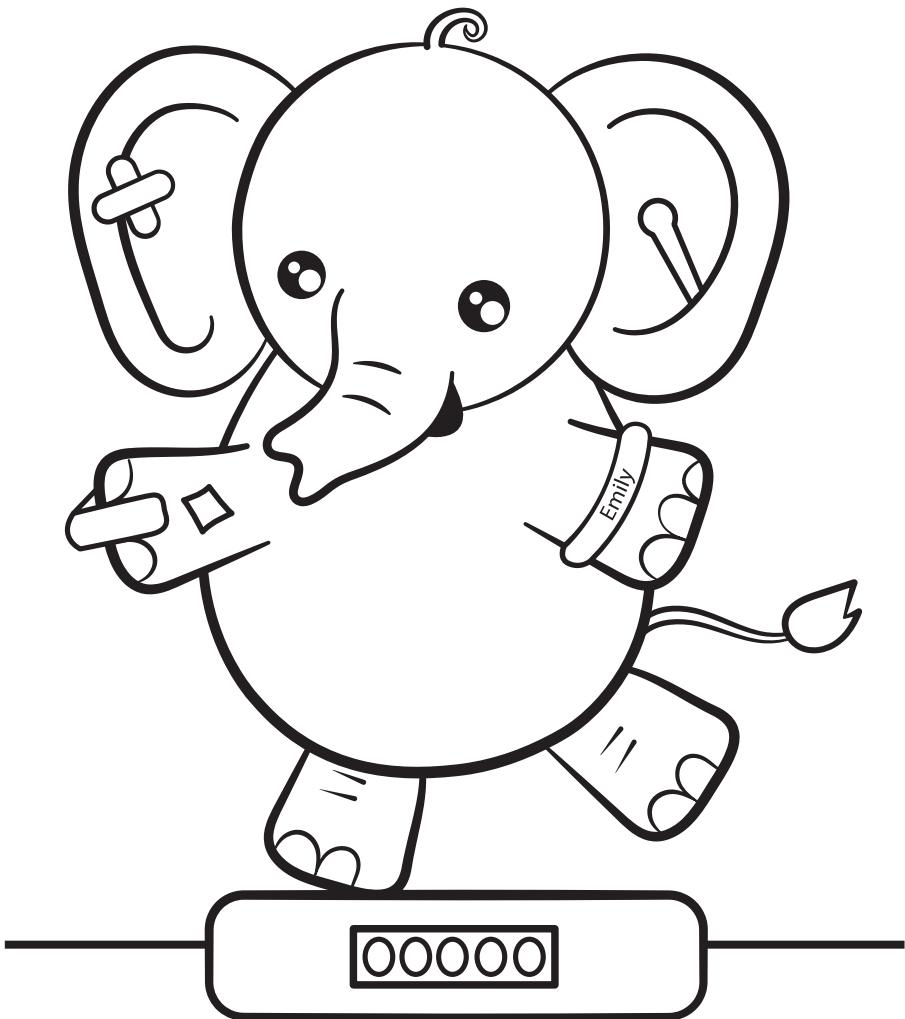
Emily had to go into York hospital for her operation. She would need to be there all day so she packed a bag to take.

In her bag Emily put some books to read, a game to play, and her pyjamas. She was having an operation on her ears so she could hear people better.



On the morning of her operation, Emily and her family had to get up very early to get to the hospital on time.

Emily's tummy had to be empty for the anaesthetic. An anaesthetic is a bit like a very deep sleep so Emily would not feel, hear or see anything during her operation.



At the hospital, Emily met a nurse called Claire. She did lots of funny things like putting pegs on Emily's finger and little wands in her ears. She said they were to check Emily's temperature and how good her breathing was. The nurse also asked Emily to stand on a special machine to weigh her. Then the nurse put some white cream on Emily's hands. This cream made Emily's hands feel a bit tingly. She also put a name band on Emily's wrist.

