

Sedation: Caring For Your Child At Home

Your child was given sedation during his/her visit to the hospital. Sedation is a medicine that helps your child relax, stay calm, or sleep.

Your child will be ready to go home when he/she is wide awake, or back to how he/she was before being given sedation. This may take 1 or 2 hours.

Important information about your child's sedation:

- Name of the sedation medicine:
- Time and date your child got the sedation medicine:
- Amount of sedative and method of sedation:
- Your child's weight today:
- Name of your child's sedation nurse or doctor:
- Telephone:

Your child may feel unsteady or groggy after sedation:

Your child may be unsteady on his/her feet. If your child feels this way, do not let him/her run, walk, or crawl on his/her own. He/she may feel dizzy and groggy for up to one day and may be less active.

Your child may feel the effects of the sedation for up to one day. Watch him/her closely. He/she may also become cranky, grumpy, or too active.

Activities after sedation:

An adult should watch all of your child's activities for up to 24 hours until the effects of sedation have completely worn off, especially anything that needs her attention and balance, such as running, playing ball, and studying. Most children will be ready to go back to their regular routine the day after sedation.

If your child is a teenager, he/she should not drive or use machines for at least one day after sedation.

Feeding your child:

Do not feed your child until he/she is wide awake. Do not feed him/her too much food too fast, because this can make him/her vomit.

Give your child clear fluids at first (water, apple juice). When your child can drink clear fluids without throwing up, slowly start feeding your child her regular food.

If your baby is able to drink from a bottle, try to give him/her one or two feedings of clear fluid before giving formula or breastfeeding.

If your baby cannot drink from a bottle, make sure your baby is wide awake and start with a short feed.

Driving with your child:

When your child rides in a car, tip the car seat back slightly. Your child's head should be up and back a little. If his/her head falls forward, he/she may have trouble breathing. He/she should be properly belted in on the ride home from the hospital. Please have an adult (other than the driver) sit beside your child to watch him/her.

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Your child may not sleep normally after sedation:

Check your child several times during the first 3-4 hours that he/she sleeps after leaving the hospital. He/she should wake a little when you disturb him/her, but sometimes children are quite sleepy and it takes some effort to wake them. Make sure your child is breathing regularly and that his/her skin is its usual colour.

Your child may not sleep normally because he/she slept at the hospital. He/she may sleep or wake up a lot.

Who to call if you have concerns:

If you notice any of these problems, call 911 for help:

- Your child is having problems breathing
- Your child's breathing is shallow, slow, or different than usual
- Your child's skin colour is very blue or grey
- You are not able to wake your child

These problems are rare.

Call the doctor or nurse if your child throws up more than twice:

If your child throws up more than twice, call your family doctor or take your child to the nearest Emergency Department. Bring this information with you so the doctor or nurse will know the name, time and amount of sedation your child received.

If you have other questions or concerns that are not urgent, call the Diagnostic Imaging Department at 613-969-7400 ext.2085.

Key Points:

- Your child may feel different for up to 1 day after receiving sedation. Watch your child closely, especially if he/she is doing things that need balance or concentration.
- Feed your child clear fluids at first. When your child can drink without vomiting, start giving him/her what he/she normally eats.
- If your baby is able to drink from a bottle, try to give him/her 1 or 2 feedings of clear fluid before giving formula or breastfeeding.
- If your baby cannot drink from a bottle, make sure your baby is wide awake and start with a short feed.
- If you are driving with your child, have another adult sit next to your child to watch her.
- Check your child for the first 3-4 hours that he/she sleeps. Make sure that you can wake him/her, he/she is breathing regularly, and his/her skin is its usual colour. If there are any breathing problems, call 911 for help