

Caring for your child after sedation for a test or procedure

To help your child lie still, your child was given this sedation:

You can stay with your child until he or she is fully awake. This takes about 2 hours after the sedation was given. During this time, we will check your child and give him or her some clear fluids to drink. We will let you know when your child is ready to go home.

How do I care for my child on the way home?

- For your child's safety, have another adult with you. One person can drive, and the other person will care take of your child. Do not take your child home by bus.
- Make sure your child is well secured in his or her car seat. Support your child's head and neck from falling forward. This will keep your child's breathing passages open.

When can I feed my child?

- When you get home, your child can eat and drink as usual. Do not force your child to eat as he or she may vomit (throw up).
- For the next 24 hours, do not leave your child alone with a bottle or during a feeding.

What will my child be like after the sedation?

Your child will still feel the effects of the sedation when you go home. For 24 hours after the test your child may be:

- less active
- unsteady when moving
- irritable or restless
- drowsy or have trouble sleeping

For the next 24 hours - do not leave your child alone.

How can I help my child?

For the next 24 hours do not leave your child alone.

- Check on your child when he or she is sleeping.
- Stay with your child while he or she is eating or drinking.
- Help your child when he or she gets up. Your child may be unsteady and could easily fall.
- Do not leave your child alone in the bathroom, or on stairs, climbing equipment and riding toys.
- Travel with another adult who will watch your child in his or her car seat.
- Let your child rest or do quiet activities. No swimming, sports or other extra-curricular activities.

When should I call the doctor or get medical help?

Call for medical help if:

- you are concerned about your child's condition
- you notice a change in your child's breathing or swallowing
- your child does not fully wake up after sleeping
- your child is not back to his or her usual self after 24 hours

If you cannot reach the doctor, take your child to the nearest hospital Emergency Room to be checked.

Who should I call?

- If your child had a test or a procedure in **Diagnostic Imaging** or the **Pediatric Sedation and Medical Day Care Unit (3D)**, call your family doctor or the doctor that ordered the test.
- If your child had a test or a procedure in the **Emergency Room**, call your family doctor or the Emergency Room where this was done:

McMaster University Medical Centre	905-521-2100, ext. 75020
Juravinski Hospital	905-521-2100, ext. 42285
Hamilton General Hospital	905-521-2100, ext. 46251
West Lincoln Memorial Hospital	905-945-2253, ext. 300
- If your child had an **Echocardiogram in the Pediatric Sedation and Medical Day Care Unit (3D)**, call the Pediatric Cardiology Nurse at 905-521-2100, ext 75562. After hours, call 905-521-5030 and ask for the Pediatric Cardiologist on-call.