

Sedation for Procedures Advice for Parents & Carers

Children's Services
Women & Children's Services

This leaflet has been designed to give you important information and to answer some common queries that you may have.



Information for parents and carers

Introduction

The aim of this leaflet is to provide you as carers or parents all the relevant information regarding sedation.

What is Sedation?

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

Why does my child need sedating?

Sedation is used for a number of reasons:

- Your child 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 keeps still and is not as active

How will you sedate my child?

Your child is given medicine to drink to make them go to sleep, (about one hour before the procedure).

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

No. This is because there is a small risk that your child may vomit. The following guidance must be followed for Children who are being sedated.

Failure to follow this information may result in your child 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 squash 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.

The exception to this is when your child is due for a procedure using Entonox only. This is a laughing gas and your child does not need to be fasted for this. This will be made clear to you at booking.

How will sedation affect my child?

Generally children become drowsy and fall asleep; they may feel drowsy and sleepy for several hours afterwards. Whilst your child is sedated paediatric nursing staff will monitor your child's condition by checking their heart rate, breathing and measuring oxygen saturation levels.

Cot or bed sides can be put in place during this time. Once your child has woken up they may be unsteady on their feet and will need assistance in balancing and walking. It is possible that your child may not remember what has happened to them during this time.

Does sedation always work?

Sedation does not always work by just giving one medicine, if your child does not go to sleep the nurse can safely give a top up of another medicine prescribed by the doctor. If it is not possible to attempt further sedation on the same day you may be asked to bring your child back for another appointment.



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Information for parents and carers

Risks

Occasionally too much sedation can cause breathing problems, this is why your child is weighed and the amount of medicine given is calculated based on this weight.

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.

Discharge Arrangements

Your child will be discharged home once they have become fully conscious, eaten and had a drink.

As the effects of the sedation are wearing off (this can last up to 24 hours) some children may complain of feeling dizzy or a headache. They may also be unsteady on their feet and should be supervised to prevent falls and injuries.

Vomiting can also be a side effect of sedation. Encourage your child to drink plenty of fluids but do not worry, if your child's appetite decreases as it will soon return. Sedation may also cause your child's normal sleeping pattern to be disturbed (e.g. they may wake in the middle of the night).

If your child is comfortable they should be able to return to school or nursery 24- 48 hours after the sedation.

You should not give your child 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, e.g. Calpol. Please ask a member of nursing or medical

staff for advice regarding any other medications.

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 on 111 or www.nhsdirect.nhs.uk

References

UHSM

Guideline For children who require sedation

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 your 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.

Alternatively you can email:

nlg-tr.PALS@nhs.net

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).



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Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.

Northern Lincolnshire and Goole NHS Foundation Trust

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