

Driving with your child

When your child rides in a car, tip the car seat back slightly. Your child's head should be up and back a little. If their head falls forward, they may have trouble breathing. The child should be properly belted in on the ride home from the hospital.

Your child may not sleep normally after sedation

Check your child several times during the first three to four hours that they sleep after leaving the hospital. They should wake a little when you disturb them but sometimes children are quite sleepy and it takes some effort to wake them. Your child may not sleep normally because they slept at the hospital. They may sleep or wake up a lot.

When to seek medical attention

If your child throws up more than twice, call your family doctor or take your child to the nearest Emergency Department. Bring this information with you so the nurse or doctor will know the time and medication your child received.

When to call 911

The following are very rare, however if you notice any of the following, call 911 for help:

- Your child is having problems breathing
- Your child's breathing is shallow, slow or different than usual
- Your child's skin colour is very blue or grey
- You are not able to wake your child

Parent information booklet

Royal Victoria Regional Health Centre
201 Georgian Drive
Barrie, Ontario
Tel: 705.728.9802
www.rvh.on.ca



RVH-2191 14-January-2019



R.PIP



Sedation: Caring for your Child at Home

PARENT INFORMATION BOOKLET

RVH-2191 14-January-2019



R.PIP

Introduction

Your child was given sedation during their visit to the hospital. Sedation is a medicine that helps your child relax, stay calm or sleep.

Your child will be ready to go home when he/she is wide awake, or back to how he/she was before being given sedation.

Key Points for the first 24 hours after sedation

- Your child might feel different for up to one day after receiving sedation. Watch your child closely, especially if he/she is doing things that need balance or concentration.
- Feed your child clear fluids at first. When your child can drink without throwing up, start giving him/her what he/she normally eats.
- If your baby is able to drink from a bottle, try to give him/her one or two feedings of clear fluid before giving formula or breastfeeding.
- If your baby cannot drink from a bottle, make sure your baby is wide awake and start with a short feed.
- If you are driving with your child, have another adult sit next to your child to watch them.
- Check your child for the first three or four hours that he/she sleeps. Make sure that you can wake him/her, that he/she is breathing regularly and his/her skin is its usual colour. If there are any breathing problems, call 911 for help.
- Return to the Emergency Department with your child if you are concerned.

Important Information about your child's sedation

| | |
|-------------------------------------------------|--|
| Name of the medicine: | |
| Date and time your child received the sedation: | |
| Amount of sedative and method of sedation: | |
| Your child's weight today: | |
| Name of your child's doctor: | |

After the treatment your child may feel unsteady or groggy after sedation

Your child may be unsteady on their feet. If your child feels this way, do not let him/her run, walk or crawl on his/her own.

Your child may feel the effects of the sedation for up to one day; he/she may feel dizzy and groggy, and may be less active. Watch him/her closely. He/she may also become cranky, grumpy or hyper.

Activities to help your child after sedation

Watch all of your child's activities for up to 24 hours until the effects of the sedation have completely worn off, especially anything that needs the child's attention and balance such as running, playing ball and studying.

Most children will be ready to go back to their regular routine the day after sedation.

If your child is a teenager, they should not drive or use machines for at least one day after sedation.

