Welcome to Cujo’s Room
The Anesthetic Procedure Room

Information for Families
**FOR YOUR CHILD**

Sometimes coming into a new room can be scary. In Cujo’s Room there are many friends that will take care of you, so you do not need to be afraid. There are lots of people in the room, but everyone is there to keep you safe. Your Mom or Dad can come with you into Cujo’s Room, and if you have a favorite toy, blanket or anything that makes you more comfortable, please bring it with you into Cujo’s Room. We promise that when you wake up, it will be there for you to hug.

If there is something you like done in a certain way, we want to know. For example, if you want the sleepy medicine slowly, just remind us. We will make sure it is slow. If you want your Mom or Dad to hug you, just let them know and they will hug you.

We know it’s hard not to eat, especially if you might be hungry, but as soon as you wake up, you can have a drink, and then something to eat.

There is a treasure box in Cujo’s Room that is full of toys. When you come into the room you can look in the treasure box and pick a toy you like.

Always remember, the people in Cujo’s Room will take extra good care of you.

Our Anesthetic Procedure Room is also known as Cujo’s Room. It was named after a famous Toronto Maple Leaf goal-tender, Curtis Joseph, who in 2003 sponsored it. It is located on the 8th floor between units 8A and 8D.

Cujo’s Room, is a place where children have procedures such as lumbar punctures (LPs) with or without chemotherapy, bone marrow aspirates and bone marrow biopsies.

We do procedures in Cujo’s from Monday to Friday.

**WHO WILL I MEET IN CUJO’S ROOM?**

The Cujo’s team is made up of several healthcare providers who will care for your child and may include:

- An Anesthesiologist
  - (who will provide your child’s anesthetic)
- An Anesthesia Assistant
- A Haematology/Oncology Doctor
  - (who will perform the procedures)
- Two Registered Nurses
- Patient Service Aid (PSA)

Sometimes there are other SickKids team members entering the room during procedures. This is normal; they may be collecting samples, assisting with the procedure or helping with changeover.
HOW DO I PREPARE MY CHILD FOR A PROCEDURE IN CUJO’S ROOM?
At home on the day before the procedure and on the day of the procedure

1. Eating and Drinking

<table>
<thead>
<tr>
<th>Time</th>
<th>What your child can eat and drink</th>
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<tbody>
<tr>
<td>Midnight before the</td>
<td>STOP giving your child solid food, including gum, candy, Jell-O and</td>
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<tr>
<td>procedure or anesthetic</td>
<td>orange juice by midnight. Your child must not eat anything until they</td>
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<tr>
<td></td>
<td>wake up after the anesthetic.</td>
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<td></td>
<td>Your child may drink clear liquids, including clear apple juice,</td>
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<td></td>
<td>water and ginger ale. If your child only drinks water, you may give</td>
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<tr>
<td></td>
<td>them Pedialyte.</td>
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<tr>
<td>4 a.m. the day of the</td>
<td>STOP giving your baby formula or milk by 4 a.m.</td>
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<tr>
<td>procedure</td>
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<tr>
<td>6 a.m. the day of the</td>
<td>STOP giving your baby breast milk by 6 a.m.</td>
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<tr>
<td>procedure</td>
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<tr>
<td>8 a.m. the day of the</td>
<td>STOP giving your child clear liquids by 8 a.m. Your child must not</td>
</tr>
<tr>
<td>procedure</td>
<td>drink anything until they wake up after the anesthetic.</td>
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If your child takes prescription medicine, ask your child’s doctor when and how to give the medicine.

TIP: We strongly recommend giving your child some sugar containing clear fluids (for example apple juice or ginger ale) up until 8 a.m. on the day of the procedure.

By giving your child apple juice or ginger ale up until 8 a.m. you could prevent your child from experiencing hypoglycemia (low blood sugar). Low blood sugar is serious in children.

TIP: There is a lot to remember to get your child ready for the procedure but someone will be guiding you through the process.

KEY POINTS TO REMEMBER:
1. No solid foods after midnight; milk or formula may be given until 4 a.m., breast milk until 6 a.m.
2. Drinking apple juice or ginger ale is strongly encouraged up until 8 a.m. to prevent LOW BLOOD SUGAR
3. Apply EMLA patch to the port site at 7 a.m.
4. Sign the ‘Cujo’s Room Sign-in Sheet’ when you arrive
5. Wait in the Playroom on 8D Day Hospital for a nurse to call you
6. Have access/bloodwork done by nurse in the Recovery Room
7. Go to Cujo’s Assessment Room for Vital Signs
8. Go to Coloured Pod in the Sears Cancer Clinic to be assessed by your primary team
9. Once it is confirmed that your child is ready for their procedure, please wait in the Playroom on 8D and a Cujo’s Nurse will come and get you
THE RECOVERY
Your child will wake up shortly after they transfer to the Recovery Room, usually within 30 minutes. Once your child is awake, he or she can have something to drink or eat.

The Recovery Room Nurses will monitor your child’s vital signs. Your child’s stay in the Recovery Room is at least one hour and may be longer if they receive chemotherapy treatment after the procedure, or if they are slow to wake up. This is common. Common side effects from an anesthetic include nausea, headache or dizziness. We will monitor for these side effects and treat accordingly.

