

ADVENTURES UNDER ANESTHESIA





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ADVENTURES
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Sam loved going to the doctor, especially the waiting room he could play in.

He liked all the neat toys, and the stickers he received at the end of his appointment.

However, this doctor's visit would be different. This time, Sam was going to the hospital because he needed to have surgery.





As Sam sat at the breakfast table with his mom, they talked about how his visit to the doctor would be different this time.

"This Wednesday, when we go to the hospital," Sam's mom said, "the doctor is going to use something special called **anesthesia** while you have your surgery."

What a funny word, Sam thought. He had never heard of anesthesia before.

"What's that?" Sam asked.

"Anesthesia is a special medicine that doctors use to help you fall asleep while they fix you up," Sam's mom replied.

Sam spent the next day wondering what anesthesia would feel like. He had always been awake while visiting the doctor and was used to seeing what was going on.

He wondered what it would feel like to be asleep at the hospital.

What would he dream about? How long would he be asleep for?





That night, Sam got to eat his favourite meal for supper.

"We have special instructions from the doctor to not eat tomorrow morning before your surgery," his mother said.

"Why?" Sam asked.

"Because anesthesia makes everything in your body sleepy, even your organs inside! This is one of the rules doctors have to help keep you safe when using it," she replied. "Don't worry, Sam, you can still have a drink one hour before your surgery!"

Sam took extra big bites of his pizza so he wouldn't be hungry the next morning.

Sam and his mom woke up extra early the next morning. It was still dark outside! While Sam got ready to go, his stomach grumbled, but he remembered the special rules for today's visit.

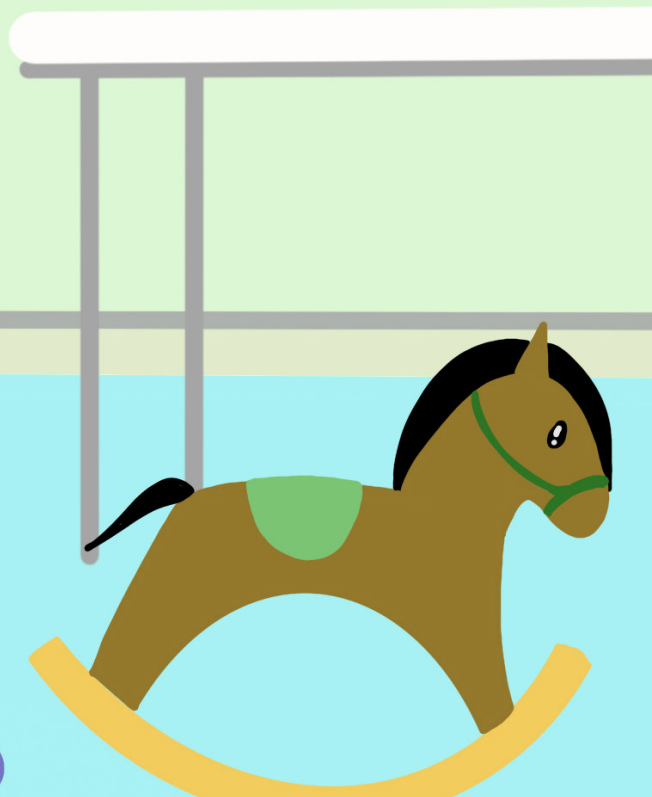
"We almost forgot Mr. Cuddles," Sam's mother said, holding his teddy bear in her hands.

Sam grabbed the bear and held it tightly. Mr. Cuddles had gone with Sam to every other doctor's visit he'd been to. "I was worried I couldn't take him because of the anesthesia," Sam replied. The word still felt funny to say.

"The doctor said it was okay for him to come with us," his mom responded. "When you go into your surgery, he can keep me company while I wait for you."

Sam was happy to have a friend with him during his appointment.





When Sam arrived at the hospital, he wondered if he would still be able to play in the waiting room. He worried that this time, things would be different.

But just like his last visit, Sam played with all the different toys in the waiting room. He played with the pirate ships, the underwater sea animals, and even a space rocket.

As he played, Sam started to feel like maybe this visit wouldn't be so different from the others after all.

Eventually, he heard someone call his name. It was time to meet the sleep doctor - the **anesthesiologist**.