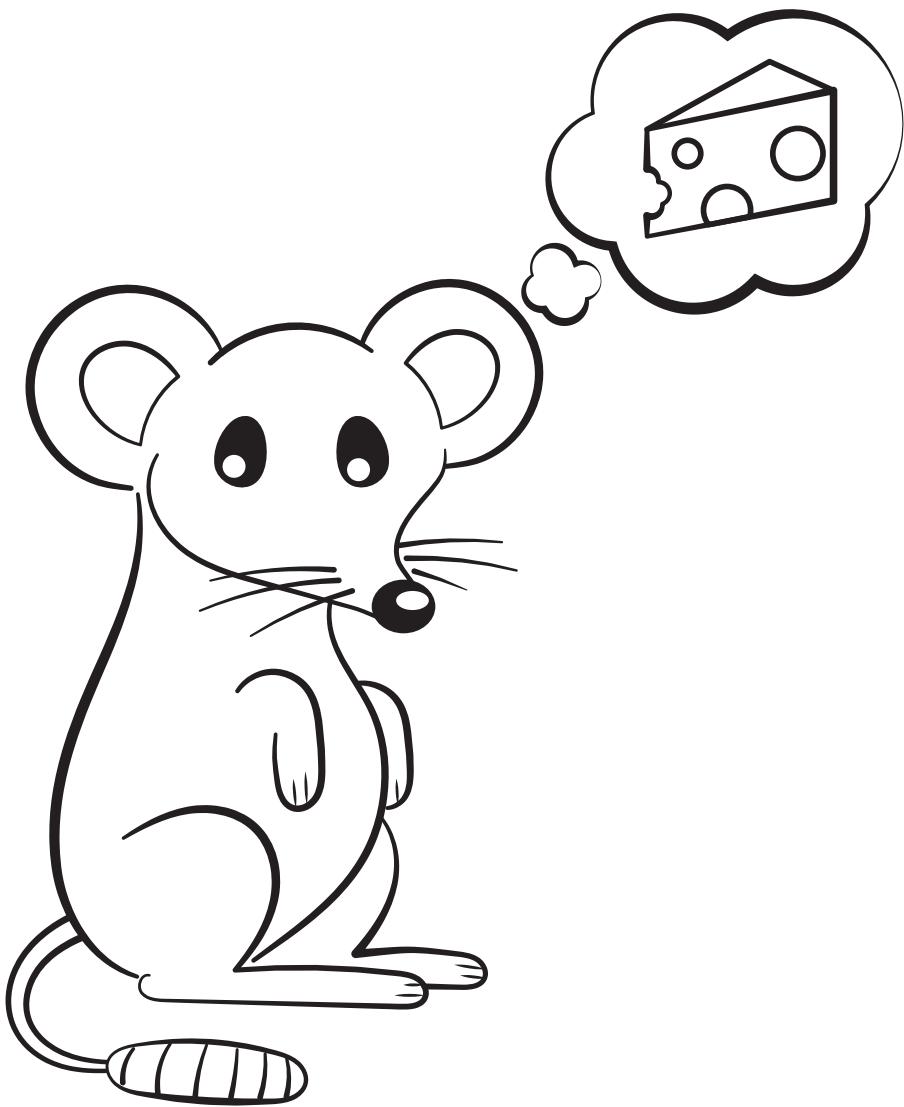


Mrs Luggs came to see Emily. She was the surgeon who would do Emily's operation. She answered questions that Emily and her family had. Emily wanted to know when she could eat breakfast. Mrs Luggs said after the anaesthetic.

