



Mercy Children's Hospital Tests and Treatments Center

The Tests and Treatments Center is a specialized area within Mercy Children's Hospital that coordinates and provides care for children under 18 and those with special needs who may require sedation or anesthesia for testing, treatment or minor procedures. It is an 11-bed unit with two treatment rooms staffed by pediatric specialists in:

- Anesthesiology
- Audiology
- Child Life
- Dentistry
- EEG technology
- Gastroenterology
- Hematology-Oncology
- Lab services
- Nursing
- Orthopedics
- Pharmacology
- Plastic surgery
- Radiology
- Rheumatology
- Speech therapy
- Surgical services
- Urology

Appointments

Your child's doctor's office will help you schedule procedures.

For more information, please call one of the numbers below:

- **Radiology:** 314.251.6839
- **Audiology:** 314.251.5850
- **Tests and Treatments Lab:** 314.251.7674
- **Procedures requiring sedation:** 314.251.5200

(Note: The scheduler cannot make an appointment unless they have received orders from your physician.)

Frequently Asked Questions

How long will I be there?

The length of time will vary depending on the procedure. For most general minor procedures, plan on two and a half to three hours.

When and how will I find out the results of the procedure/test?

The physician who ordered the procedure or test will instruct you. You may be asked to call the doctor or make an appointment or the doctor may contact you. The Tests and Treatments Center does not have the results of the testing.

Can my child eat immediately after the procedure?

It depends on your child's reaction to any anesthesia given during the procedure. We provide a variety of drinks and snacks. We do recommend advancing diet slowly to avoid nausea and vomiting. We also recommend limited food until you arrive home to avoid vomiting in the car. Most kids do very well and can tolerate solids foods once they are home.

When can my child resume normal activities?

Things are usually back to normal by the next day. We recommend limited activity the first day to prevent accidents, so no sports, bikes, climbing or other activities that could result in injuries, until the following day.

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615 S. New Ballas Road
St. Louis, MO 63141



Mercy Kids

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Mercy Children's Hospital Tests and Treatment Center

We've put the services you need in one place.



Mercy Kids

Every child. Every need. Every day.



Preparing for your child's appointment

A registered nurse from the Tests and Treatments Center will call you prior to your scheduled appointment. This nurse will review your child's medical history and give you specific instructions about arrival time, diet and test/procedure requirements.

The nurse will also discuss what medicines your child should take the morning of your appointment. You will need to bring a list of any medications (with correct dosages) that your child is currently taking. Please inform the nurse if your child has a cold or any other minor illnesses, as these can cause problems with sedation/anesthesia. You may need to re-schedule the procedure once your child has fully recovered.

If your child is scheduled for a gastroenterology (GI-colonoscopy) procedure, please follow the bowel prep prescribed by the GI physician's office. If you have questions in regards to the specific prep prescribed by the GI physician, please contact their office directly.

If you have questions or concerns regarding your child's appointment before the nurse calls you, contact the Tests and Treatments Center at **314.251.1080**. If you call after hours, someone will get back to you the next business day.

Be sure to arrive on time

All appointments are scheduled in coordination with multiple departments and/or physicians. In order to provide safe and efficient care, it is necessary for you to arrive on time.

If you are late, we may need to reschedule your appointment.

Company during your child's appointment

A parent/legal guardian must accompany the child for registration and obtaining procedural/sedation consents. Only two adults may accompany a child in the Tests and Treatments patient rooms. Your child will need your full attention on the day of the test so please make arrangements for other siblings.

You may want to bring an empty bottle or sippy cup for your child to use after the procedure, and any special toy or comfort items.

Food and drink before the test or procedure

- Stop formula and non-human milk at midnight
- Stop all solid foods (*any table food, baby food, cereal, gum, hard candy*) at midnight
- Stop breast milk three hours prior to arrival time (*breast milk cannot be supplemented with formula*)
- Stop clear liquids two hours prior to arrival time.

Clear liquids include:

- Water
- Jell-O (*no fruit or whip cream*)
- Apple juice
- Popsicles (*no pulp*)
- Pedialyte
- Other clear juices (*no pulp or citrus*)
- Gatorade
- **Special circumstances (i.e. medications in foods, late afternoon procedure time) will be discussed individually.**

Please note: Not adhering to the above dietary restrictions may delay or cancel your child's appointment.

What to expect the day of the procedure

When your child is scheduled in the Tests and Treatments Center, your first stop will be the admitting desk. The easiest way to get to admitting is by parking in the Conway Garage and entering the building through the Mercy Children's Hospital entrance. Continue through the lobby to the Children's Tower elevators and take those down to the ground floor. Tests and Treatments Admitting is located on the ground floor of Mercy Children's Hospital.

Once the admitting process is complete, you will be escorted to the appropriate testing area. **Please do not report to Ambulatory Surgery/ASU, Surgery Center or Outpatient MRI.**

When you arrive, our nurses will review your child's medical history, and obtain his/her weight and vital signs. The pediatric anesthesiologist on duty will examine your child and explain the sedation/anesthesia and answer any questions you may have. We encourage you to ask questions, and want you to feel completely comfortable with the sedation process.

After the anesthesiologist examines your child, he or she will determine if an oral sedative is appropriate. If needed, the sedative will be given prior to the scheduled procedure. This will relax your child and facilitate the test or procedure.

Every child responds differently to the medications given for their test or procedure. Some may wake up immediately after the procedure is completed, while others may sleep for longer periods. If the test/procedure is scheduled during a regular nap time, your child may sleep a little longer. **It is not uncommon for young children to wake up upset, angry and tearful.** Do not be alarmed; this will resolve. Once your child is awake and alert, clear liquids will be offered.

Before you are discharged, the nurse will review written instructions with you and make sure all your questions are answered.