

## Sedation for Procedures: What to Expect

### What is sedation?

Often times, children are nervous, upset, or have pain before a procedure. Sometimes medicines are used to help your child feel relaxed, sleepy or to fall asleep before a procedure. This is called sedation. Sedation medicines help soothe and calm your child before and during a procedure. It is also used if your child needs to be still for a long time during a test.

### How is it done?

Most sedation medicine is given in a vein through an IV. Some are given by mouth. This depends on your child and the procedure to be done. While your child is sedated, a nurse will check your child's heart rate, breathing and oxygen levels often. Monitors may also be placed on your child.



### Are there any risks?

Our staff is fully trained and will carefully monitor your child. As with any procedure there are risks.

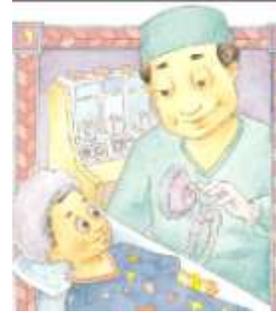
- Sedating your child:
  - May not be safe if your child has a cold with a cough, fever or wheezing. If these are present, the procedure may need to be cancelled for safety reasons.
  - May cause your child to need help breathing. We may need to give oxygen with a mask or a breathing tube.
- Some children vomit or feel sick to their stomach (nausea). Very rarely, this can cause the stomach fluid to go into the lungs. This is called aspiration, and can be very dangerous. This is why we are very strict about when to have your child stop eating and drinking before a procedure.
- A sedation medicine:
  - May not work. If this happens, the procedure may need to be rescheduled. A different kind of sedation may be used.
  - May rarely cause an allergic reaction. If that happens, we will give other medicine to treat the allergy.

### Special preparation

You will be given instructions about when your child must stop eating and drinking **before a procedure or surgery**. It is very important to follow these instructions. **The procedure may be cancelled if you do not follow the instructions.**

## What happens during sedation?

The medicine may take up to 20 minutes to work. We may need to use more medicine during the procedure to keep your child comfortable. When sedated, some children will fall asleep, some will be awake but groggy, and some may be fussy and crabby. Often, a child who is sedated will not remember the procedure. Depending on the procedure, you may or may not be able to stay with your child.



## What happens after sedation?

- After the procedure, your child will be monitored until the medicine wears off.
- We will give your child something to drink once the medicine wears off. The first meal should be a light snack that isn't greasy or spicy.
- Your child may have an upset stomach; feel crabby or upset after sedation.
- Some children are dizzy when they stand. Your child will need to be watched closely for the rest of the day to make sure that they do not fall.
- Have your child stay home and play quietly for the rest of the day. Your child should not go to daycare, school, or swimming lessons. They should not do any activity needing balance. This includes climbing and bike riding.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that this sheet did not cover.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**