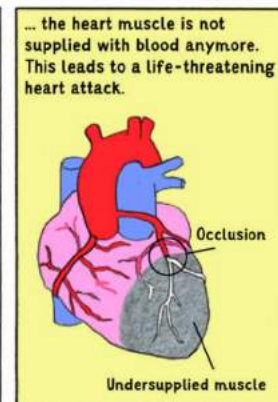
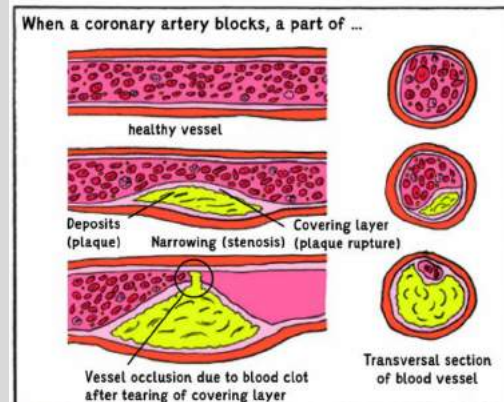
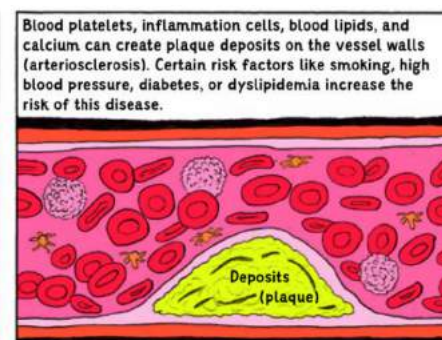
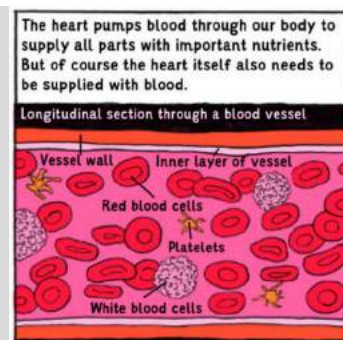


\* Coronary arteries (also called coronaries or coronary vessels): vessels that supply the heart muscle with blood.



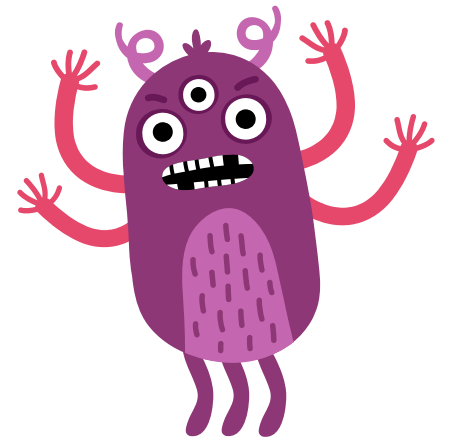
A heart attack is presented by acute pain and a severe feeling of chest tightness or pressure, often radiating to adjacent body parts, e.g., left arm or lower jaw.

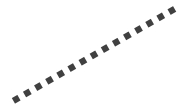
But also other symptoms like nausea, weakness, sweating, or abdominal pain can indicate a heart attack. These symptoms occur more often in women.



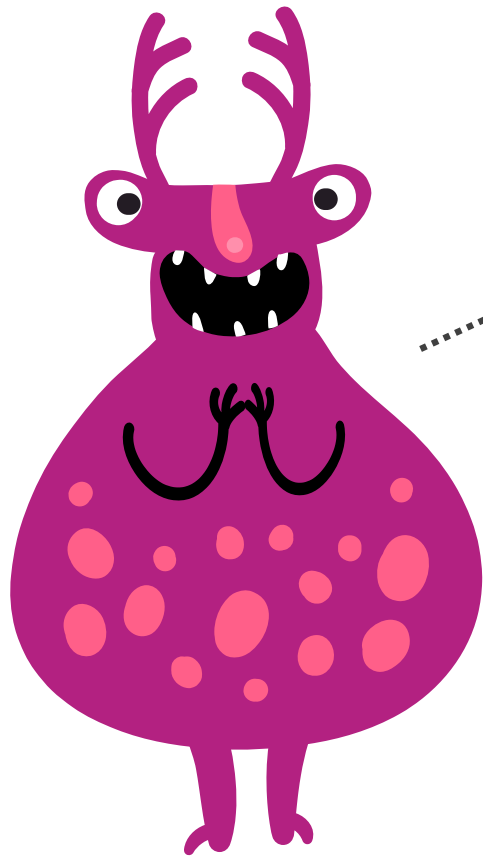


Let's begin with the story of  
**AN ALIEN INVASION**





So much health care design  
looks outdated and I think we  
can make it better!



