



Guide: Outpatient Procedure Center Sedation Department

Welcome to the Rady Children's Hospital Outpatient Sedation Department

The purpose of this guide is to help you and your child prepare for your upcoming sedated procedure. The Outpatient Sedation Department performs sedations for Brainstem Auditory Evoked Responses (**BAERs**), Electroencephalograms (**EEGs**) and Echocardiograms (**Echos**). You and your child may remain together throughout the procedure.

We understand that this guide cannot take the place of talking to a member of our health care team, so please do not hesitate to call us with questions. We look forward to caring for you and your child. A Rady Children's Hospital representative will call you prior to your child's procedure to provide you with diet and sleep deprivation instructions. Below are general guidelines that the representative will review with you.

Before the Procedure

Dietary Instructions for all Ages

Food and liquids need to be limited before sedation to decrease the risk of vomiting and aspirating stomach contents into the respiratory tract, a potentially life-threatening problem. We cannot continue with sedation if these instructions are not followed.

TYPE OF FOOD/LIQUID	MINIMUM FASTING PERIOD
Water, Pedialyte, Gatorade, and Apple Juice only	Stop 2 hours before sedation
Breast milk	Stop 4 hours before sedation
Food, Formula, Non-Human milk	Stop 6 hours before sedation

Sleep Deprivation Instructions

Your child is not receiving anesthesia, but *rather* a sedating medication. Your child needs to be very tired at the time of his/her procedure. You should achieve this through sleep deprivation. In order to do this, please keep your child up later than they normally go to bed and wake them up earlier than normal.

Please do not allow your child to nap especially on the way to the Hospital or the waiting room. The Pre-Op representative will discuss what hours of sleep deprivation are best during your pre-op call. Feel free to bring any items that may help provide your child with comfort and mimic their home sleep environment.

If your child is not tired, there is a possibility the sedation medication will not work well enough to help them fall asleep. A small percentage of children will not fall asleep and may experience the opposite effects, causing them to be agitated and irritable. This usually resolves once the child is in more familiar surroundings.

General Health

Please notify the Outpatient Sedation Department of any change to you child's health and/or medical condition. Should your child become sick just prior to the sedation appointment, please contact us to discuss if sedation should be postponed.

Following the Sedated Procedure

Dietary Instructions

After the procedure is over, you will help the nurse wake your child. Once your child is awake and alert, they will be offered clear liquids or receive mom's breast milk if appropriate. If your child requires a special bottle or cup, please bring it to the appointment. Once clear liquids are tolerated and your child is older than 6 months of age, they will be discharged from the Sedation Department. Your child may return to their regular diet 30 minutes after tolerating clear liquids.

Safe Sleep

If you are traveling home by car or if you have other children with you, it is preferable to have two adults accompany the child home so that one adult may pay close attention to the child without any distractions.

Your child may continue to be sleepy after they are discharged, as sedation medications can last several hours. You may allow your child to return to sleep, but you will need to monitor them closely. If your child falls asleep and their head has fallen forward, as if often does in car seats, it may be difficult for them to breathe.

Please reposition your child's head upright to allow for a normal airway position.

Once you are home, please remove your child from their car seat.

You will be expected to arouse your child every 30 minutes following the procedure until they are back to their normal baseline behavior.

Activity at Home

Sedation medications may cause your child to be tired, dizzy and uncoordinated. This may lead to injuries. Physical activity is not recommended until your child's coordination has completely returned to normal. Relaxing activities, such as watching videos and reading, are appropriate. Do not let your child go up and down stairs or climb around on furniture without assistance. Playing on carpet is preferred over hard flooring when possible.

If you have any questions or concerns, please call your pediatrician or call the **Sedation Nurse at 1-858-966-1700 extension 22-6029 from 6:30 a.m. to 5 p.m. Tuesday-Thursday**. The Sedation Department is closed Friday-Monday.

FOR EMERGENCY SITUATIONS, SUCH AS

- Severe breathing problems
- Abnormal gray or bluish skin discoloration
- Inability to wake your child with stimulation

CALL 911 IMMEDIATELY!

Parking

8001 Frost Street, San Diego, 92123

Park in Parking Lot 8 or 9

Enter through Entrance # 9

Follow signs to the Outpatient Procedure Center- Registration Desk