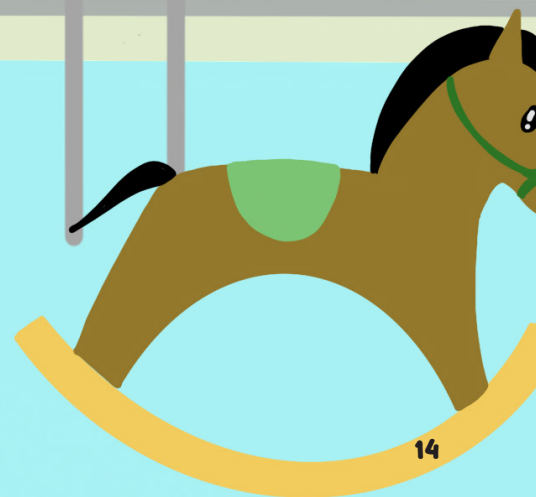
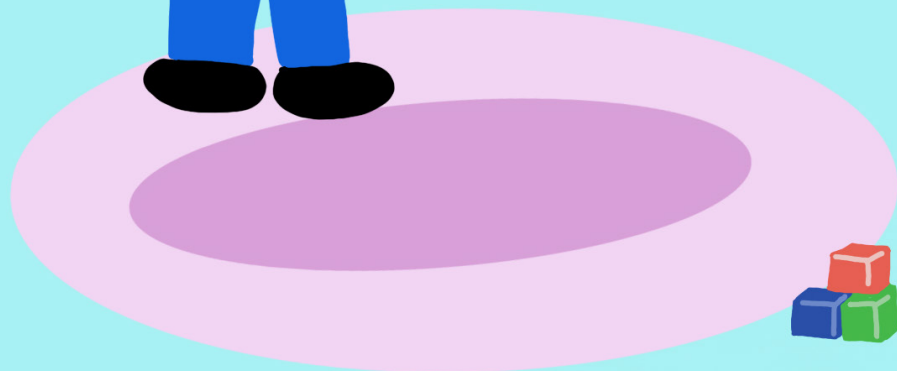
Another big word.

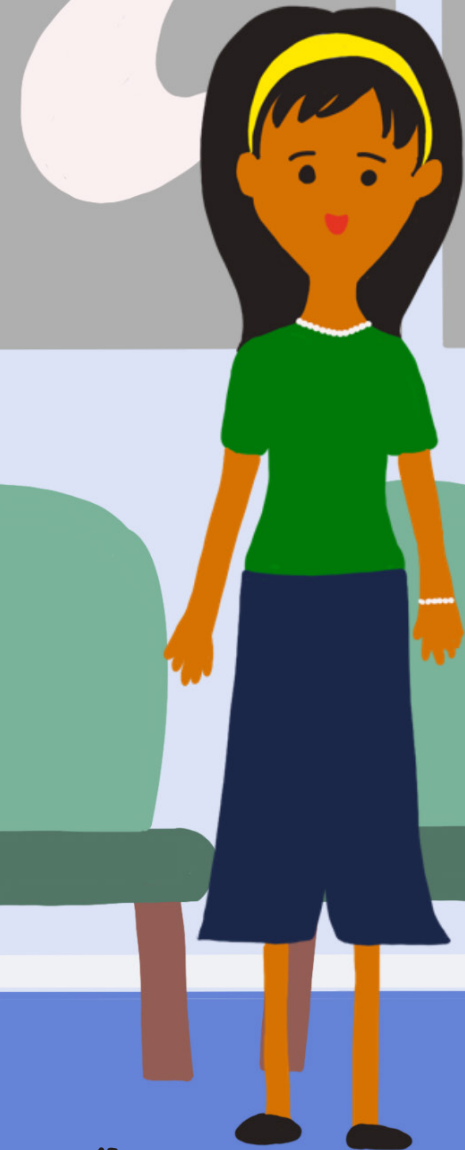
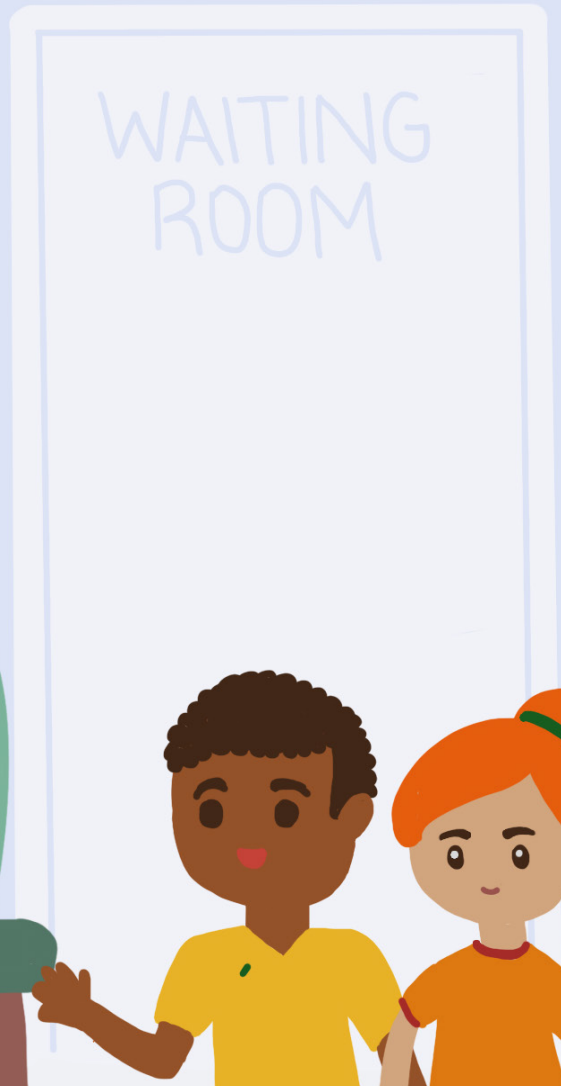
The doctor greeted Sam with a big smile. Sam listened as the doctor explained what would be happening during the visit.

