



Sedation Discharge Instructions

How to care for your
child after sedation

Patient's name:

Procedure:

Sedation medicine given:

Clinic:

Phone:

Your child was given sedation medicine to make them sleep or relax during a procedure. Each child responds to this medicine in different ways.

Sleepiness

- Your child may be sleepier for up to 8 hours after the procedure. Also, they may be drowsy, wobbly and confused. This is normal.
- You may need to carry your child to the car or hold hands to protect them from falling. Use a car seat like you normally would.

Activities to avoid for 24 hours

Do not let your child run, climb, ride a bicycle, tricycle, scooter, skateboard or drive a motorized vehicle for 24 hours.

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To Learn More

- Call your child's clinic
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers 206-987-2280 (TTY)

Food and drink

- If your child is under 18 months of age, you may feed them as usual.
- If your child is older than 18 months of age, give them clear liquids such as apple juice, water, grape juice or pop. If your child does not throw up after that, you can feed them solid food.
- Give your child plenty of liquids during the first 24 hours after sedation. If you are unable to get your child to drink the amount of liquids they would normally take, contact your child's doctor.
- The medicine that we use does not usually cause throwing up. If your child throws up more than 1 time after the procedure, call your child's doctor.

Medicine

- Ask your child's doctor about medicine you should avoid for 24 hours after the procedure.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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