



Sedation Prior to Procedures

Patient information Leaflet

May 2020

Introduction

Sedation may be considered for your child if a procedure is too frightening, too painful, have behavioural problems or are required to remain still for a certain period of time.

On Admission

During the admission process a trained healthcare professional will carry out a pre sedation assessment to determine what sedation is appropriate for your child in regards to the procedure they are having. This will give you the opportunity to ask any questions you may have.

Before the doctor or nurse administers the appropriate sedation they will check to ensure your child has been fasted:

- No solid food or milk for 6 hours prior to administration.
- No clear fluids for 1 hour prior to administration.
- If your child is breastfed, breast milk should not be given 4 hours prior to administration.

Sedation will usually be given by mouth (the medication has quite an unpleasant taste but it is important that all of it is taken) approx 30 – 60 mins prior to the time of your child's procedure to allow the medication to take effect. During this period it is helpful to keep your child as quiet as possible in a darkened room (switch off lights, close the curtains) to help the sedation take effect.

While your child is sedated

Once your child is asleep it is important to notify nursing staff, as while sedated your child will be connected to a machine to enable both their oxygen levels and heart rate to be closely monitored by your nurse.

During sedation, oxygen may be administered to your child by a face mask as their breathing can occasionally be affected by the medication administered. The nurse caring for your child will keep you fully updated throughout the process, and will notify the doctor if required.

After the procedure how long will it take for my child to recover?

This varies with different children and the amount, type and way the medicine has been administered. In general most children will need to be observed in hospital for 2-3 hours before going home. This will allow medical and nursing staff to observe your child and ensure they are awake and alert with possible nausea/ vomiting and pain adequately managed.

Possible side effects from sedation

- Unsteadiness
- Agitation
- Difficulty with breathing.
- Dizziness
- Nausea (feeling sick) and vomiting.
- Incontinence (bed wetting)
- Headache

Will my child be able to eat and drink normally when they go home?

For the first few hours do not give your child a large meal as this may make them vomit or feel sick. If your child does feel sick or vomits then give them clear fluids (such as fruit squash) until this passes.

When should I seek further medical attention?

You should seek further medical attention if you are worried about your child or if your child:

- Is repeatedly vomiting.
- Develops any difficulty with breathing.
- Is difficult to wake up.
- Becomes very agitated or upset.

Useful Contact Numbers:

- Children's Unit 0161 922 5252 (24 hrs)
- Children's Community Team 0161 922 5251 (08.00-20.00 mon-sun)
- NHS Direct 111 (24hr helpline)
- You can also contact your GP for advice.

Useful Websites/information:

- Department of Health (www.dh.gov.uk)
- NHS Choices (www.nhs.uk/conditions)
- NHS institute for innovation and improvement (www.institute.nhs.uk)
- NHS Improvement (www.improvement.nhs.uk)

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言 翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹریپریٹیشن اینڈ پیسٹنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

References:

Original S-Ketamine guidelines © Dr Eileen Byrne & Alder Hey Children's NHS Foundation Trust (2005). Modified for use at The Pennine Acute Hospitals NHS Trust.

BNF for children

Nee. C (2011) Paediatric Sedation Guidelines for Routine Diagnostic and Therapeutic Procedures

NICE (2020) Sedation in children and young people. NICE Consultation Document.

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