

INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

ORAL SEDATION



What is oral sedation?

Sedation is the use of medication to aid a child into a deep sleep. This can allow for certain scans and procedures to be carried out, for example, eye examinations, MRI / CT scans and echocardiograms.

How will the sedation be given?

- Sedation is usually given orally (by mouth) using an oral syringe 30 minutes before your child's procedure.
- If your child has a Nasogastric tube or Gastrostomy tube, sedation can be given via the tube.

Fasting Guidelines

Your child will need to be fasting before sedation is given

- **Stop Solid food including Formula & Milk: 6 hours** before procedure.
- **Stop Breast Milk: 4 hours** before procedure
- **Stop Clear fluid (Water, 7up or Clear apple juice): 1 hour** before procedure

Please give your child clear sugar containing fluids, not sugar free options, such as **water, 7up or clear apple juice** up until an hour before their appointment time, either orally or via NG/Gastrostomy. This will keep your child well hydrated, prevent low blood sugars and make fasting more bearable for your child

Points to Consider

Sedation is usually effective for most young children below a certain weight. However, there are some children for whom sedation is ineffective. In this situation some children may require a general anaesthetic. This would mean returning to the hospital on another date. The medical team looking after your child will discuss this with you

What happens on the day of scan?

You will bring your child to a Day ward on the date and time informed by the Admissions office. A member of both the Nursing & Medical teams, will greet you and ask you some questions about your child's medical history. If your child is less than 1-year-old, a specialist nurse will insert a IV cannula into your child's arm or foot. Your child will be given a hospital gown to change into pre procedure.

Once the sedation is given to your child, they will be closely monitored by the nursing team until they have fully recovered from the effects of the sedation. Their heart rate, breathing pattern and oxygen levels will be monitored.

What happens after the procedure?

- Once the procedure is completed, your child will be observed in the department until they are fully awake.
- Please supervise your child as they start to move and walk. You can expect them to be wobbly or unsteady for a period of time post sedation.



Feeding

- Once your child is fully awake, they will be allowed to eat and drink.
- It is important to check with nursing staff before you offer any food / drink to your child
- Please encourage fluids as they will have been fasting for some time before the sedation.
- At home, they can eat and drink as normal.



On the way home and for the next 24 hours

- On the journey home, watch your child to make sure he / she does not have any difficulty breathing, especially if they fall asleep in the car seat.
- Do not leave your child alone in a car seat. Ensure they are securely strapped in their seat.
- Your child may be sleepier than normal for 24 hours after sedation. Encourage plenty of rest. If your child is still sleepy the following day, you may need to keep them off playschool / creche.
- Young children especially toddlers may be quite unsteady / unbalanced after sedation and are at risk of falling over. They will need close observation by an adult until they have fully recovered.
- Supervise play and activities at home especially during bath time, going to the toilet or going up and down stairs. Avoid activities that require balance or co-ordination such as swimming or cycling for the next 24 hours.
- Check your child's breathing pattern the night after discharge. If their breathing seems heavy or different to their normal pattern, please wake them up gently and if you have any concerns please return to the hospital.

When to seek medical attention or advice

- Place your child in a safe position on their side and seek medical attention immediately, if any of the following occur:
- Change in facial colour or breathing pattern
- Prolonged sleepiness with difficulty in waking child.
- Your child has unsteady gait which does not resolve after 24 hours.
- Any other concerns.

Contact Details: If you have any queries, please contact Radiology Nursing through the Hospital switchboard on 01 409 6100; Radiology CNS bleep 280 or Radiology CNM2 bleep 218

Additional instructions

- To make sure that the sedation works as well as possible, please keep your child awake 2-3 hours before sedation is given.
- Be prepared to stay in the hospital for a few hours after your child's sedation.
- Ensure your child has their favourite toy or comforter.

Developed by Marian Vaughan CPC (2018)
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