

WALTER REED NATIONAL MILITARY MEDICAL CENTER



PEDIATRIC SEDATION

CONSCIOUS SEDATION INSTRUCTION SHEET

The **GOAL OF CARE** is to provide family-centered care. We utilize a multi-disciplinary pediatric health team approach to create an individualized treatment plan for your child. We assist parents & family members to actively participate in their child's care. Our staff is proud to provide the best care in a safe environment, while promoting your child's recovery from sedation.

1. Twenty-four hours prior to your child's appointment, a nurse from the Pediatric Sedation Unit will call to do a telephone screening of your child and they will provide you with all the necessary information and the reporting time for your child procedure. You will be brought in at a minimum of 2 hours prior to the procedure time to allow the staff to prepare your child for the procedure.
2. Report to Pediatric Sedation Unit, Building 9, 3rd floor. Follow signs to Sedation Unit, Please allow 30 minutes to locate for parking. Please check-in the Front Desk.
 - a. Give **NO SOLID FOOD, 6 HOURS BEFORE ARRIVAL ON THE DAY OF THE PROCEDURE.**
 - b. Give **NO MILK, or Formula 6 HOURS BEFORE ARRIVAL ON THE DAY OF THE PROCEDURE.**
 - c. Breast milk **if applicable** is **ALLOWED UNTIL 4 HOURS PRIOR TO ARRIVAL TIME**
3. Give **clear liquids only** (water, apple juice, white grape juice, kool -aid, jello, pedialyte, or Gatorade if applicable) **until 2 HOURS PRIOR TO ARRIVAL TIME, THEN after that time GIVE NOTHING TO EAT OR DRINK UNTIL THE PROCEDURE IS DONE.**
4. Do not let your child doze or sleep in the car on the way to the hospital.
5. Your child's procedure could be **re-scheduled if**
 - a. They developed a rash, colds, fever, cough and/or wheezing
 - b. You failed to keep above instructions
 - c. You arrive 15 minutes past the scheduled arrival time.
 - d. Please call (301) 400-2030 (Nurse's desk) or (301) 400-1594 (scheduler) **AHEAD OF TIME to NOTIFY US. Also call this number if you have further procedure related questions.**

6. For any cancellations, please call (301) 400-1594, at least 72 hours before your appointment to cancel or reschedule so that we may fill that appointment with another patient.
7. The **Dining Facility or Main Street** is available if you want to get something to eat while waiting. Eating and drinking is permitted at the bedside. Cell phone use is permitted at the bedside.

ON ARRIVAL

1. The Sedation Unit nurse will orient parents on the sedation process/paperwork needed. The provider will assess and complete a history intake of your child and clear your child for sedation and will determine the type of sedation to be used.
2. A numbing cream or spray will be applied when needed prior to IV insertion. We will use this site to administer the sedation and pain medication by intravenous route.
3. Your child will be sedated and transported to the procedure they are scheduled for. Parents may accompany child during the transport and may remain with your child depending on the procedure.
4. Please be aware that we may have to adjust your procedure time based on numerous factors when you arrive. There will be some waiting so we ask for your patience. Please bring any toys that will occupy your child's attention while waiting.

AFTER THE PROCEDURE

1. Your child is transported back to the Sedation Unit. Your child will be allowed to sleep up to 2 hours after the last dose of medication to prevent them awaking irritable, fussy and/ or cranky.
2. Your child will be discharged to home after meeting discharge criteria.
3. The Sedation Unit nurse will provide you with written copy of the Sedation Discharge Instructions.

ADDITIONAL INFORMATION

1. A Sedation Nurse will contact you the day before your procedure do an initial pre-sedation telephone consult screening. For Monday appointment, you will be contacted the Friday before the exam. The screening will provide us specific information on your child's medical needs. The following questions will be asked: current medical issues, medical/surgical history, current medications, allergies, and previous sedation history. Following the screening you will be given specific instructions for your child sedation appointment.

a. **Please inform us if your child has a chronic medical condition, tracheostomy dependent or an oxygen requirement.**

2. Please be aware that we may have to adjust your procedure time based on numerous factors when you arrive. There will be some waiting so we ask for your patience. Please bring any toys/movie players that will occupy your child's attention while waiting.
3. Please have your child drink plenty of fluids in the 24 hours prior to your appointment. But remember to adhere to the time they are no longer allowed to have anything by mouth.
4. Please dress child in comfortable clothing, pajama's can be worn. If your child is scheduled for an MRI, the cloths should not contain any snaps or metal (other than pants zippers and pants snaps) and please remove all earrings and metal hair pieces.

5. For younger children, please bring an extra change of clothes in the event of an accident. Please bring pull-ups if potty training.
6. Please bring your child's sippy cups or bottles for when they are allowed to drink post sedation and a dry snack. We will provide drinks and crackers.
7. Nausea and vomiting can be post-sedation complications. Please do not allow your child to have anything to drink or eat during the car ride home. Small, frequent feeding is suggested for the rest of the day.
8. Detailed discharge instructions will be given prior to leaving. Safety at home is the utmost concern. Coordination, balance, judgment and appearing sleepy can occur throughout the rest of the day post sedation. Do not plan activities post sedation.
9. Please make arrangements for childcare for other siblings.
10. In planning for the sedation appointment, please plan to be at WRAMC the entire day.