

Instructions After Pediatric Sedation

Your child received medicine today for sedation during a test or treatment. Medicine used for sedation helps relieve anxiety, decrease discomfort, and provides optimal conditions to perform a radiological exam or a procedure. This sheet gives you information on how to best care for your child after he or she has received sedation.

The test or treatment that your child had was:

- | | |
|--|---|
| ☐ CT SCAN/MRI SCAN | ☐ ORTHOPEDIC REDUCTION |
| ☐ LACERATION REPAIR | ☐ OTHER _____ |

The medicine that your child received was:

- | | |
|--|-----------------------------------|
| ☐ Midazolam | ☐ Fentanyl |
| ☐ Pentobarbital | ☐ Ketamine |
| ☐ Chloral hydrate | |

Safety

- Some effects of the medication may linger. Plan to watch your child closely for the next 24 hours.
- When traveling in the car, tilt the car seat slightly back, but be sure that your child's head remains upright. If the head falls forward, your child could have trouble breathing.

Activity

- Your child may be slightly dizzy and groggy for up to eight hours. Plan quiet activities, such as videos, TV, and quiet music.
- Your child should not do anything that requires concentration or coordination. Some examples are bike riding, rollerblading, swimming, or studying.
- Older patients should not drive a car or operate machinery for at least 24 hours.
- Be sure to support your child when walking to avoid tripping and falling, especially on stairs.

Medications

If your child is taking any medications which cause sleepiness or sedation, please discuss with your doctor if your child should take next scheduled dose (to avoid excess drowsiness).

Diet

- Give clear liquids for the first few hours at home. Some examples are water, ginger-ale, half-strength apple juice, popsicles, Jell-O, broth, tea. Return to your child's regular diet when he or she feels ready and is awake and alert.
- You may go back to breast-feeding as soon as he/she wakes up after the procedural sedation.
- If your infant takes formula, give one feeding of water or Pedialyte before giving formula.
- Do not give your child a heavy meal for the next few hours or stop at a fast food restaurant on the way home. Some children may have an upset stomach or vomit once or twice.
- Older patients should not drink alcohol for at least 24 hours after sedation.
- Remember, your child has had adequate hydration from the intravenous fluids he/she received today. If he/she prefers not to eat or drink for a few hours, do not be concerned.

Sleeping

- Your child may sleep for the next 4-8 hours. Have your child sleep on his or her side for the next 24 hours. This will prevent choking in case your child vomits.
- Make sure your child does not fall asleep while food/fluids are in his/her mouth, to avoid choking.
- Children who nap or go to bed for the night within two hours after leaving the hospital need to be checked intermittently. To check your child, awaken him or her briefly two hours after he or she goes to sleep. Watch the breathing pattern and skin color.

Call 911 or your local emergency number if:

- Your child's breathing appears difficult, shallow, slow or different than usual.
- Your child's skin color has become extremely pale or gray.

Call the Emergency Department at (617) 355-6611 if:

- It is difficult to wake your child from sleeping.
- Your child vomits more than twice.
- You have any questions or concerns.

Information about your child's visit today and medications received:

Child's Weight: Kg _____ Lbs. _____

Additional medications received: _____

Source: Children's Hospital, Boston.