If your child had a lumbar puncture (LP) for chemotherapy, they will need to lay flat for at least one hour after the procedure, even if they wake up earlier. Lying flat for this time allows the injected chemotherapy to work best. If your child had a bone marrow aspirate (BMA) or biopsy, he or she may sit up as soon as they are awake. When your child is awake and alert, they will be encouraged to have a drink and then something to eat. A Recovery Room Nurse will assist you with this.

DISCHARGE FROM RECOVERY ROOM
When your child is awake and alert, they will be discharged home by your nurse. Please ensure that you know your next appointment date before you leave. The Recovery Room Nurse can help you with this.

If you have serious concerns after your child’s procedure, please call the hospital and ask to speak with the Haematology/Oncology Doctor on call at 416-813-7500.

## Signs of low blood sugar to look for in your child are:
- unusual fatigue/tiredness or hard to wake up
- sweating
- shaking
- pale skin
- blurry vision

If you notice any changes in your child you must inform a nurse.

**TIP:** Your child should wear loose fitting clothing; for example, a front button-up top (dresses should not be worn).

### 2. EMLA Patch
An EMLA patch is a patch that is applied to your child’s skin to provide numbing prior to their Port-a-Cath access.

On your child’s procedure day, please place an EMLA patch on their port site by 7:00 a.m. Don’t forget, it takes 1 hour for the patch to work so putting it on before you leave home is best. Having the EMLA patch in place will minimize your child’s discomfort when their port is accessed. You can ask your Contact Nurse or Day Hospital Nurse for an EMLA patch for your next Cujo’s Room visit.

If you don’t have an EMLA patch, please inform someone at the front desk on 8D Day Hospital as soon as you arrive.

**TIP:** A great time to apply your child’s EMLA patch is at 7 a.m. while they are having a drink of apple juice or ginger ale. Remember they must stop drinking clear fluids at 8 a.m.

Additional EMLA patches will be applied after you have arrived in clinic to the exact part of the skin where a lumbar puncture (lower back, midline) will be done.
ARRIVAL IN CLINIC AND REGISTRATION
On your procedure day, you should arrive at 8D, Day Hospital at 8 a.m. (unless instructed otherwise). There is a lot to do to get your child prepared for their procedure, so arriving on time is important. Your child is pre-registered, so you don’t need to wait in line. There is a sign-in sheet at the front desk on 8D, marked ‘Cujo’s Room’. Please sign your child in. It is helpful for the nurse if you indicate on the sign-in sheet any cleaning or dressing instructions for the port access. For example, indicate if your child uses Duoderm or Betadine.

After you have signed in, please wait in the 8D Playroom, located just to the left of the front desk. A nurse will come and get you when they are ready to do your child’s bloodwork.

TIP: Your child MUST wear a name band and allergy band (if they have any allergies) on their wrist or ankle. Not having this on will delay the procedure. Bands will be put on at the time of your child’s bloodwork by your nurse.

BLOODWORK & ASSESSMENT PRIOR TO THE PROCEDURE
Before your procedure can start you will be seen by a few different people:

1. The Recovery Room Nurses will access your child’s port/CVL, or start a PIV (intravenous in the hand or arm) and draw blood.
2. The Cujo’s Team Nurses will assess your child’s height, weight, and vital signs and ask about your child’s medications.
3. Your primary team (Physician or Nurse Practitioner) will examine your child and review their bloodwork results to ensure it is safe to proceed with the procedure. They will also review the details of the procedure with you. Once you have a clear understanding of the procedure, you will be asked to sign a consent form. Don’t forget, you can ask questions and are encouraged to do so at this time.

4. After your child’s bloodwork and assessment are complete, please go back and wait in the 8D Day Hospital Playroom.

TIP: It is important that you wait in the 8D Day Hospital Playroom after your bloodwork and assessment are complete so we know where to find you when it is time for your child’s procedure to begin.

WHEN WILL YOU BE CALLED FOR YOUR PROCEDURE?
There are many factors that determine in what order children have their procedure done. For example, age, phase of treatment and readiness for the procedure are all considered.

A Cujo’s Room Nurse will do their best to give you an approximate time. Our goal is to complete all procedures in a safe and timely way.

COMING INTO CUJO’S ROOM
A nurse will come to the 8D Playroom when it is your child’s turn. One parent can accompany your child into the room. If you have any questions or concerns, you may ask the Cujo’s Room team at this time.

The nurses will confirm the type of the procedure, verify the consent and verify your child’s name band/allergies. You can stay in Cujo’s Room until your child is asleep, you will then be asked to wait outside the room.

THE ANESTHETIC
Most children will be given a general anesthetic for the procedure. The anesthetic will be specific to your child’s needs to allow the procedure to be done safely and comfortably. The medications will be given to your child through the central line, Port-a-Cath, or a peripheral IV (e.g. in a hand vein). The purpose of the anesthetic is so that your child will not feel any pain during the procedure. After the procedure is complete, your child will be transferred from the Procedure Room to the Recovery Room.