Discharge Instructions for Children Receiving Conscious Sedation

Your child has received medication for sedation or pain relief prior to a test. It is important that you understand what has been done for your child and what to expect over the next 24-48 hours.

If you have any questions, please ask the Nurse before you take your child home.

- Your child’s balance may be affected over the next 24-48 hours. Your child should be supervised for all activities during this time. 
  **For example:** Your child should not play outside alone, or be left alone in a bathtub.

- If your child goes to sleep, wake him/her every two hours at least twice. 
  **For example:** If your child goes to sleep at 8:00pm, you should wake him/her at 10:00pm and again at midnight.

  Check to see that he/she recognizes you or can tell you where he/she is. If your child is too young to talk, make sure he/she is able to respond to you when you wake him/her.

- Do not give your child solid foods immediately; he/she may vomit. Start on clear liquids first (i.e. clear juice, ginger ale), then go to other liquids and solids as your child tolerates them. If nausea and vomiting occur, go back to clear fluids.

- Normally, you should not give your child any medications after he/she leaves the hospital, unless you receive a prescription or instructions from the Physician. **If your child is on any routine medication, please ask the Physician when you should restart the medication.**

- Be aware of any changes in your child’s behaviour or unusual activities. 
  **For example:** If your child is not able to tolerate solids.

MEDICATION(S) GIVEN: ________________________________________________________

PRECAUTION(S): ________________________________________________________________

DATE AND TIME: ________________________________________________________________

SIGNATURE: ____________________________________________________________________

**IF YOU HAVE ANY PROBLEMS OR QUESTIONS REGARDING YOUR CHILD, PLEASE GO TO THE EMERGENCY DEPARTMENT.**

**Français au verso**