

Making sure your child is safe

Our goal at Children's is to give your child the safest possible care. Using medicines to relax your child or make them sleepy puts them at risk for falling down and getting hurt. To help keep your child safe and prevent harm, please follow the instructions below based on your child's age. If you have any questions or concerns about your child at any time, **please speak up** and let us know.

How do I care for my child after sedation?

Sedation uses medicines to help your child feel relaxed, calm and sleepy (sedated). It is often used during certain tests and procedures. Sedation can help your child stay calm, be able to lie still, and have less pain.

A member of the care team will explain the doctor's instructions. Some guidelines to follow include:

- Until fully awake and alert:
 - Stay with your child.
 - Do not give your child anything to eat or drink.
 - Keep the lights, activity and noise levels low. This will help your child rest.
- Watch your child closely for the first hour after going home and then every hour for the next 6 hours.
- Protect your child from falls, sharp objects and other possible dangers.
- Some children may become restless, agitated or combative from the sedation. Calm and reassure your child if this happens. This should wear off within a few hours.
- Your child should not return to day care, school or work for 12 to 24 hours.

How do I care for a baby (newborn to 1 year)?

- If possible, 2 adults should be with your baby for the ride home - 1 to drive and 1 to sit next to your baby in case there is vomiting (throwing up) or their head falls in an awkward position.
- Watch your baby closely when playing, sitting up and crawling.
- Feed your baby when they are awake and able to suck. Start with clear fluids, such as juice, Pedialyte, Gatorade or breast milk.
- **Do not** prop your baby's bottle.
- **Never** give plain water to babies younger than 6 months old.
- Advance to your baby's normal diet and feeding schedule when your baby:
 - Is fully awake.
 - Can drink fluids without throwing up.
- Your baby should wet the diaper every 4 to 6 hours. This shows they are getting enough fluids.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

After sedation, continued

How do I care for a toddler or school-age child?

- Place your child on their side while sleeping. This may help prevent problems if they throw up.
- Provide quiet indoor activities, such as coloring, reading or watching TV. Avoid activities that need balance and coordination, such as biking, swimming and skating, for about 24 hours.
- Help your child climb stairs safely.
- Advance to your child's normal diet and feeding schedule when your child:
 - Is fully awake.
 - Can drink fluids without throwing up.
- Stay with your child when they eat and bathe for the next 6 to 12 hours.

How do I care for a teen?

- Do not leave your teen at home alone for the next 6 to 12 hours.
- Provide quiet indoor activities, such as listening to music, reading or watching TV. Avoid activities that need balance and coordination, such as biking, swimming and skating, for about 24 hours.
- Your teen should not play sports until the doctor says it is OK.
- Have your teen drink plenty of fluids. Advance to their normal diet when your teen:
 - Is fully awake.
 - Can drink liquids without throwing up.
- Stay with your teen when they eat for the next 6 hours.
- Your teen may not drive for the next 24 hours.

How do I care for a child with special needs?

- For the next 24 hours:
 - Stay with your child.
 - Your child may need more help than normal.
- Do not allow your child to sleep in a wheelchair.
- Help your child with their adaptive equipment, such as a wheelchair or walker.
- Give your child plenty of fluids.
- Advance to their normal diet and feeding schedule when your child:
 - Is fully awake.
 - Can get liquids without throwing up.
- Stay with your child when they eat and bathe for the next 24 hours.

When should I call my child's doctor?

Call the doctor if your child:

- Does not smile or show interest in play for at least a few minutes every 4 hours.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

After sedation, continued

- Is hard to wake up or is not fully awake after 6 hours. You should be able to wake your child. It is OK if your child goes right back to sleep after you wake them.
- Cannot be calmed for at least a few minutes every hour using methods that most often help, such as holding them, rocking them, giving them a pacifier, or talking to them.
- Throws up more than 3 times within the first 12 hours after sedation.
- Has loose, runny stools more than 3 times within the first 12 hours after sedation.

Call your child's doctor if you have any questions or concerns about how your child looks or feels.

When should I call 911?

Call 911 **right away** if your child:

- Is so sleepy that they hardly respond to you.
- Finds it hard to breathe or take a breath.
- Has chest retractions (skin pulls in around the ribs and chest when breathing).
- Grunts when they breathe.
- Wheezes or breathes harder than they did when last seen by the doctor.
- Is unable to breathe and suck at the same time or chokes when they suck.
- Has fast, shallow breathing.
- Has a tight feeling in the chest.
- Has a blue or dark purple color to the nails, lips or gums.
- Stops breathing for more than 10 seconds.
- Cannot talk while trying to breathe.
- Has any problem that needs care **right away**.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.