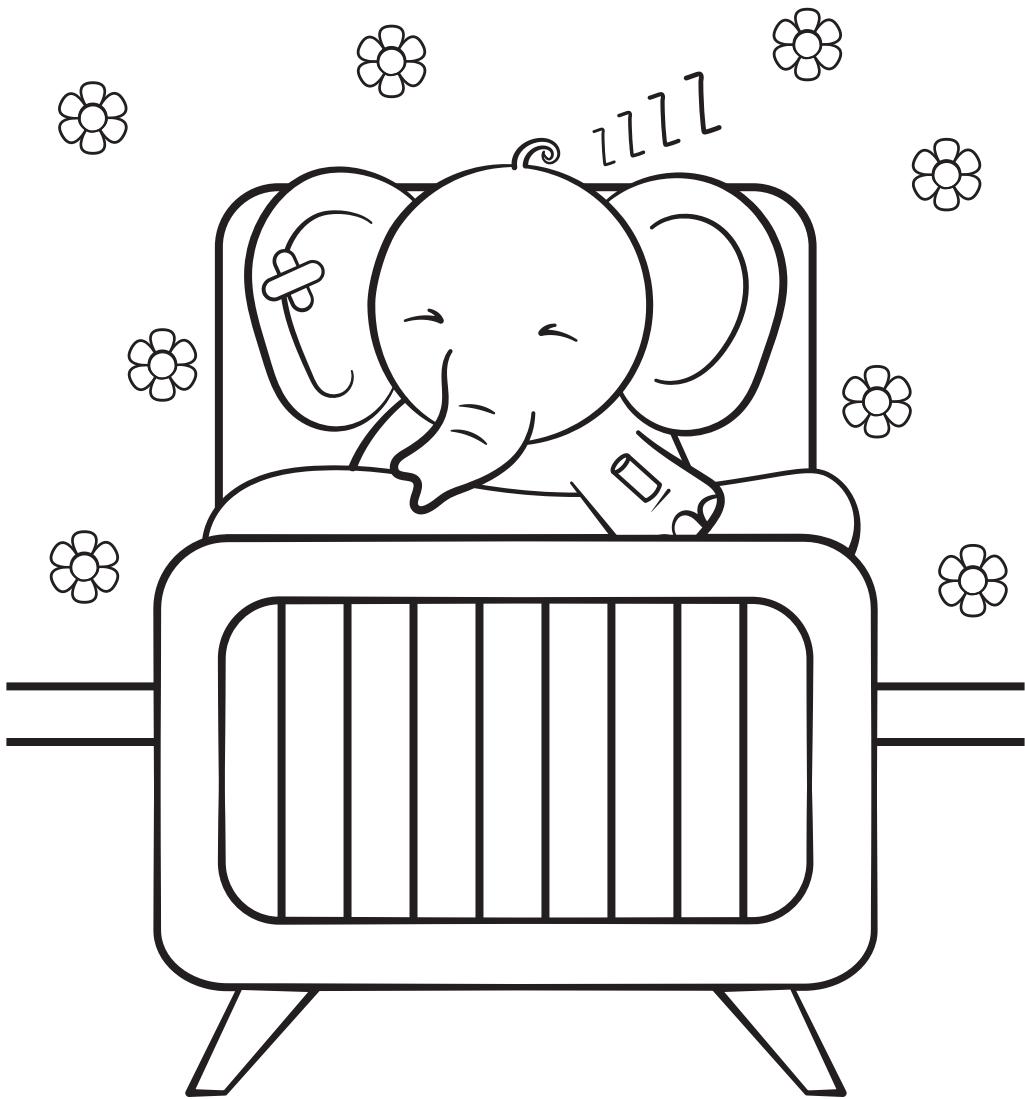


Dr. Stan

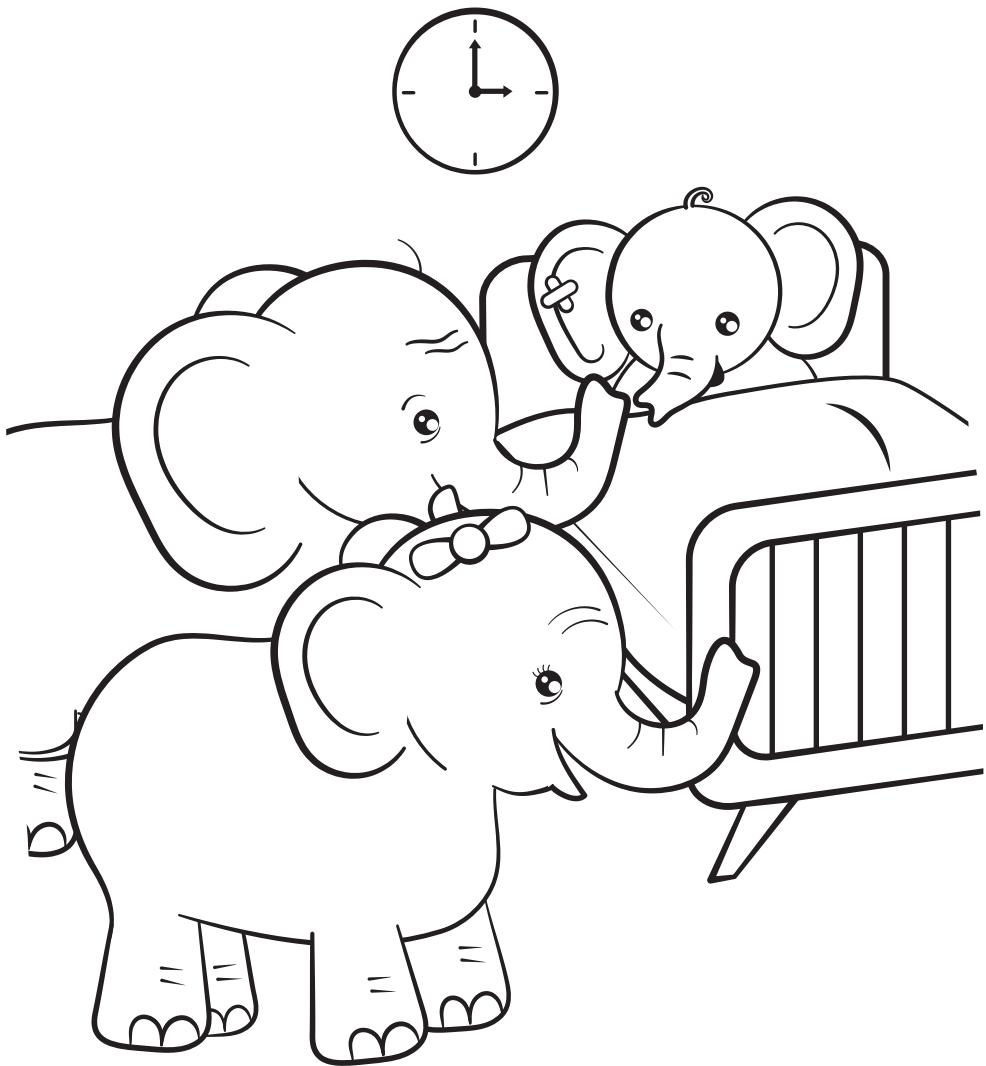
Dr Stan came to see Emily. He was her anaesthetist. He said his job was to make sure Emily didn't hear, see or feel anything during the operation by giving her an anaesthetic. It would be like a very deep sleep. He said he would either give some medicine through a plastic tube in Emily's hand where the tingly cream had been or get Emily to blow a balloon up through a special mask. Sometimes the mask smells sweet like strong sweets.



When everyone had spoken to Emily, she waited on the ward with her family. She made friends with a mouse called James. He had