

Getting your child ready for an Echocardiogram with sedation

Information for parents of children under 2 years of age

Your child's echocardiogram is on _____ (date)
at _____ (time).

Please bring your child to 3D (on the 3rd floor by the red elevator)
1 hour before the echocardiogram at _____ (time).

Your child will be given a medication to help them relax and lie still during this test. This is called sedation. Having an empty stomach before sedation is very important for your child's safety. Follow the instructions below to make sure your child's stomach is empty.

You must follow these instructions or your child's echocardiogram will be cancelled.

Eating

The night before the echocardiogram, do not give your child anything to eat after midnight.

Drinking

If your baby has only breastmilk, you may breastfeed or give your child expressed breast milk up to 4 hours before the echocardiogram.

Breast milk is allowed until _____ (time).

You may give your child 4 ounces of formula or milk up to 6 hours before the echocardiogram. (4 ounces = $\frac{1}{2}$ cup = 125 ml)

These fluids are allowed until _____ (time).

You may give your child 6 to 8 ounces of water or apple juice up to 4 hours before the echocardiogram. (6 to 8 ounces = $\frac{3}{4}$ to 1 cup = 175 to 250 ml)

These fluids are allowed until _____ (time).