

Sedation

Advice for Parents & Carers

Children's Services

The aim of this leaflet is to provide you as carers or parents all the relevant information regarding sedation and answer some common questions or concerns.

What is a Sedation?

Sedation is a medication that is given to your child/baby to help them relax and to make them less anxious.

Why does my child/baby need sedating?

Sedation is used for a number of reasons. These include:

- Your child/baby may be having a test or procedure that might be uncomfortable for them without sedation.
- Better results may be achieved from certain tests or procedures if your child/baby keeps still and is not as active.

How will you sedate my child/baby?

The drug normally used to sedate your child/baby is called Chloral Hydrate. This is given orally and the dose your child/baby will receive is calculated on their weight.

The sedation is usually given 45 – 60 minutes prior to the test or procedure being carried out and the effects will last approximately 2 hours. Whilst your child/baby is sedated nursing staff will monitor their pulse, heart rate and respiratory rate.

Generally children/babies become drowsy once they have been given sedation, and some may fall to sleep completely. Therefore whilst the sedation effects take place continuous supervision of your child/baby will be needed and this should be undertaken by nursing staff in conjunction with yourself.

Cot or bed sides will be in place during this time. It is possible that your child may not remember what has happened to them during this time.

Can my child/baby eat and/or drink prior sedation?

No. This is because there is a small risk that your child/baby may vomit. The following guidance must be followed for Children/babies who are being sedated. Failure to follow this information may result in your child/baby having their test delayed or cancelled.

- Babies who are being breast fed cannot have a feed for 4 hours prior to sedation.
- Babies who are formula fed cannot have a feed for 6 hours prior to sedation.
- All other children/babies may have nothing to eat for 6 hours prior to sedation.

All babies/children may have a drink of water or very weak diluted cordial up to 2 hours before sedation.

If you are unsure on these arrangements or your child is diabetic please discuss this in further detail with nursing staff before the day of the test.

Does sedation always work?

Sometimes sedation using Chloral Hydrate may not be successful. It is not possible to attempt a further sedation on the same day and you will be asked to bring your child/baby to another appointment.

At this appointment, depending on the child/baby's age and the test being carried out, either the dose of Chloral Hydrate may be increased or another drug called Alimemazine (Trimeprazine) may be added to the Chloral Hydrate.

In some children/babies the Alimemazine may cause them to be more uncooperative and disorientated. If the second attempt at sedation is unsuccessful a further discussion will then be held with yourselves and medical staff.

Discharge arrangements

If your child/baby has been sedated they will be discharged home once they have become fully conscious, eaten and had a drink and all their observations are stable (ie pulse, temperature and heart rate).

A member of staff from the Children's Services Community Nursing Team will telephone you the following day to ensure that your child/baby has recovered. Please do not hesitate to ask them if you have any questions regarding their recovery.

As the effects of the sedation are wearing off some children may complain of feeling dizzy or a headache. They may also be unsteady on their feet and should not be left alone until fully awake and cooperative.

Encourage your child to drink plenty of fluids, avoiding fizzy drinks. Your child/baby may wish to eat, but do not be

alarmed if they do not or their appetite becomes decreased, it will return. Vomiting can also be a side effect of sedation.

Sedation can also cause your child/baby's sleep to be disturbed (eg they may wake in the middle of the night). Follow your child/baby's normal bedtime routine waking them up at their usual time in the morning.

If your child/baby is comfortable they should be able to return to school or nursery 48 hours after the sedation.

You should not give your child/baby any further medication that may make them drowsy for the next 24 hours. It is however safe to give them simple pain killers, for example Paracetamol preparations, eg Calpol. Please ask a member of nursing or medical staff for advice regarding any other medications.

Benefits of sedation

Sedation should help your child/baby relax and make them less anxious thereby hopefully ensuring the test or procedure is carried out with little distress or discomfort.

Risks of sedation

Occasionally sedation can cause breathing problems or lower your child/baby's blood pressure, however this is very rare. Other more common side effects are dizziness, headache, feeling sick, vomiting and unsteadiness.

Medical advice should be sought if vomiting becomes more frequent and water is not tolerated or if any of the above symptoms become worse or persist.

Alternatives to sedation

It is possible to carry out some tests/procedures using distraction therapy through play; however there are certain procedures where it is only possible to carry out the test/procedure by having your child/baby sedated.

Please do not hesitate to discuss with nursing or medical staff whether other therapies such as play can be used if you do not wish for your child/baby to be sedated.

Additional Information

If you have any concerns please do not hesitate to speak to either a member of nursing or medical staff.

Alternatively you could seek advice from your child's GP or NHS Direct 0845 4647

Useful telephone numbers

Diana, Princess of Wales Hospital

Hospital Switchboard	01472 874111
Pre-Assessment Nurse	01472 874111 ext 1129/2547
Rainforest Ward	01472 874111 ext 7520
Community Nursing Team	01472 874111 ext 7559

Scunthorpe General Hospital

Hospital Switchboard	01724 282282
Paediatric Outpatient Department (Mon-Fri 9-4)	01724 282282 ext 2027
Disney Ward	01724 290141
Community Nursing Team	01724 282282 ext 2425

Concerns and queries

If you have any concerns/queries about any of the services offered by the Trust, in the first instance, please speak to the person providing the care.

For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on 01472 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on 01724 290132 or at the PALS office which is situated on C Floor.

For Goole and District Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290172.

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