

Interventional Radiology (IR) Vertebroplasty Patient Instructions - Pediatric

WEEKS or DAYS before your child's appointment:

- **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
- **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.

HOURS before your child's appointment:

- 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™.

BRING to your child's appointment:

- 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.

DO NOT bring:

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to the appointment.

AT your child's appointment:

- **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.
- Your appointment will require the use of contrast, which helps to make parts of your body more visible on images.
- The appointment may take up to 6 hours.

Intravenous (IV) placement

- An IV will be placed in your child's arm or hand.
- 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.