

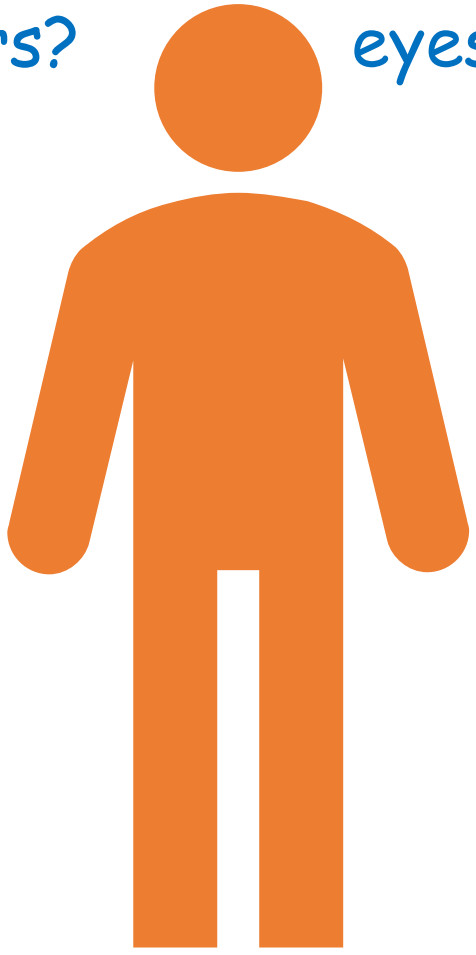
Coming to hospital

for a special sleep

so the doctor can fix a bit of your body

that's poorly.

Which bit of your body is poorly and needs making better?



ears?

eyes?

nose?

teeth?

tonsils?

arm?

thumb?

belly button?

toes?

legs?

On the day of your special sleep

come to Day Surgery

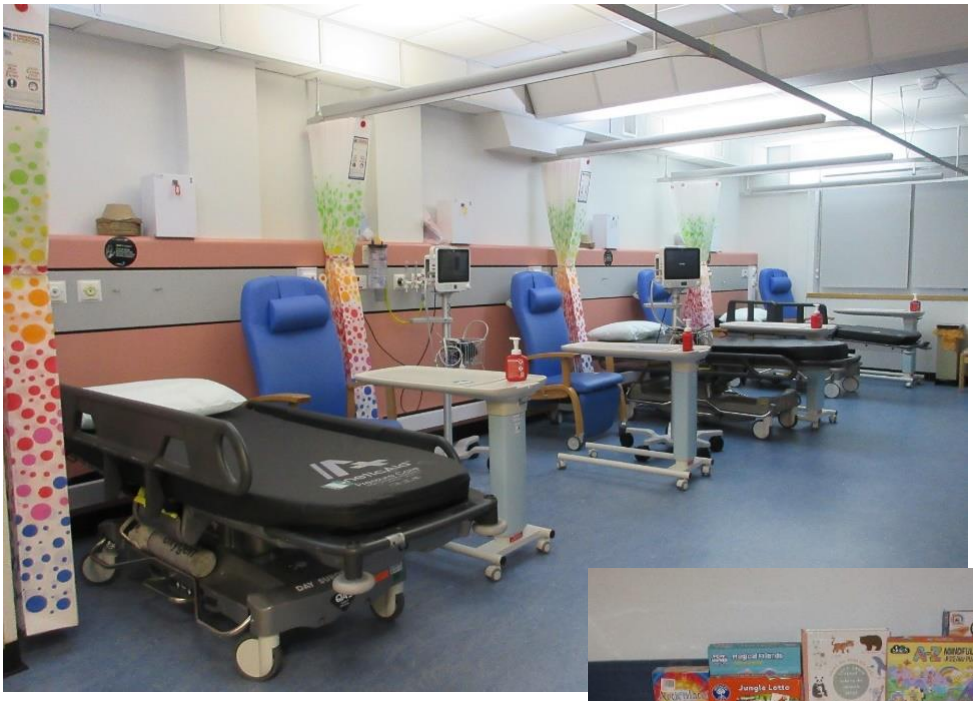
ROOM B010



Bring mum, dad or the person who looks after you.

