

Sedation Discharge Instructions for Pediatric Patients

This sheet contains instructions for the care of the child who has been sedated for a procedure.

Today your child was given _____, medicine(s) to decrease anxiety or pain, or to cause sleep during a medical procedure or test. Although your child is now awake and is ready to go home, some of the effects of the medicine may last for several hours.

PLEASE FOLLOW THE GUIDELINES BELOW IN CARING FOR YOUR CHILD:

ACTIVITY: Your child may be groggy, dizzy, or less alert for the next few hours. If your child is an infant or toddler (s)he may not be able to hold his/her head up without help.

- Do NOT let your child walk/crawl alone until the sedation has completely worn off.
- Do NOT allow your child to participate in activities that require good coordination or concentration such as bike riding or skateboarding for the next 24 hours.
- Do NOT allow your child to drive any type of vehicle for the next 24 hours.

DIET: Your child may feel sick to his/her stomach or may throw up once or twice after receiving sedation medicines.

- Do NOT feed your child until (s)he is fully awake.
- Nursing infants may have breast milk once awake.
- Other infants/children should start with clear liquids (water, apple juice, 7up) and advance to a regular diet as tolerated.

MEDICATIONS:

- Continue giving your child any medications prescribed by your child's doctor.
- Do NOT give your child any medication that contains alcohol, such as cough syrup, for at least the next six hours.

SLEEPING:

- Check your child frequently during the ride home and throughout the day to assure (s)he is able to breathe easily and has not vomited.
- During the ride home and any car travel for the next 24 hours, it is advisable to have an adult sitting next to him/her. This is especially important for infants and children who ride in car seats. If your child falls asleep in the car, do not allow him/her sleep with his/her head falling forward or to the side. This position may block your child's airway and not allow your child to breathe properly.
- After returning home, place your child on her/his side during sleep.
- Your child may not sleep well the first night after sedation, especially if (s)he slept more than usual throughout the day.
- Your child may be irritable or hyperactive when awake.

TAKE YOUR CHILD (and this instruction sheet) TO THE NEAREST EMERGENCY ROOM IF ANY OF THE FOLLOWING THINGS HAPPEN:

- Your child is vomiting frequently
- Your child is having difficulty breathing
- Your child's skin becomes very pale or grayish in color
- You are unable to awake your child from sleep

If you have any questions or concerns during the next 24-48 hrs, please call KENTUCKY CHILDREN'S HOSPITAL at 859-323-6000, and ask for the Pediatric Admitting Resident.

I have read and understand the information in this sheet.

Patient/Parent/Caregiver/Guardian Signature

Discharging RN Signature

Date/Time