She told him that while he slept, they would be treating his belly so that when he woke up, his body would be all fixed. She also told him that the anesthesia would only make him sleep for a few hours, but it would feel like seconds. His mom and the doctor would be there when he woke up! Sam liked that, but he started to feel nervous. The doctor asked Sam if he had any questions.

"What will it feel like?" Sam asked.

"Why don't we go ask some friends?" the doctor suggested.





Sam and his mother followed the doctor back into the waiting room, which was filled with other children.

"I know new things can be scary sometimes," the doctor explained. "But many of these children have had anesthesia before and are here for their check ups. Why don't you chat with them?"

"What did anesthesia feel like?" Sam asked his new friends. They seemed very nice.

"It felt like... sleeping!" one of the children replied. The others agreed.

"What did you dream about?" Sam asked.



"I dreamed about swimming deep in the ocean," one of the children said. "I went all the way to the bottom where I swam with the dolphins and sharks and octopuses. We found sunken ships and treasure and hidden mermaid cities!"



"I dreamed that I was able to fly," another child exclaimed. "I flew all around the world in a rocket ship. I flew past the jungle and arctic, and volcanoes and cities with super tall buildings. Then I flew all the way into outer space."

After hearing all about his new friends' adventures, Sam was ready for his surgery. He went back to his mom and Mr. Cuddles and gave each of them a big hug.

"Mr. Cuddles and I will be waiting down the hall for you," Sam's mom told him. But as Sam laid in the bed, he started to feel worried again. He wished his mom and Mr. Cuddles were there to help him. He thought maybe he wasn't ready for his surgery.

"It's going to be as easy as falling asleep," the doctor said with a warm smile. The nurse told Sam some funny jokes to make him laugh.

Then, the doctor placed a mask over his mouth. "Just take a few deep breaths for me," she said.

The mask made Sam feel like a deep sea diver or even an astronaut! With each breath, he grew sleepier and sleepier...





Before he knew it, Sam was no longer at the hospital. He was on a pirate ship in the middle of the ocean! He held a big sword in his hand and a talking parrot on his shoulder.

"Hello, Captain Sam. Squawk!" it said.