They can stay with you all the time.

There will be other boys and girls there and toys and games to play with.









Bring a favourite teddy and some toys.



No food before you come.

Just have sips of water.







Bring pyjamas for your sleep

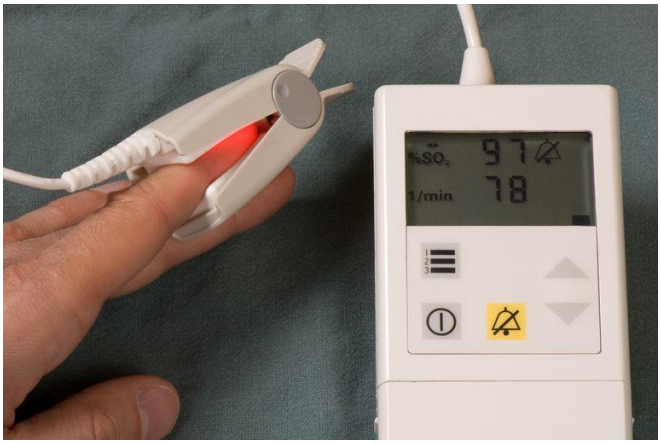
and food for when you wake up.





A nurse will take your temperature

check your heart beat





and check your blood pressure.



A nurse will put some magic cream on your hands

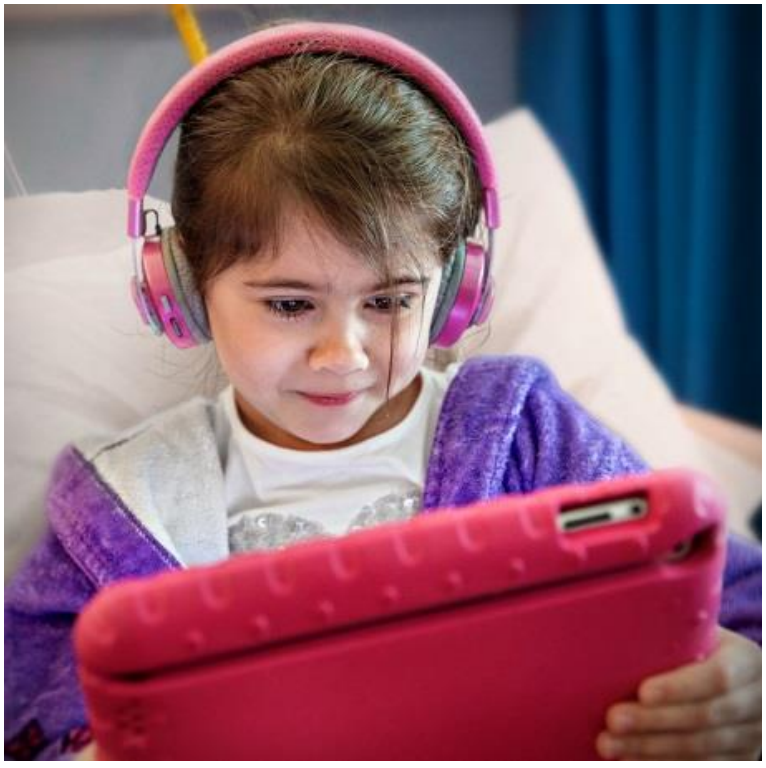
and a name-band on your arm.

