

What is procedural sedation?

- Procedural sedation is used when a patient needs to have a medical procedure that might be painful, scary, or uncomfortable. It helps the patient feel calm, relaxed, or even sleepy, so they don't feel pain or get upset during the procedure.
- The goal of sedation is to ensure the patient is comfortable, safe, and relaxed during the procedure, with minimal to no discomfort.
- Procedural sedation is commonly used for fixing a broken bone, stitching a deep cut, taking a special picture like an MRI (where the patient needs to lie still).
- Unlike general anesthesia, it doesn't put the patient to sleep, but it can affect memory, so the patient doesn't remember the procedure.
- The sedation medications can be given by mouth (orally), through the nose (inhalation), or through a needle poke (intravenous or intramuscular), depending on the procedure.

What are some common risks or side effects of procedural sedation?

- **Irritation or Discomfort:** The sedation medication can cause stinging, burning, or discomfort where the drug is given (such as the nose or skin).
- **Dizziness or Light-headedness:** These can occur as the sedative takes effect.
- **Nausea or Vomiting:** Some patients might feel nauseous after sedation.
- **Nosebleeds:** The spray may occasionally lead to minor nosebleeds.
- **Allergic Reactions:** Although uncommon, some individuals may experience allergic reactions to the medication. Symptoms may include a skin rash, hives, swelling of the face/lips/throat, difficulty breathing/swallowing.
- **Opposite (Paradoxical) Reaction:** Sometimes, children will react in the opposite way than expected. Instead of becoming calm or sleepy, they may become restless, anxious, or agitated.
- **Overmedication:** If too much of the sedation drug is administered, there may be an increased risk of over-sedation, leading to breathing difficulties or excessive drowsiness.
- **Respiratory Depression:** In rare cases, sedation may affect normal breathing.
- The healthcare team will continuously monitor the patient's vital signs and provide any adjustment to ensure the procedure is performed safely.

What happens during the procedure?

- Your healthcare provider will ask you some questions and determine if it is safe to start treatment. Please feel free to ask any questions you may have about the treatment and procedure.
- A blood pressure cuff will be placed on the patient's arm and a probe on the finger.
- In some cases, a tube will be placed up the nose and stickers on the chest attached to a monitor.
- The healthcare provider will administer the medication to the child. They will feel relaxed, and the healthcare provider will begin performing the procedure, which will last 30 minutes or less.
- The child will be watched closely until they are awake and alert, and until it is safe for them to go home.



How do patients and families make informed decisions about procedural sedation?

- When you give consent for a medical procedure, you are saying **"yes"** to the treatment or procedure that the healthcare team recommends for your child. It means you understand what will happen, the risks involved, and you agree for the procedure to be done. Consent is important because it helps make sure you are informed and involved in your child's healthcare decisions.
- Informed consent means having a conversation where the healthcare provider and the patient, parent, or guardian talk together and make a decision about the planned medical care.
- Families and patients are important and can help decide how to manage pain, including medicine used during procedures. They get information about the risks, benefits, and other options, and they take part in choosing the best plan for care.
- **You can ask questions:** It's important to ask any questions you might have.
- **You can change your mind:** Even after giving consent, you can change your mind at any time before the procedure starts. If you decide you don't want the procedure to happen, you have the right to say **no**.

What are other options to help the patient with pain and anxiety during a procedure?

There are other ways to help the patient feel comfortable and safe during a procedure. Here are some alternatives to procedural sedation that might be used, depending on the situation:

- **Local Anesthetic:** This is a medication that makes a small part of the patient's body feel numb. The patient will stay awake, but will have a much decreased level of pain in that spot.
- **Distraction Techniques:** These help take your child's mind off the procedure. They might watch a movie, play a game on a tablet, listen to music, or use a favorite toy or comfort item.
- **Behavioral Techniques:** These help your child stay calm and relaxed. This can include using gentle, comforting words, doing deep breathing, or simple relaxation exercises.

Additional Information/Resources

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

Pediatric Procedural Sedation Discharge Instructions

