

BLANK CHILDREN'S HOSPITAL

SEDATION FOR YOUR CHILD

- Your child's provider has ordered sedation for your child's upcoming procedure.
- Sedation is given for various reasons to children—to help them be still for procedures where this is necessary, to provide pain control for painful procedures, to help with anxiety associated with procedures/studies, or any combination of these.
- Sedation occurs on a spectrum from mild (medication to help with anxiety) to general anesthesia (where your child is managed by an anesthesiologist with a breathing tube in their airway). The type of sedation your provider has ordered is administered by various means—oral, inhaled, nasal, intramuscular, or intravenous (IV). It is given by a pediatrician with special training in sedation (our current team of doctors also work in the Pediatric Emergency Department or Pediatric Intensive Care Unit). These doctors will determine which exact medication is best for your child and the planned procedure. Specially trained sedation nurses assist with the care and monitoring of your child throughout their procedure.
- Prior to receiving sedation, your child underwent a physical exam by the ordering provider or their primary care provider. These records have been carefully reviewed by the sedation team to ensure that your child is safe to administer sedation.
- Please let your ordering provider and the sedation team know if your child has been ill in the last few days—fever, cough/congestion, vomiting/diarrhea, or any other illnesses. In addition, if your child snores or has pauses in their breathing at night, we want to know about this.
- It is very important that your child follow the below guidelines for eating/drinking prior to their procedure. Failure to do so may result in your child's test/sedation being cancelled or rescheduled.



Solid Foods , including liquids you cannot see through	6 hours prior to sedation
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Breastmilk	4 hours prior to sedation
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Clear liquids (water, clear juice (NOT orange juice), jello, popsicles)	2 hours prior to sedation
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ON THE DAY OF YOUR CHILD'S SEDATION:

- Upon arrival for their procedure, a nurse will assess your child and obtain vital signs (temperature, heart rate, respiratory (breathing) rate, blood pressure, and pulse oximeter).
- The sedating nurse and physician will assess your child and discuss the sedation plan with you and your child.
- Child Life may also assist your child in coping strategies/medical play prior to the procedure and help your child understand the sedation/procedure ordered.
- Your child will be sedated while you're present (though you could choose to step out if you'd rather). We want to ensure your child is as comfortable as possible during this process, so this can happen with your child sitting on your lap, in your arms, or with you standing near your child.
- Monitors will then be placed, and the child's procedure will occur.
- Following the procedure, your child will be monitored until they are awake and able to eat/drink a snack (should they choose). You may bring a snack from home if your child is a picky eater or has dietary restrictions.



AFTER YOUR CHILD'S SEDATION:

- Depending on the medication utilized, your child may be sleepy for part of the day, or they may be back to their normal activity level by the time you leave the hospital/clinic.
- After the sedation, if you should have any concerns, we recommend you reach out to your primary care provider, as most new symptoms are not related to the sedation medications administered.
- Any results from tests ordered will be available from your ordering provider.



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