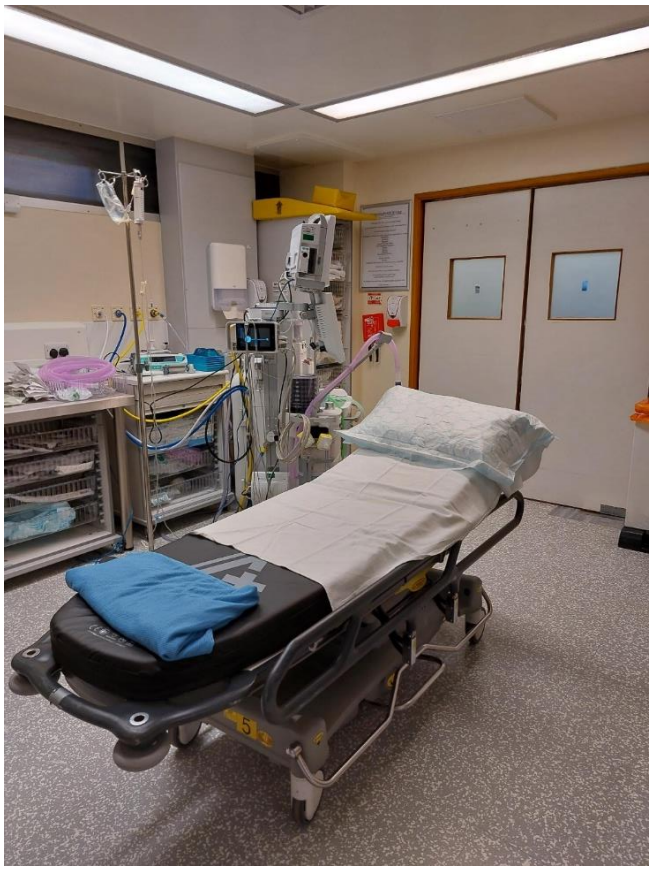




There's time to play…

…until it's your turn for your special sleep.





This is the room where you have your special sleep.



You can sit on your mum, dad or carer's knee and look at a book.



The sleepy medicine looks like milk.

It goes through a tiny straw in the back of your hand.