hurt his tail and needed an anaesthetic so it could be mended. He had not had any breakfast either and was very hungry.

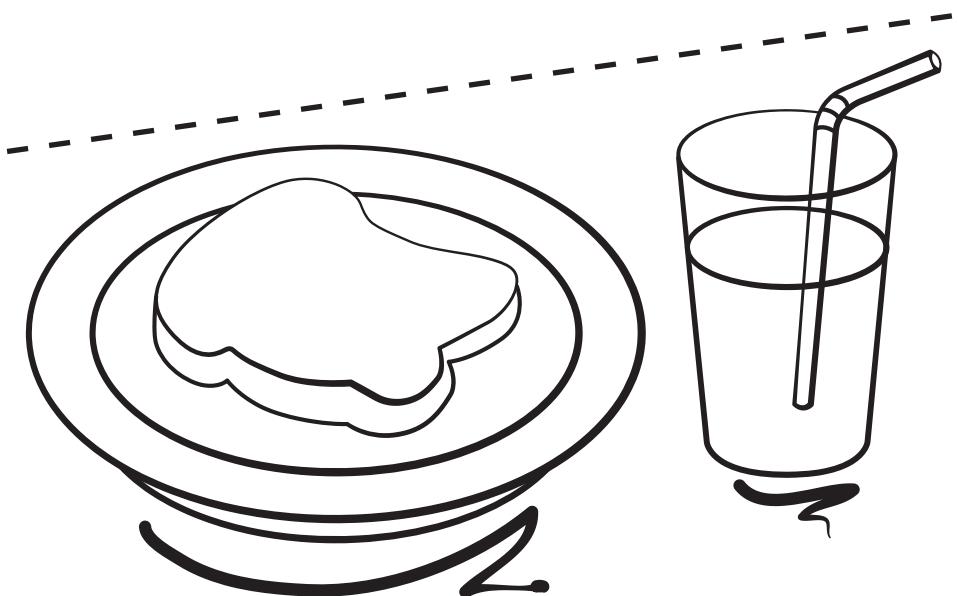


When it was Emily's turn, Nurse Claire took Emily and a family member to the anaesthetic room. Dr Stan was there waiting for her with an anaesthetic assistant called Zoe. He checked Emily's name band said Emily's name and took the cream off Emily's hands. When she tickled the back of her hand she couldn't feel it and Dr Stan put a little plastic tube where the cream had been. It felt a bit funny at first. Then he put some white medicine in the tube which made Emily fall asleep very quickly.

