

Caring for a Child after Procedural Sedation

Procedural Sedation is when we give medicines to make a child feel sleepy and at the same time ease the child’s pain. We gave your child medicines (known as ‘sedation’) so we could do a test or procedure without your child feeling pain.

For the next 24 hours, your child may feel the effects of these medicines. Here are the most common effects and what to do about them.

Your child may feel...	Here is what to do about it:
Tired Unsteady or off-balance	Watch your child’s activities during this time. Do not leave your child alone in the bathtub. Do not let your child play alone
Fussy No appetite Sick to the stomach	Do not give your child solid food right away. Start with clear fluids like water, apple juice, or ginger ale. Add other fluids such as milk and solid food in small amounts. Slowly increase the amount of food you give your child. If not done slowly, it can make your child feel sick to the stomach.
Throwing up	Go back to offering only clear fluids.

For your child’s safety

Before you go home:

We watch your child for a while after the procedure. We let you go home only after we have made sure it is safe for you to do so. We let you know when you can take your child home. We will not let your child go home until:

- Your child’s heart rate, breathing, and blood pressure are normal.
- Your child is able to take a deep breath and cough well.
- Your child can lift his or her head, sit up without help, and talk (if your child can do this normally).
- Your child is awake and alert (to what is normal for your child).

On the way home:

Young children and babies in car seats need to be kept awake enough so they are able to breathe properly while in the car seat. Arrange for an adult to ride in the back seat with your child during the ride home.

At home:

Your child may be unsteady and sleepy for the first 24 hours after the procedure.

For your child’s safety:

- Check on your child every couple of hours during sleeping hours.
- Do not leave your child alone when awake.
- Do quiet activities with your child.

Caring for a Child after Procedural Sedation, *continued*

It is not always possible to know how your child will react to certain medicines. Your child may have nightmares or see things that are not there. Sometimes, instead of being sleepy, a child might be irritable or hit out at others. If your child does have any of these, the effects should go away within the next 24 hours.

Medicines

Normally, you should not give your child any medicines after you leave the Emergency Department. If you were giving your child medicines on a regular basis before today, ask the Emergency doctor when you should start giving them again.

Your child may start to have some pain as the 'sedation' wears off. Only give your child pain medicine if directed to by your doctor.

If we give you a prescription for your child to take antibiotics at home, please give them as directed. It is very important that the antibiotics are given as instructed until all the medicine is finished.

When to call your doctor

Call your family doctor if:

- Your child has nausea and/or vomiting that is so bad that your child is not able to eat or drink anything for 24 hours.
- Your child continues to be unsteady, fussy, or irritable after the first 24 hours, or if any of these gets worse at any time. The medicine for your pain is not working to control your pain.
- The medicine for your child's pain does not seem to be working.
- Your child has chills or get a fever where your child's temperature is over 38.5° C (101.3° F), using an ear or mouth thermometer.

If you are not able to contact your doctor, take your child to a walk-in medical clinic or to the nearest Emergency Department.

Before you take your child home, take a moment to write down any questions you may have. The nurse or doctor will answer your questions for you.

Questions I have:

Answers to my questions:

Have any questions? Want to know more?

If you have any concerns or questions after leaving the hospital, contact any of the following:

- Your family doctor.
- St. Paul's Hospital Emergency Department (604-806-8686)
- Mount St. Joseph Hospital Emergency Department (604-877-8351)
- BC Nurse Line (In Vancouver 604-215-4700; TTY 1-866-889-4700)

The information in this document is intended solely for the person to whom it was given by the health care team.