

# Sedation for your child

## Information for Parents and Carers

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### Why does my child need sedation?

Some tests require your child to stay very still or be relaxed to obtain accurate results. These tests are not painful, but young children may find it difficult to keep still when awake. Sedation helps your child feel calm and comfortable so the test can be completed safely.

### What is sedation?

Sedation is a medicine that is used safely to induce sleep. It is less invasive than general anaesthesia. Your child will continue to breathe on their own. A trained team will stay with your child to make sure they are safe.

### Where do we need to go?

The Child Observation Unit (CHOU) is on Level 4 of the Woman's and Children's Hospital, located at Gate 1A at Doncaster Royal Infirmary.

If the sedation is to take place in Bassetlaw Hospital, this will be in the Children Assessment Unit (CAU).

### How long will my child be at the hospital?

Please expect to be in hospital for most of the day. Preparing for the sedation, having the test and the checks after take time.

### How do I prepare my child for the appointment?

To make sedation as safe as possible:

- Your child will need an empty stomach before sedation. Your child must:
  - Up to 6 hours before:** Stop eating food (including cow's milk).
  - Up to 4 hours before:** Stop drinking breast or formula milk.
  - Up to 1 hour before:** Stop drinking clear fluids (water or diluted squash).
- Tell us if your child is unwell, has a cough, cold or fever.
- Tell us if your child has asthma, heart or breathing problems.
- Let the team know about any regular medicines.

### What do I need to bring?

Your child will be hungry and thirsty when they wake up. There is food and drink available, including sandwiches, hot water and cold drinks. Please bring food and drink with you if your child has a special diet. You may also want to bring their favourite toys, a change of clothes or nappies. Please do not bring other children to the appointment.



## During the appointment

When you get to your appointment the nurses will take you and your child to a bed space. You will be asked some questions and nurses will do some checks. A doctor will then check your child to make sure sedation is safe for them.

A nurse will monitor your child's breathing, heart rate, and oxygen levels continuously. The test will begin once your child is calm and comfortable.

## Your consent

A doctor will check you are happy for your child to have the sedation for the test.

Before obtaining written permission (consent), the doctor will explain the benefits and risks for the sedation. The doctor will also explain any alternatives available.

The medicine is chosen according to your child's age, health and the type of test. It can be either a small amount of liquid sprayed into the nose, liquid given into the space between the cheek and the gum, or liquid through the mouth. These medicines are widely used for children across the NHS.

## After sedation

Your child will stay with the team until they are awake, and all observations are normal. Some children may sleep for a while or be a little unsteady – this is normal. Once awake, your child will be offered a drink and a light snack before going home.

## Going home

Keep your child under close supervision for the rest of the day. Offer small sips of fluid, then light food when they are fully awake. Let your child rest – no strenuous activity, cycling, or swimming for 24 hours.

## Getting the test result

Depending on the test, your child's clinician might be able to give you the results straight away. However, some tests take longer. This does not mean your child's results are abnormal. Your child's clinician will get in touch once the result is ready.

## When to seek medical advice

Contact the hospital or go to the nearest Emergency Department if your child:

- Has difficulty breathing or persistent snoring while asleep.
- Is unusually difficult to wake.
- Vomits repeatedly or cannot keep fluids down.
- Appears pale, floppy, or behaves very differently from usual.

## Contact details:

Children's Observation Unit  
Doncaster Royal Infirmary  
Telephone: 01302 642780 / 01302 642781

Children's Assessment Unit  
Bassetlaw Hospital  
Telephone: 01909 572284/ 01909 572280

**Your child's clinician/service:** .....