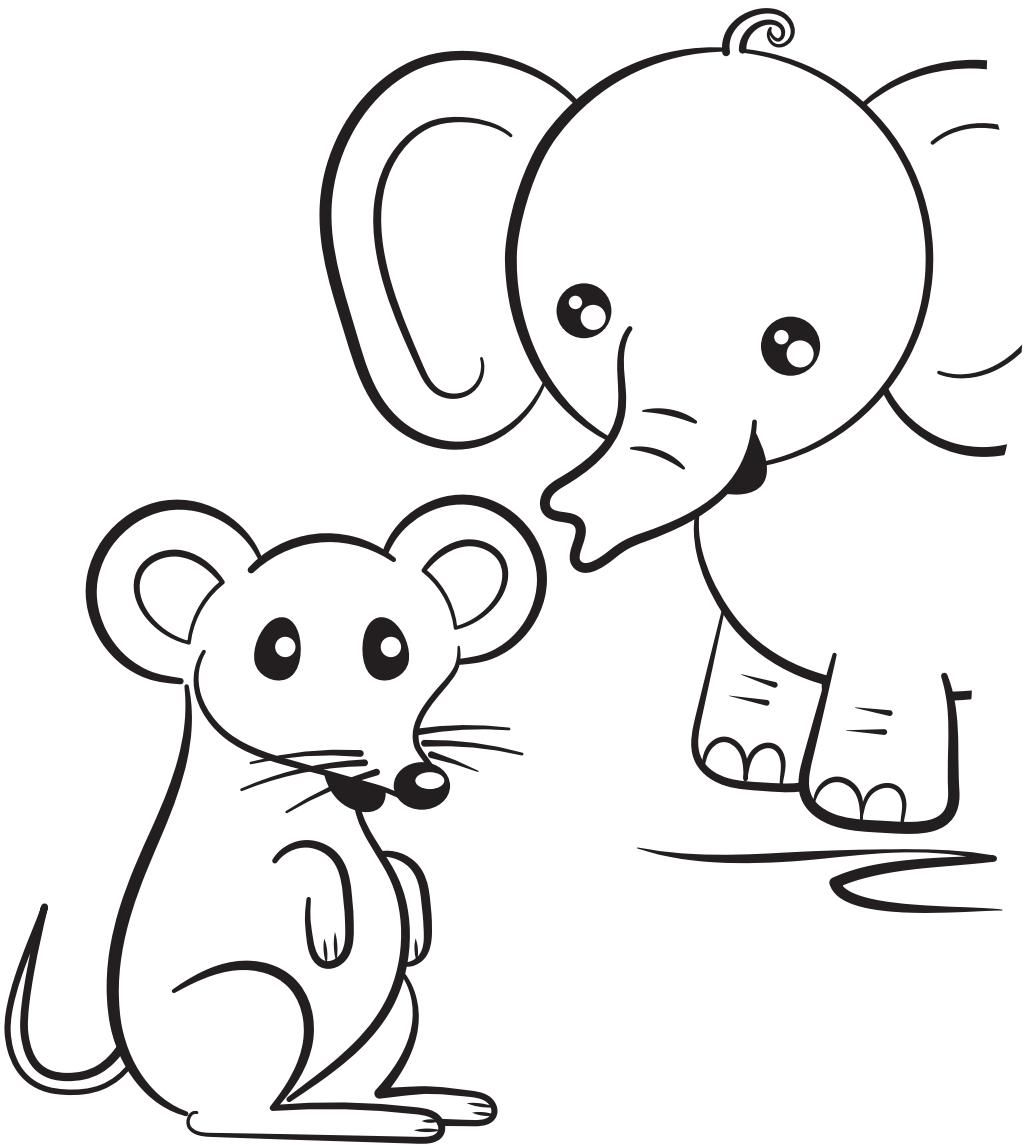


When Emily woke up after her operation she had a special nurse called Paul looking after her. She felt very tired and a little bit wobbly. The nurse said the wobbling feeling would go away soon. Emily said she felt a little bit sick and the nurse gave her some medicine which made her feel better. Emily's family were there too and gave her lots of cuddles.

