



## BEFORE A PROCEDURAL SEDATION

### Your child is booked to have procedural sedation on:

Date/time: \_\_\_\_\_

Please arrive at HSC Children's Hospital by:

\_\_\_\_\_

### PROCEDURAL SEDATION

Your child needs to have a procedure that may be uncomfortable or unpleasant, or that your child needs to lay still for. The doctor has ordered "procedural sedation" to help your child through the test or treatment.

#### What is procedural sedation?

- Procedural sedation is when medicine is given, usually put through an intravenous (IV), that will help your child relax and/or fall asleep through the test or treatment.
- Your child may not remember what happened during the procedure.

### PREPARATION

#### How can you prepare your child for the test or treatment?

- Tell your child that they will get some medicine to help them relax.

#### When should food or drink be stopped before procedural sedation?

It is very important for safety reasons that your child has an empty stomach at the start of the sedation.

**Please follow the instructions below or the procedure could be delayed or cancelled:**

- All solid food must be finished 8 hours before the procedure.
- Cow's milk or formula must be finished 6 hours before the procedure.
- Breast milk must be finished 4 hours before the procedure.
- Clear fluids\* must be finished 1 hour before the procedure.

\*Clear fluids include water, 7-Up or Sprite, clear apple juice, Kool-aid, clear popsicles or freezies. Popsicles must be a variety that melt into sugar water, and must not contain pulp, fruit, yogurt or ice-cream. Jello, Kool-aid Jammers, gum and candy are **not** allowed.

- 90 minutes (1 ½ hrs) before the procedure your child must have nothing to eat or drink.

**Let us know if your child accidentally drinks or eats.**

**Going ahead with the procedure would not be safe for your child.**

### THE DAY OF THE TEST OR TREATMENT

- If your child is not already in the hospital, please report to the Admitting Desk just inside the Children's Clinic. You will have to enter through 820 Sherbrook Street **60 to 90 minutes** before the test. From there, staff will direct you to where the test or procedure will be done.
- A parent or legal guardian must be with the child to sign the consent.
- A parent or escort **must stay** at the hospital to provide emotional support for the child until they are ready to go home.

### HOW IS PROCEDURAL SEDATION GIVEN?

- Your child will be given a medicine through a tube in the arm (called an IV). Some children are also given medicines to swallow, into the nose or by a needle, usually in the leg.

### What happens next?

- If the medicine is given through an IV, your child may fall asleep immediately once the medicine is given. Some children sleep deeply during the whole procedure.
- With medicine given only by mouth or nose, some children fall into a light sleep where they wake up a little to follow simple directions, such as "roll over". Others are relaxed during the test or treatment.



- Children usually wake up within one hour after the procedure is finished.
- How long your child stays will depend on the procedure your child had.

**What possible side effects may occur?  
What can be done about them?**

- Your child's breathing may slow down or become shallow because of the medicine. If this happens, the doctor or nurse will give other medicines or oxygen to help your child breathe better.
- After the test, most children are sleepy or dizzy. Some children have an upset stomach or are itchy. Usually these problems stop in a few hours or by the next day.
- An allergic reaction is rare. If this happens the doctor can give medicine to help.

**After the procedure**

- The nurse will check your child's breathing and pulse every 15 minutes for about 30 minutes.
- The doctor or nurse will speak with you about caring for your child at home.
- Your child is ready to go home when they can drink fluids, do not have an upset stomach, or can resume usual activities.
- When you drive home, it is recommended that an adult sits beside your child. It is highly unlikely but your child's head could fall forward when asleep and block the breathing passage to the lungs.

**AT HOME**

- Most children prefer liquids or light foods to eat. But it is okay to give usual foods if your child asks for them.
- Your child may feel more comfortable if he or she plays quietly for a few hours after the test or treatment.
- Keep your child home for the day. Protect your child from falling. Do not allow your child to climb on play structures, ride a bike, or play alone.
- It is okay to let your child sleep.
- If you are concerned about your child's condition, call the doctor or service who performed the procedure:

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**Or try calling:**

Health Links – Info Santé  
24 hours a day at 204-788-8200  
or toll free 1-888-315-9257.

Next Review: July, 2025