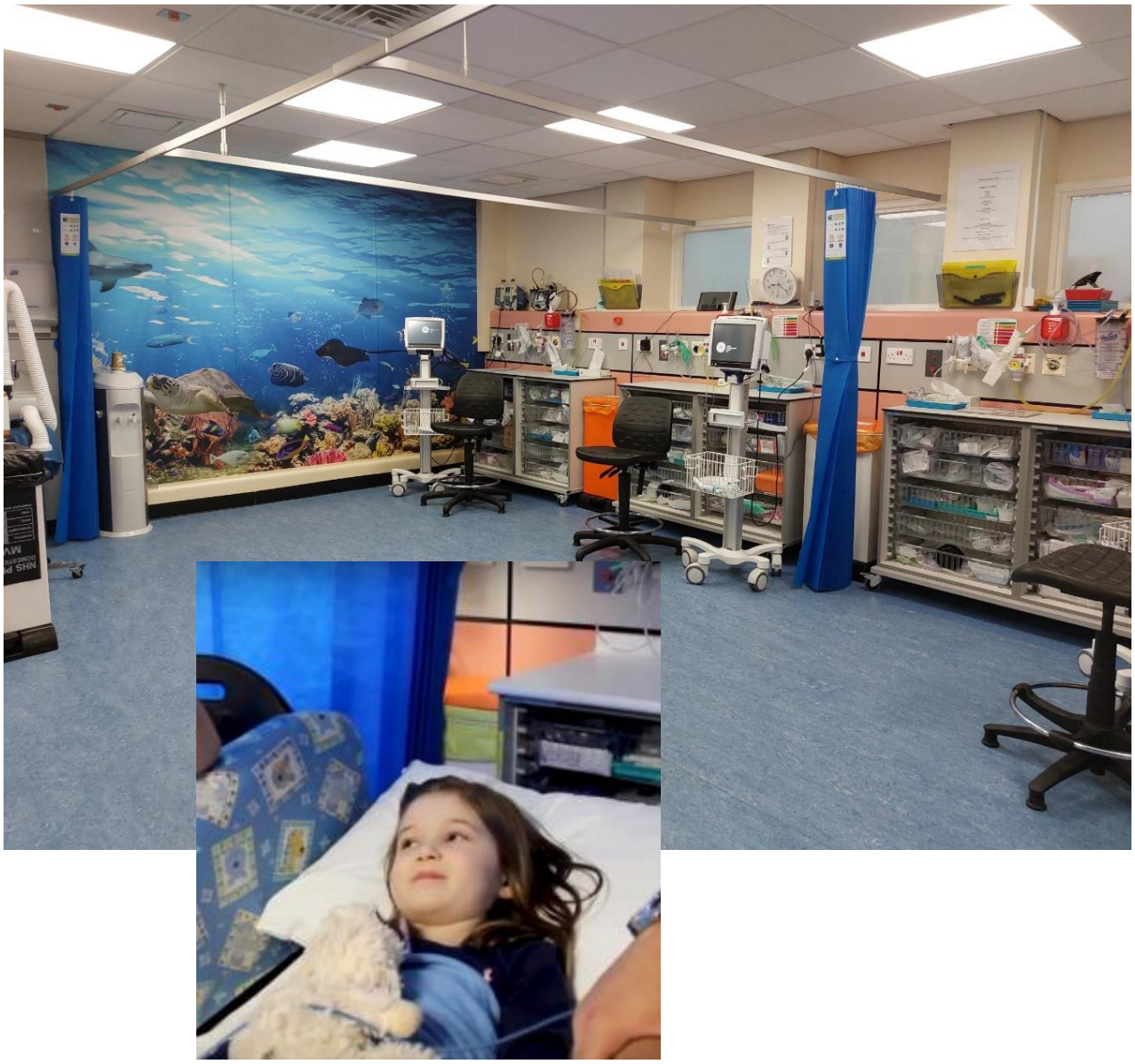


The magic cream stops it hurting.

Count to 10 and you will be asleep.



The doctor might give you some sleepy medicine through a mask – it's like air but a bit smelly!