When Emily felt better, she went back to the ward with her family. Nurse Claire was also there to look after her. Emily had another sleep on the ward because she felt very tired. When she woke up, the nurse gave her something to eat and drink.



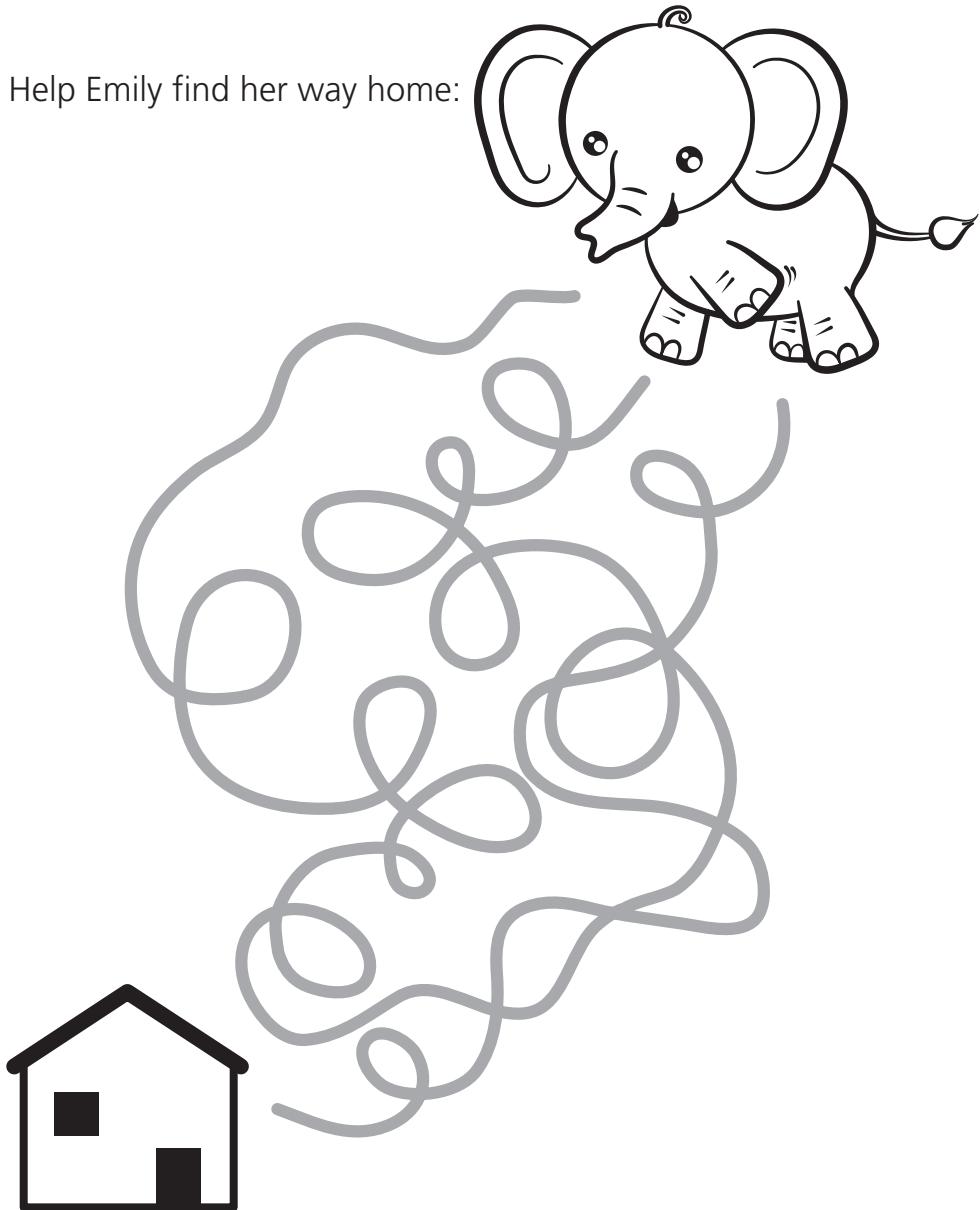
Emily had some toast and a glass of water after her operation. Why don't you draw what you have to eat in the space above.



James was back on the ward too. He had his tail mended and was having something to eat. He said he had gone to sleep with the smelly mask. Emily was not sure she would like the smell but James said it was OK and made him very sleepy too, like Emily's anaesthetic medicine.

