

# Minimal Procedural Sedation

It is important that your child remain relaxed and still during the scheduled procedure or test to get the best results. Many young children are not able to be still enough when they are awake. Sedation will help your child relax during the procedure.

## Before Sedation

For most tests or procedures, you will be able to stay with your child the entire time. The sedation nurse will partner with you to identify the best plan for your child's situation.

As with all medicines, there are benefits, side effects and risks. The nurse will review these and answer any questions before sedating your child. Your child may eat and drink as normal before the procedure.

## What can I expect after the procedure?

Your child may be sleepy for a few hours after the procedure depending on the type of medication given and their normal sleeping patterns. Children often feel better and are less irritable if they can rest and wake up at their own pace. You can help them have a calm wake up by keeping the room quiet and lighting low after the procedure is completed.

Your child will be monitored by a staff person until the effects of the sedation medication have worn off.

Your child will be ready for discharge when:

- Breathing, heart rate and blood pressure are consistent with what they were before the procedure.
- The child is awake and interacting appropriately
- The child's level of consciousness has returned to normal

Your child can only be discharged into the care of a responsible adult.

## At Home Instructions:

The time that it takes to recover from sedation is different for everyone. It is important to monitor your child throughout the remainder of the day to ensure that they are feeling well because the effects of the medication can last for several hours.

Your child may return to their normal activities once they are awake and have no signs of feeling dizzy or unsteady on their feet, unless otherwise instructed by their provider. The child should not make any major decisions or drive for 24 hours, if legally eligible to do so.

If your child vomits:

- Drink water, clear juice, or soup when they can drink without vomiting.
- Make sure they have little or no nausea before returning to their normal diet.

## When to Call Gillette

Contact the health care provider that ordered the sedation through Telehealth Nursing at 651-229-3890 if:

- You have questions about the sedation or recovery.
- Your child vomits more than two times and continues to feel sick.
- Your child stays extremely sleepy, irritable, or clumsy longer than expected.
- Your child has signs or symptoms of an allergic reaction ((rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat)

**If your child has trouble breathing call 911 immediately.**

Make An Appointment

**651-290-8707**

Refer a Patient

**651-325-2200**

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at **651-229-3890**.