



Patient & Family Guide
2017

After Sedation and Your Child



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Your child was given medicine that causes drowsiness. The medicine may also cause short-term clumsiness or poor balance. This may cause poor judgment, leading your child to do things they wouldn't normally do. For these reasons, you must watch your child closely for the next 12 hours.

We suggest the following:

- Have someone sit next to your child in the car on the way home.
- Your child should not eat or drink for the next 2 hours. After 2 hours, they can start slowly with clear fluids. For children less than 1 year old, wait 1 hour and then start with half of a normal feeding.
- Your child should avoid play that needs balance, strength and coordination for 24 hours. They should stay away from activities such as swimming, biking, skating, climbing, swing sets, monkey bars, stairs and playing in high places. These types of play by children who still have this medicine in their system can cause injury.

- **Your child should be supervised at all times.** This is very important for children who like to play outside alone.
- Your child should not bathe, shower, cook or use electrical devices for the next 12 hours, unless someone is watching them closely.
- **Do not give your child any medicine unless ordered by a doctor.** If your child takes medicine on a regular basis, ask the doctor when it should be started again.
- Once your child has fallen asleep, check on them twice, 2 hours apart. For example, check on them at 8 p.m. and then again at 10 p.m.
- If you notice anything unusual about your child, or if your child isn't able to drink fluids within the next 4-5 hours, call 811 (Nova Scotia Telecare Service) to talk to a registered nurse (RN) or go to the nearest Emergency Department.

What are your questions?

Please ask. We are here to help you.