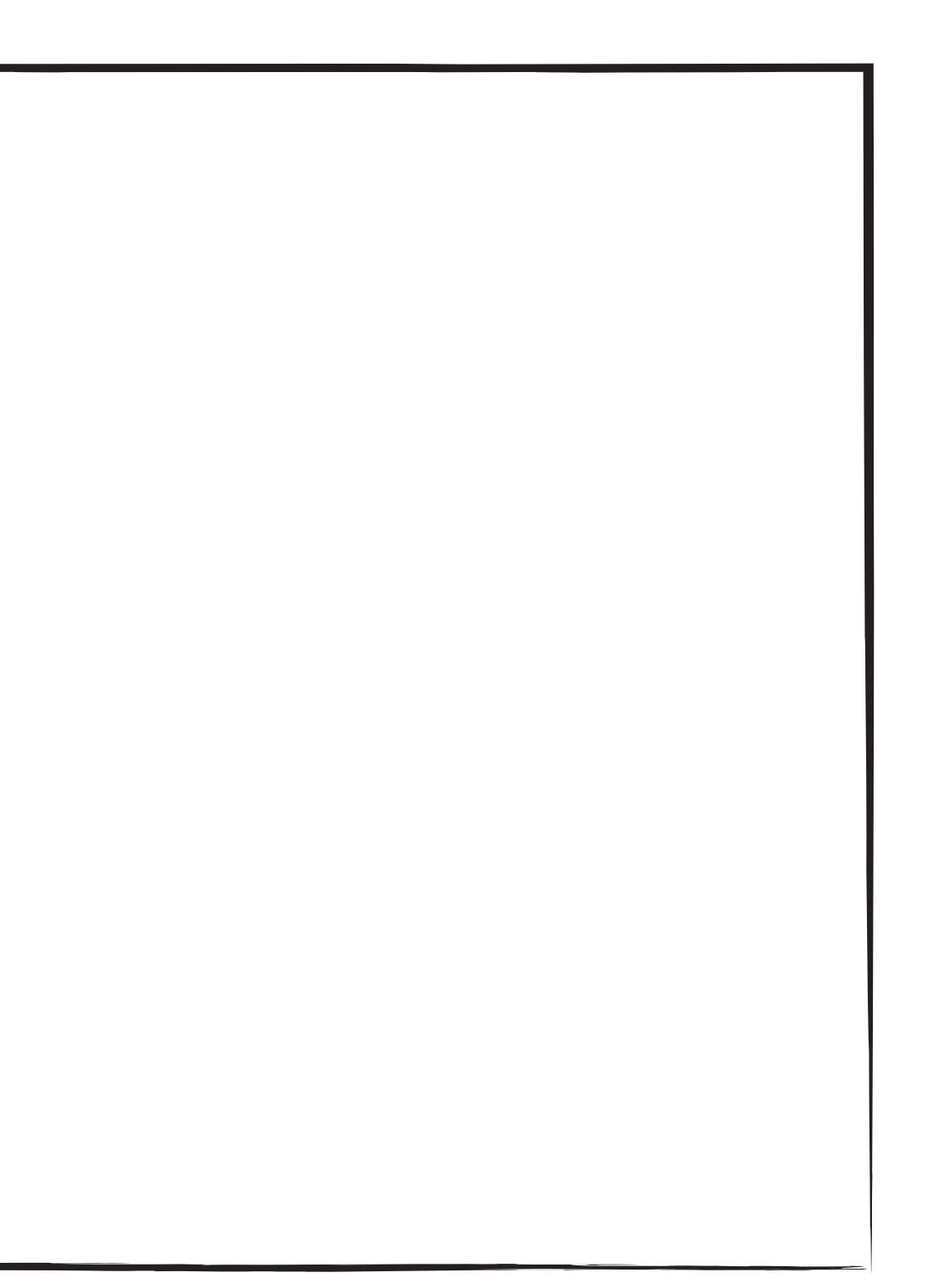
As soon as Emily felt more awake the Nurse let her and her family go home. Emily had some medicine to take home with her in case she felt sore later on. When she got home, Emily told her brother Fred all about her day, her anaesthetic and all the people she had met.

Help Emily find her way home:



My Picture

Why not draw yourself on your visit to Hospital.



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