I'm an outsider and I want  
to mess with your stuff!

Listen, learn and  
**REVISE\***

\* I mean it. Revising your work should be thrilling.

**Good designers want to be proved wrong,**  
bad designers hope to be proved right.

— ANDY BUDD  
*Clearleft*



## Food and Drink Limitations

Doernbecher Children's Hospital, OHSU

*Your child's stomach must be completely empty 2 hours before the procedure to be safe for anesthesia or sedation*

STOP regular diet 8  
hours before procedure  
time

- STOP regular diet 8 hours before surgery time, OK to have formula, milk, snack from list below

STOP formula, snacks,  
milk 6 hours before  
procedure time

- Only Formula, Milk, Snack from this list until 6 hours before procedure

- Bread or toast plain or with jam (no butter or other spreads)
- Cereal
- Saltine or rice crackers
- Applesauce
- Formula, Milk

STOP breast milk 4 hours  
before procedure time,  
Clear liquids only

- Clear liquids until 2 hours before procedure

- Water
- Gatorade or clear sports drink, no added protein
- Pedialyte
- Apple juice

STOP all clear liquids 2  
hours before procedure  
time

- ABSOLUTELY NOTHING BY MOUTH 2 hours before the procedure. This includes gum or hard candy. If your child's stomach is not empty, the procedure will be delayed or cancelled.

If you have more eating/drinking questions, please call your doctor's office.

Final approval by DMG Committee on 4/20/2015  
Reference: *Fasting Guidelines ASA 2011- Anesthesiology*, V. 114-No. 3 March 2011  
Document owner: Chanda Setlick



## DAY OF SURGERY

### Food and Drink Limitations for Children



DOERNBECHER  
CHILDREN'S  
Hospital

Your child's stomach must be completely empty before procedure or we will have to delay or cancel.

**8 HOURS BEFORE, STOP regular diet at:** \_\_\_\_\_ a.m./p.m. **May only have formula, milk and snack from list below.**



**6 HOURS BEFORE, STOP formula, snacks, milk at:** \_\_\_\_\_ a.m./p.m. **May only have clear liquids and breast milk.**



**4 HOURS BEFORE, STOP breast milk at:** \_\_\_\_\_ a.m./p.m. **May only have clear liquids.**



**2 HOURS BEFORE, NOTHING at:** \_\_\_\_\_ a.m./p.m. **Including NO gum and NO candy, and NO clear liquids.**







DOERNBECHER  
CHILDREN'S  
Hospital

## Eating and drinking rules before your child's surgery or sedation

**PLEASE READ BEFORE THE DAY OF SURGERY**

Time of arrival \_\_\_\_\_ at \_\_\_\_\_ location

Type of food	Options — Do not vary from options given.	Latest time you can eat or drink
All solid foods	ALL solid foods	STOP <b>8 HOURS</b> BEFORE ARRIVAL TIME TO HOSPITAL
Milk, formula and tube feeds	Milk, formula, and tube feeds	STOP <b>6 HOURS</b> BEFORE ARRIVAL TIME TO HOSPITAL
Breast milk	Only breast milk	STOP <b>4 HOURS</b> BEFORE ARRIVAL TIME TO HOSPITAL
Clear liquids NO coloring or dyes	Limited to water and CLEAR Pedialyte Limit to 8 oz, or 1 regular cup	STOP <b>2 HOURS</b> BEFORE ARRIVAL TIME TO HOSPITAL

### Nothing to eat or drink during 2 hours before hospital arrival

1. **Not following the above rules may result in delay and/or cancellation of your child's procedure.**
2. Medications can be taken with sips of water, unless directed otherwise.
3. Make sure to keep all food out of reach of children once they can no longer eat.  
**It's IMPORTANT to check the car and car seats before child enters.**
4. The reasons these guidelines exist is for the safety and health of your child. Eating or drinking before the time of anesthesia may cause your child to vomit and choke during the procedure or in the time immediately after.
5. Please call **503-418-5303** for any questions, or if you need any clarifications.  
After 5:30 p.m. call **503-494-8311** and ask to speak to the pediatric anesthesiologist on call.

When we see the point of our work as all about arriving at smart answers, too often we mistake an answer for the end of an effort. We celebrate arriving at a point from which we need go no further.... What if, instead, we valued the answers we arrive at mainly because of all the **new and better questions** they lead us to?

— ED CATMULL  
*Questions Are the Answer*

What still needs to  
**BE DONE?**

- More evidence
- More valuing of design in health care
- More interdisciplinary work (novel solutions!)
- More participatory design



Thank You

Let's talk! [pugmire@ohsu.edu](mailto:pugmire@ohsu.edu)