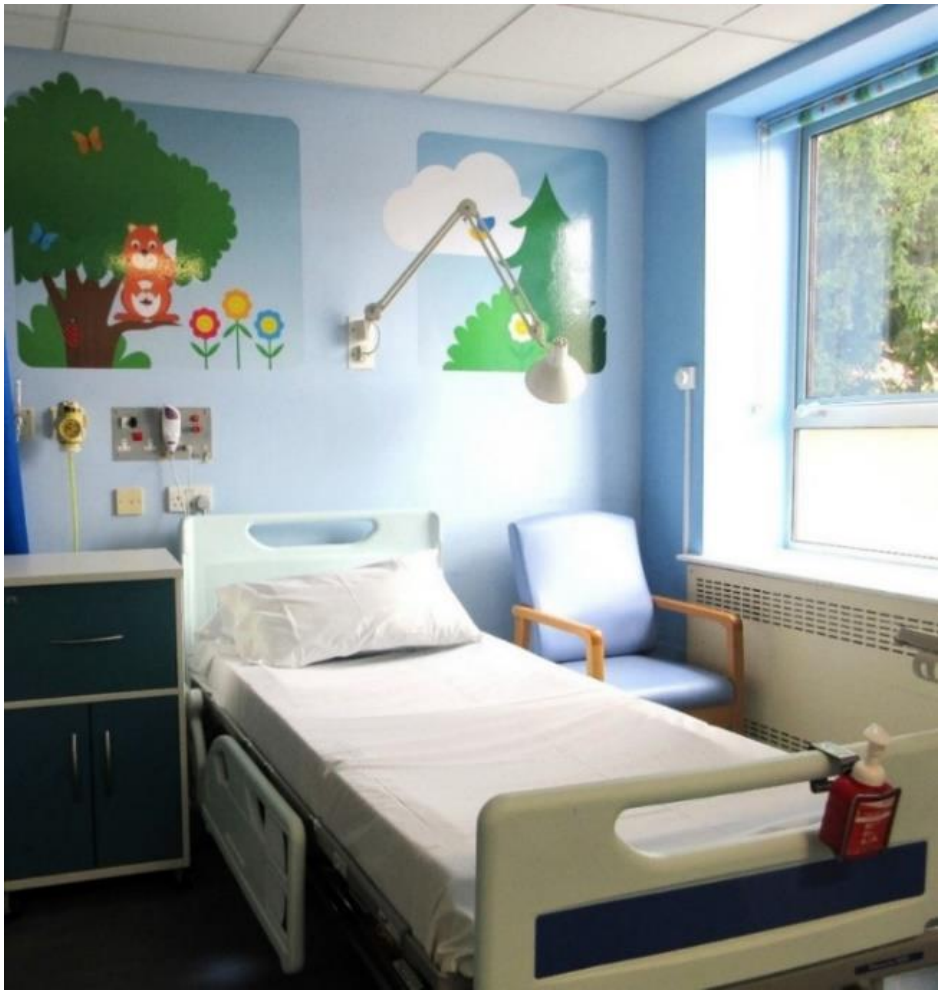


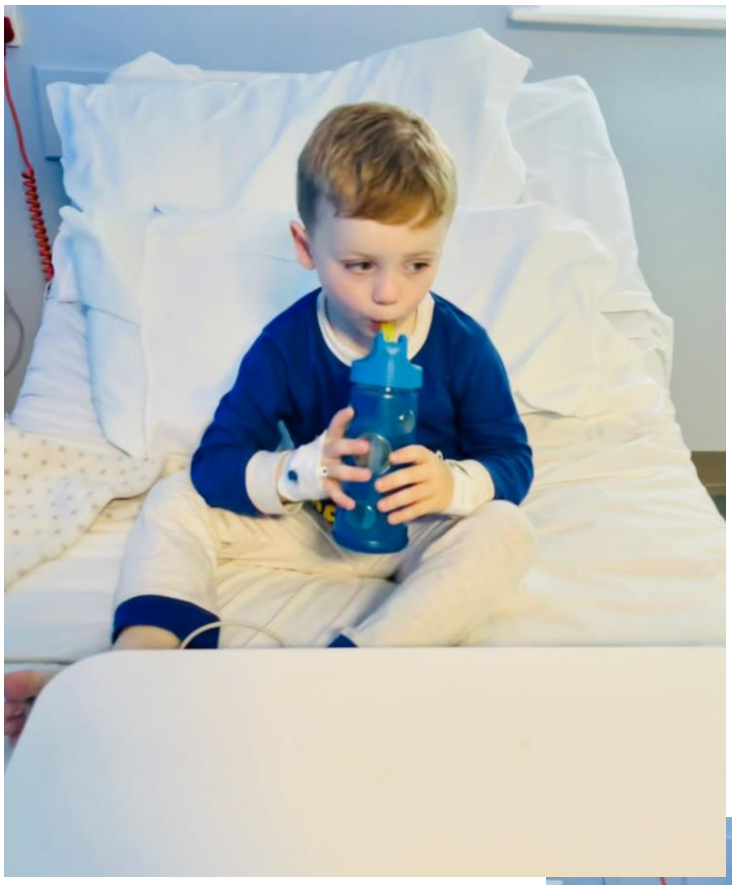
When you wake up, we'll take you back to your mum, dad or carer.

If you are staying overnight

we'll take you to Woodlands Ward.

Your mum, dad or carer can stay with you.





You can have something to drink



and something to eat.

We'll take the tiny straw out your hand.

It doesn't hurt.



When the nurses have checked you are ok, you will be able to go home.

