

Emergency Services

## **Before Procedural Sedation (Child)**

Procedural sedation is when we give medicines to make your child sleepy, relaxed, or calm (a sedative) while we do a medical procedure, test, or treatment. For painful treatments or procedures, we also give medicine to block the pain.

We give the procedural sedation either through a vein (intravenously) or by injecting it into a muscle (intramuscularly).

### **What are the risks of procedural sedation?**

With any medication, there is always a risk. Your child might react to the medication during the procedure or as your child is waking up.

During the procedure,

- Your child's breathing might slow down.
- Your child's blood pressure might get low.

As your child is waking up after the procedure:

- Your child could feel sick to their stomach (nausea).
- Your child might throw up (vomit).
- Your child might have bad dreams.

We take steps to prevent any of these things happening and we are always ready in case they do occur.

### **For your safety**

We assign one nurse to stay at your child's bedside before, during, and after the procedure to closely monitor your child and the effects of the procedural sedation on your child. The doctor is notified right away if there are any concerns.

### **Before we begin the procedure**

- We bring emergency equipment to your child's bedside in case we need it.
- We bring special medicines to your child's bedside. If needed, we give these medicines to reverse the effects of certain sedatives and pain medicines. It is very rare that these special medicines are ever needed.
- We place a device on one of your child's fingers to measure the amount of oxygen in your child's blood at all times.

### **During the procedure**

Every 3 to 5 minutes, the nurse checks:

- how sedated your child is
- your child's pulse, blood pressure, and breathing rate (called vital signs)
- your child's oxygen level

### **Right after the procedure**

The nurse:

- continues to closely monitor your child's vital signs and oxygen level
- watches your child closely until they recover and fully wake up

Emergency Services

## After Procedural Sedation (Child)

We gave your child sedation and pain medicine to help your child relax, stay calm, or sleep during an uncomfortable procedure or test.

Your child might feel the effects of these medicines for 24 hours after the procedure.

It is common for children to have any of the following:

- throwing up
- not wanting to eat (no appetite)
- unsteady or off balance
- complaining of feeling dizzy
- groggy or sleepy
- cranky, grumpy, tearful, irritable

### Go to the nearest Emergency Department if:

- Your child throws up more than 3 times over the next couple of hours.
- Your child continues to be unsteady, fussy, or irritable after the first 24 hours, or any of these effects get worse at any time.
- The pain medicine is not working to control your child's pain.

### Call 9-1-1 right away if:

- Your child's breathing is shallow, slow, or different than usual.
- Your child is having trouble breathing.
- Your child's skin or lip colour is turning blue.
- You cannot wake your child up.

### Caring for your child at home

- For children in car seats, you should have a second adult ride in the back seat with the child. Your child could have trouble breathing if their head falls forward.
- Once home, let your child rest or sleep.
- Check your child several times for the first 3 to 4 hours.
  - Make sure you can wake your child up.
  - Check how your child is breathing.
  - Check your child's skin and lip colour.
- Because your child will be unsteady and feel groggy and dizzy for the first 24 hours:
  - **Do not** leave your child alone while they are awake.
  - **Do not** let your child do anything that requires balance such as running, bike riding, or playing sports.
  - **Do not** let your teenager drive or use machines.
- Give pain medicines as directed by the doctor.
- **Do not** feed your child until he or she is wide awake. Start with clear fluids such as water, apple juice, ginger ale, and clear broth. Once your child can drink clear fluids without throwing up, start feeding small amounts of your child's regular food. Do not feed too much or too fast. It can make them throw up. If your child is breastfed, start with 1 or 2 short feeds before returning to the normal feeding schedule.