

Discharge After Procedural Sedation

- A healthcare professional monitored your child closely until they recovered from the medication(s) given.
- Your child is being discharged while awake, alert, and able to drink fluids. Your child has an appropriate heart rate, breathing rate, and blood pressure.

Recovery and Going Home

- Your child received medication(s) that cause drowsiness and clumsiness. This may last several hours.
- Your child may have a brief period of amnesia (not remembering what happened).
- Since both coordination and judgement can be affected immediately after the procedure, you should keep your child under direct observation when awake, until they return back to their typical state.
- Nausea and vomiting are common side effects after the procedure. You may start by offering sips of clear fluids with toast/crackers. Once the symptoms pass, your child can return to their regular diet, as tolerated.

Limiting Activity

The medication(s) given to your child will be in their body for several hours after the procedure. Your child should limit their activity for the next 24 hours. Rest is important for recovery. Your child should:

- NOT do any activity that requires coordination. This includes swimming, biking, skating, climbing, being on swing sets or monkey bars, or being alone on the stairs.
- NOT bathe or shower alone, unless directly watched/supervised (age appropriate).
- NOT swim or sit in a hot tub.
- NOT drive a vehicle, ATV, snowmobile, boat, etc.
- NOT operate any machinery or power tools.
- NOT drink any alcoholic drinks or take any recreational drugs.
- NOT make any important personal decisions.
- NOT travel alone by public transportation for the remainder of the day.
- NOT engage in any heavy activities. This includes heavy lifting or moving heavy objects.

Pain Medication

- Depending on the procedure performed, your child may have some pain. A prescription may have been provided for your child. Please give medication(s) as instructed.
- If the doctor did not prescribe anything for pain, you may choose to give an over-the-counter pain medication such as acetaminophen (common name Tylenol) or ibuprofen (common names Motrin, Advil), **unless you were told not to do so.** Give as directed on the medication label.



Travel

- A responsible adult should accompany your child home and be with them for the remainder of the day and tonight for your child's safety.

Follow-up

There is no follow-up needed for the procedural sedation procedure your child received today.

Contact your family physician or your local Emergency Department if you notice anything unusual or have any further concerns.

For 24 hour professional health advice and information, call:  **HealthLine 811**
HEALTHLINEONLINE.CA

Additional Information/Resources

Name/Description	QR Code
Meg Foundation, Procedural Pain Resources "No one loves needles, but not enough people know there are simple, effective ways to make things A LOT more comfortable"	
Skip "Solutions for kids in pain"	



Additional Information from your Health Care Team

