FEEDING
Once your child is fully awake they will be allowed to eat and drink. It is important to check with nursing staff before you offer any food / drink to your child.

Please encourage fluids as they will have been fasting for some time before the sedation.

At home they can eat and drink as Normal.

WHEN TO SEEK MEDICAL ATTENTION OR ADVICE
Place your child in a safe position on their side and seek medical attention immediately, if any of the following occur:

- Change in facial colour or breathing pattern
- Prolonged sleepiness with difficulty in waking child.
- Your child has unsteady gait which does not resolve after 24 hours.
- Any other concerns.

For more information on Oral Sedation, please contact:

Medical Day Unit: 01 409 6525 / 01 409 6818

Monday to Friday: 7.30am to 7:00pm

After hours: Please contact your GP or nearest Medical Centre

REMEMBER
Ask your nurse if you are unsure about anything about your child's care.

Additional instructions

Developed by Marian Vaughan CNF Daycare / Radiology

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WHAT IS SEDATION?
Sedation is the use of medication to aid a child into a deep sleep. This can allow for certain scans and procedures to be carried out, for example, eye examinations, MRI / CT scans and echocardiograms.

HOW WILL THE SEDATION BE GIVEN?
Sedation is usually given orally (by mouth) using an oral syringe about 30-45 mins before your child’s procedure.

Alternatively, if your child has a gastrostomy or peg tube it can be given via the tube.

FASTING
Your child will need to be fasting before sedation is given:
- 6 hours from formula, milk or food.
- 4 hours if breastfed.
- 2 hours from clear fluids such as water or flat 7up

POINTS TO CONSIDER
Sedation is usually effective for most young children below a certain weight. However, there are some children for whom sedation is ineffective. In this situation some children may require a general anaesthetic. This would mean returning to the hospital on another date. The medical team looking after your child will discuss this with you

BEFORE SEDATION
If possible try and keep your child awake one to two hours before sedation is given. Sedation is usually more effective if your child has been awake.

Ensure your child has their favourite toy or comforter.

DURING SEDATION
- Your child will be monitored by nursing staff during and after their procedure, until they have fully recovered from the effects of the sedation.
- Their heart rate, breathing pattern and oxygen levels will be monitored.
- Some children may require oxygen by face mask, either during or after sedation, until they are fully awake.

AFTER SEDATION
- Be prepared to stay in hospital for a few hours after your child’s sedation. Your child will need to stay until they are fully awake and have had something to eat and drink. If your child is at a walking stage they need to be steady on their feet.
- Please stay beside your child and supervise them as they start to walk, you can expect them to be wobbly or unsteady and they are more likely to fall over during this time.

ON THE WAY HOME AND FOR THE NEXT 24 HOURS
- On the journey home, watch your child to make sure he / she does not have any difficulty breathing especially if they fall asleep in the car seat.
- Do not leave your child alone in a car seat. Ensure they are securely strapped in their seat.
- Your child may be sleepier than normal for 24 hours after sedation. Encourage plenty of rest. If your child is still sleepy the following day you may need to keep them off playschool / creche.
- Young children especially toddlers may be quite unsteady / unbalanced after sedation and are at risk of falling over. They will need close observation by an adult until they have fully recovered.
- Do not leave your child with an inexperienced carer.
- Supervise play and activities at home especially during bath time, going to the toilet or going up and down stairs. Avoid activities that require balance or co-ordination such as swimming or cycling for the next 24 hours.
- Check your child’s breathing pattern the night after discharge. If their breathing seems heavy or different to their normal pattern please wake them up gently and if you have any concerns please return to the hospital.