



## SEDATION | PAEDIATRIC MEDICAL DAY UNIT

### INTERVENTION

Sedation will be administered to your child before he or she undergoes an examination, an intervention or a treatment. The various medications administered alter the child's state of consciousness at different levels.

Sedation is not general anesthesia. Under sedation, your child may be awake, drowsy or asleep, depending on the type of examination or treatment necessary. Medications are dosed according to the child's weight.

It is used to:

- ensure optimal level of relaxation;
- reduce pain, discomfort and anxiety;
- « help forget » the procedure.

Sedation requires specific preparation before and a particular monitoring after, for a period which may vary from one child to the next.

### THE DAY OF YOUR CHILD'S SEDATION

**It is important to follow all the recommended guidelines.**

- Your child must **be fasting**: no eating or drinking, for at least six hours or more as indicated.
- The morning of the sedation, your child must not have any of the following symptoms: fever, runny nose, coughing, vomiting or diarrhea. If this is the case, call the unit to check whether sedation is contraindicated at 819 346-1110, ext. 13390.
- Bring a safe object for the child (blanket, teddy bear or MP3 player, etc.).
- Be present for your appointment at the scheduled time. Before your child's sedation, you will need to fill out a questionnaire, your child will have a physical exam and perhaps premedication.

An adult must accompany and remain with the child before, during and after sedation.

## IMPORTANT

Your child should be fasting for at least six hours or more as indicated.

## SEDATION

A medical and nursing team will assess the child's condition. If any risk factor is present, it is possible that sedation will be postponed, cancelled or referred to an anaesthesiologist.

If sedation can be done, a nurse will administer a medication and accompany the child during the exam, intervention, or treatment.

The nurse will monitor the child's health status in order to detect any complications (respiratory depression, sleep apnea, irritability, nausea or vomiting, possible failure or prolonged sleep) and intervene if so.

If you have any questions or concerns, contact the Paediatric medical day unit.



From Monday to Friday,  
8 a.m. to 4 p.m.  
819 346-1110, ext. 13390.

Other times or holidays  
819 346-1110, ext. 14424.

## AFTER SEDATION

The child must remain fasting in order to avoid choking and nausea during the ride home.

## ONCE AT HOME

- Offer your child water which may be followed by a light meal, according to his or her tolerance.
- Avoid activities that require balance or that are at risk of injury for the rest of the day. The child can resume his or her usual activities the following day.

Authors : CHUS Paediatric sedation team  
© Centre hospitalier universitaire de Sherbrooke (CHUS)  
[www.chus.qc.ca](http://www.chus.qc.ca) - November 2011 – 1-6-70965

## REMINDER

Date of the sedation: \_\_\_\_\_  
If you must cancel the sedation, please  
notify the staff at  
819 346-1110 13390

**CHUS – Hôpital Fleurimont**  
3001, 12<sup>e</sup> Avenue Nord  
Sherbrooke (Québec) J1H 5N4  
5<sup>e</sup> étage