



**James Paget
University Hospitals**
NHS Foundation Trust

Sedation for your child's test or treatment



**Children's and
Young Persons' Unit**
01493 452010

Information for parent/carers

What is sedation?

Sedation means feeling relaxed, free from fear, anxiety, pain and distress. Sedation can help your child by reducing anxiety before and during a clinical procedure. Sometimes we may need to give a high dose of sedation for your child to be in a deep sleep.

Why does my child need sedation?

Sometimes children need sedation for a test or treatment at the hospital. This can be for a number of reasons:

- If your child is anxious or distressed about a test or treatment
- If a test is sore or uncomfortable
- Because we need your child to lie very still for a test or treatment.

How is sedation given?

Sedation can be given in the following ways:

- As liquid medicine to swallow
- As buccal medicine (rubbed into the side of the cheeks)
- As a gas to breathe, called entonox (laughing gas). Entonox is not suitable for all children
- Occasionally it is given via the vein using a needle and a small tube called a canula.

The sedation will depend on your child's age, current health and the procedure to be carried out. A doctor will discuss this with you.

Preparation for sedation

Your child will need to be fasted (starved) before the sedation, as if they are having an operation, as sedation has to be given on an empty stomach. This is because if your child becomes very sleepy after taking the sedation medicine, there is a risk that any food or drink in their stomach might come back up and get into their lungs. This could cause problems with their breathing.

You will be given specific fasting instructions to follow as mentioned below before your child comes in for the procedure:

breast feed for upto 4 hours prior procedure

diet upto 6 hours prior procedure

fluids upto 30 minutes prior procedure

What are the benefits of sedation?

- To reduce fear and anxiety
- To help control pain
- To help keep your child very still during the procedure.

What are the risks of sedation?

Sedation can have some side effects. Some children will feel or be sick. This should only last for a short time. We can give your child medicine to help with this. Children can react differently to the sedation medicine:

- Some children may become over-sedated and sleepy
- Some children may become hyperactive
- Rarely, the sedation does not work
- Reduction in breathing rate.

Why sedation might not be recommended

- If your child is unwell on the day of the procedure
- If your child has chest or breathing problems
- If your child has sleep apnoea.

Are there any alternatives?

It may be possible to carry out the procedure without sedation, by using play distraction and explanation.

If sedation doesn't work the doctor will either try a different type of sedation or cancel the test or treatment for that day.

After your child has had sedation

After having sedation your child will need more supervision than usual. For the next 12-18 hours we advise that you supervise your child while walking or crawling, as the sedation may leave them wobbly and a little uncoordinated.

The sedative effects should have worn off by the next morning, but your child may feel more

tired than usual for the next day or so.

On the journey home, we recommend that an adult sits in the back seat of the car with your child, so that they can be watched at all times.

Your child can eat and drink as they want to. It is a good idea to offer small frequent amounts of food and drink, as your child will have fasted for some time before the procedure.

Reference: Sedation for clinical procedures information leaflet: The Childrens Hospital, Oxford.

Further information

Should you have any further questions please contact Ward 10: 01493 452010

You can also find further information on the following website:

www.pathways.nice.org.uk/pathways/sedation-in-children-and-young-people

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

Courtesy and respect

- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
So people feel **welcome**

Attentively kind and helpful

- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
So people feel **cared for**

Responsive communication

- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
So people feel **in control**

Effective and professional

- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

Author: Saskia Van Branteghem,
Paediatric Staff Nurse, Ward 10
Children's and Young Persons' Unit

© March 2019
James Paget University Hospitals NHS
Foundation Trust
Review Date: March 2022
CH 71 version 1