



Sedation discharge advice

This leaflet aims to answer some of the questions that you/ your child may have about their sedation. You will also have an opportunity to discuss any further queries or concerns with hospital staff on admission.

Sedation requires your child to be starved beforehand.

Morning admission:

Last food: 2.30am

Breastfeed: 4.30am

Water or weak squash until 7.30am

Afternoon admission:

Last food: 7.30am

Breastfeed: 9.30am

Water or weak squash until 12.30pm

Please be aware that milk and chewing gum is considered food.

If you do not follow these instructions your child's procedure may be delayed or even cancelled.

Why is sedation needed?

Your child needs to come to hospital for a procedure under sedation. Sedation is used for children during painful or distressing procedures to reduce fear and anxiety, provide pain control and minimise movement. The hospital staff will discuss the risks and benefits of different types of sedation and which will best suit your child.

What shall I bring?

For some children it is reassuring if they can bring a familiar toy from home. A play specialist may be involved in your child's care, who can provide a range of suitable toys and activities.

What happens on admission?

The doctor will explain the procedure to you on the ward, and can discuss any worries that you may have. Your child may also have 'magic cream' (local anaesthetic) applied so that any injections will be less painful. One parent/carer may be able to accompany your child during the procedure and stay with them until they are asleep.

What happens afterwards?

After your child has had their procedure they will be taken back to their bed to wake up. Children are sometimes given pain relief during their procedure. If necessary, further pain relief will be given on the ward. It is possible that your child may vomit following sedation - medicine can be given to relieve this if the vomiting persists.

Please note: only two visitors per bedside are allowed on the ward at any one time.

When can we go home?

Your child's procedure is being undertaken as a day case. This means that they will need to stay at least 1 hour after the procedure but can go home the same day if everything has gone according to plan. When your child is fully recovered a nurse or doctor will discharge them and you can leave. However, if, for any reason, your child does not meet the discharge criteria, they may need to stay overnight. **Two adults must accompany the child home.**

Advice for going home

- The sedation your child has been given may make him/her feeling more tired than usual over the next day or so. In most cases this will have worn off by next morning and your child should be completely back to normal.
- Your child will need supervision. We advise that you supervise your child when walking/crawling as the sedation may leave them wobbly.
- On the journey home we recommend that an adult sits in the back of the car with the child so that he/she can be observed at all times.
- Your child can eat and drink as they want to. It is a good idea to offer frequent food and drink as your child will have been fasted before the procedure.
- Do not to give any further sedation for 24 hours. If your child normally takes medication, check the information on the bottle to see if it has a sedative effect. If so, or if unsure, seek advice from the nurse or doctor at the hospital about whether the medicine should be given.
- The hospital experience is strange and unsettling for some children. Do not be surprised at changes in your child's behaviour when you get home – for example your child may be more clingy, easily upset or have disturbed sleep. Try to be more patient, understanding and give your child more time.

Whilst extremely unlikely, if you find you are unable to rouse your child or you are seriously concerned about him/her, please do not hesitate to contact the hospital on the following numbers or call 999 and ask for an ambulance to take them to the nearest emergency department.

Contacting us

Pre-clerking nurse: 0118 322 7518

Kempton Day Bed Unit: 0118 322 7512 / 8754 (Mon-Fri 7am-7pm)

Dolphin & Lion Ward: 0118 322 7519 / 8075 (outside of these hours)

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Paediatric Unit, February 2025. Next review due: February 2027.