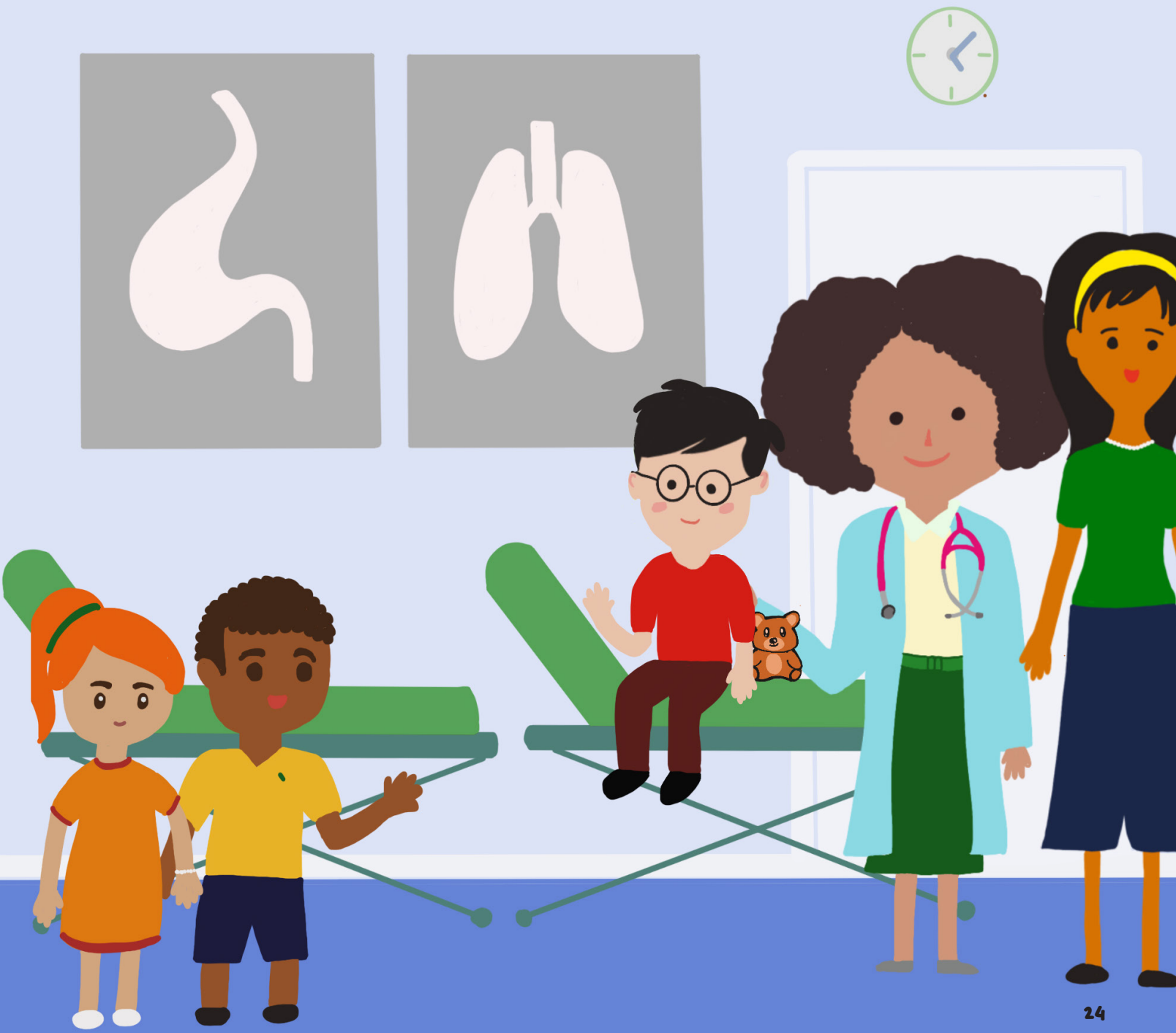
Sam laughed with his pirate crew as they danced to pirate songs and counted the gold in his treasure chest.

Sam opened his eyes slowly. He felt groggy.
Where was he? Where was the parrot?

He saw his mom next to him. Sam was back at the
hospital! The anesthesia had all worn off.

"You're awake!" his mom said, wrapping him in a big hug.

Sam couldn't wait to tell his family about his
awesome dream as a swashbuckling pirate!





Sam felt very tired and a little queasy. The doctor told him this was normal, and that anesthesia can make kids very sleepy when their surgery is over.

Sam's mom brought him a popsicle, which was delicious and helped his upset stomach feel better.

After a while, he felt good as new, and even got to have lunch with his family in the hospital. He was so hungry after his surgery and the food was so yummy!



Once the doctor made sure Sam was all better, he could go home. Sam got buckled into the car. He watched the hospital as he drove away. Although it was a long day, Sam was happy that the doctors made him all better, he had a cool dream, and now he could go home to his own toys and his own comfy bed.



When it was time to go to sleep that night, Sam's mom tucked him and Mr. Cuddles into bed, and told Sam that she was so proud of him.

Sam was a very brave boy!

Sam went back to school a few days later. His classmates were so happy that he was back.

They were very excited to hear about his dream of being a pirate! Sam told them about the ocean, about his sword fights and treasure.

Every now and then, Sam thought about anesthesia and how even though it was different, it helped make him all better.



The QMed Reads for Paeds project was started by the Queen's Medicine Class of 2017. Our mission is to produce engaging storybooks for children that demystify topics in pediatric health. The books are gifts from us to patients, with the hope of empowering them and their families.

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