

Sedation for a procedure

What is sedation?

Your child is scheduled for a

in the _____

department on the _____ campus at Children's Hospitals and Clinics. It is important that your child hold very still during the procedure or test to get the best results. Many young children are not able to be still enough when they are awake. Sedation is medicine to help your child sleep or relax during the procedure.

You may stay with your child while he or she is falling asleep. For some tests or procedures, you may be able to stay with your child the entire time.

As with all medicines, there are benefits, side effects, and risks. The sedation nurse will review these and answer any questions before sedating your child.

For your child's safety, do not give food and liquids before the procedure. Follow the nurse's instructions.

What medicine will be given?

The type of medicine used to sedate your child depends on age, weight, and the type of procedure. The doctor will decide which medicine is best. Some children need more than one dose of medicine to fall asleep or to complete all of the procedure.

Oral medicine _____
name of medicine

Your child may drink this medicine while on your lap. Children become drowsy in about 5 to 15 minutes and may fall asleep or become very relaxed in about 20 to 40 minutes.

Rectal medicine _____
name of medicine

This medicine is given into the rectum. Children become drowsy within 10 to 15 minutes and fall asleep within 20 to 45 minutes, depending on the medicine used.

IV medicine _____
name of medicine

The nurse will put an IV (very small tube) in your child's hand, arm, or foot using a needle. This hurts for a moment so we may need to help your child hold still for the poke. If your child has an indwelling IV access line or port, this will be used. Once the IV is in place, the nurse will give the medicine. It may sting for a moment.

Children become drowsy and may fall asleep or become very relaxed in 1-5 minutes, depending on the medicine used.

IM medicine _____
name of medicine

This medicine is given into the muscle as an injection (shot). It hurts for a moment and your child might need help holding still for the poke. Children become drowsy in about 5-10 minutes and will fall asleep within 10-20 minutes.

What are the side effects?

Side effects depend on the medicine used.

Most common	Sometimes
<ul style="list-style-type: none">• irritability• poor balance• sleeping for several hours	<ul style="list-style-type: none">• change in behavior• hyperactivity• nausea (upset stomach)• gas (flatulence)• dizziness• hiccups

Some sedation medicines could result in a decrease in breathing and heart rate to the point that your child could have trouble breathing. This is a **rare** side effect. If this were to happen, your child would require breathing support until the risk has passed.

During the time your child is sedated he or she will be watched closely. The staff will use monitoring equipment to observe heart rate, breathing, and oxygen levels.

What happens when the test is over?

Every child wakes up differently from sedation. Some children wake up quickly, some take longer, and some are irritable. Comforting your child may help him or her sleep until the sedation wears off. The nurse will let your child sleep, but will need to check the vital signs often.

Your child may be transferred to a recovery area, or return to the inpatient unit to be monitored by a nurse until he or she wakes up.

It is best not to touch your child until they wake up from the sedation on their own.

Test results may not be available right away. Routine results are usually provided by the ordering doctor or your child's regular doctor.

How can I care for my child?

The effects of sedation medicine can last up to 24 hours. Your child may be drowsy or irritable for 2 to 8 hours after receiving the medicine. This time may vary depending on lack of sleep, nap-time, individual sleep patterns, and type of medicine.

Your child will probably need to sleep after leaving the testing area. Letting your child sleep after sedation will help reduce irritability.

Do not give anything to eat or drink until your child is fully awake. Then offer clear liquids and advance your child to a normal diet. Clear liquids include water, apple juice, Popsicles®, Jell-O®, and Kool-Aid®. **Do not** give hard candy, gum, milk, or juice with pulp in it, such as orange juice, soon after sedation.

Your child may be dizzy and unsteady, and must be watched closely and protected from injury. Stay with and watch your child carefully when crawling, walking, or using the bathroom. Your child should not ride a bike or riding toy until all of the effects of the medicine have worn off. **Important:** Use a car seat or seat belt for the ride home.

When should I call the doctor?

- questions about procedure or results
- vomiting more than twice
- **extreme** irritability
- trouble arousing your child
- trouble breathing - **call 911**

Questions?

This sheet is not specific to your child, but provides general information. If you have questions about your child's sedation, call:
