

# Interventional Radiology (IR) Nerve Root Ablation Patient Instructions - Pediatric

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WEEKS or DAYS before your child's appointment:  
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- **Preparation:** Your child must follow ALL INSTRUCTIONS in this letter. Their doctor has been notified about this appointment.
- **Contact your child's doctor:** Contact your child's doctor about any lab tests or medication changes needed before their appointment, and about any pain control medication needed after their appointment.
- **Accompany your child:** Ensure a parent, guardian, or alternate decision maker, brings your child to their appointment. This person MUST remain in the hospital for the duration of the appointment.
- **Arrange childcare for additional children:** For safety reasons, additional children (brothers, sisters, etc.) cannot accompany you and your child in procedure rooms and cannot be left unattended.
- **Assess pregnancy risk:** If there is any chance your child could be pregnant, discuss the safety of this procedure with their doctor before their appointment.
- **Consult your child's diabetes care provider:** If your child is taking diabetes medications or using Insulin Pump Therapy, consult their diabetes care provider before their appointment.  
[www.ipumpit.ca](http://www.ipumpit.ca)
- **Contact diagnostic imaging:** If your child has recently been unwell, has had a fever, or is unable to attend their appointment for any reason **IMMEDIATELY** contact diagnostic imaging at the number provided above.

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HOURS before your child's appointment:  
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- If your child is fed through a feeding tube, ensure you are following the timed diet instructions below.
- If your child must take medications outside of the timed diet instructions, consult their primary care provider.

## Starting at Midnight

- Stop all food. **DO NOT** chew gum. **DO NOT** eat candy.
- Continue to take prescribed medication with a sip of water, as directed by their doctor.
- Continue drinking **clear fluids**.

## 6 Hours Before

- Stop formula, milk, and tube feeding products.

## 4 Hours Before

- Stop breastmilk.

## 1 Hour Before

- Stop clear fluids.
- Stop medications taken by mouth.

## What clear fluids are allowed?

**Allowed:** Fluids that you can see through such as water, apple juice, Pedialyte™, ginger ale, Sprite™, 7UP™, popsicles.

**NOT Allowed:** Milk based fluids, broth or soup, energy drinks, fruit flavoured gelatin, Jello™, orange juice, Gatorade™, Kool-Aid™.

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BRING to your child's appointment:  
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- Your child's favourite comfort item (stuffed animal).
- Current list of your child's medications (prescription and over the counter).
- Any medication your child may need during their appointment.
- Your child's healthcare card.
- Your child's eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your child's Goals of Care (GOC) Designation Order form if your child has one.

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DO NOT bring:  
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- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to the appointment.

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AT your child's appointment:  
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- **Consent is required:** A legal representative (parent or alternate decision maker) must be available to provide consent for all patients under the age of 18.
- You will be provided with a hospital gown to help your child change into.
- The appointment may take up to 4 hours.

### **Intravenous (IV) placement**

- An IV will be placed in your child's arm or hand. This will be used to give your child medicine that will make them fall asleep (general anesthetic).
- Numbing cream applied will be applied to your child's arm or hand before the intravenous (IV) is inserted, which will help make the area less sensitive.
- The IV can also be used to give your child other medications (including contrast) they may need during the procedure.

