

Oral Sedation for Day Case Procedures in Paediatrics

Children's Outpatients Department

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Description

Sedation is used for procedures in children when the child is required to stay relatively still for a long period of time. For day case procedures sedation is given as an oral medication. Sedation makes the child feel relaxed, sleepy and can reduce fear/ anxiety. These procedures are to diagnose or treat the child and can range from MRI scans, EEG 's, CT scans and Botox injections.

Your consultant will determine whether they think sedation is a suitable option for your child. They will take into consideration the child's age, current medical condition, weight, past experiences of sedation, your child's understanding and ability to cope.

Sedation does not work for every child; we do not know whether it will work or not until we try. If sedation failed, your consultant will be informed of this, and they will make contact to discuss alternate plans. This may not be on the same day.

Some day case procedures may also require other drugs to be given to reduce pain such as paracetamol, ibuprofen or numbing cream. These drugs will be discussed with you if they are likely to be required.

Consent

We must seek your consent for any procedure or treatment beforehand. Your doctor will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information.

Benefits

Sedation is less invasive than general anaesthetic, it has fewer side effects and has a quicker recovery rate. Your child will not be unconscious.

Risks

There are nearly always risks to any treatment. Here are the risks that may arise when having oral sedation.

Some common side effects include – anxiety, confusion, dizziness, drowsiness, fatigue, headache, nausea, gastrointestinal discomfort, altered mood, vision disorders, hypotension, agitation dry mouth, tachycardia and movement disorders.

In some circumstances sedation can slow your child's breathing down.

Your child's oxygen levels will be monitored whilst they are asleep, and oxygen will be easily accessible.

Your health care provider will choose which sedation will most likely work best. Medications may be given as a combination. Please ask your nursing team if you would like to know the name of the sedation given.

Alternatives

The choice about which treatment is best for you will be made together with your doctor. This will be based on the risks and benefits of the treatment and your individual circumstances. The doctor will have explained the different treatment options to you and what will happen if you decide not to have any treatment at all.

Before the procedure or treatment

Sedation will usually be given 45 minutes in advance of the planned procedure. Please follow the instructions on fasting.

No food / milk / bottle feeding within 6 hours prior to sedation. This also includes fizzy drinks, fruit juice, sweets and chewing gum.

No breast milk within 4 hours prior to sedation.

No clear fluids (squash / water) within 1 hour prior to sedation.

Melatonin for EEGS please follow above instructions but no clear fluids for 2 hours prior to sedation.

Please contact your health care provider if you have any questions about fasting instructions. Failure to comply with fasting instructions will result in procedures being cancelled. Please note fasting times are required prior to the sedation and not the procedure. Closer to your day case procedure a member of the team will be in touch to confirm sedation times.

Some sedation procedures will require a pre assessment. Your health care provider will have contacted you if this is necessary.

You should talk to your child about coming into hospital and what they can expect to happen, remaining calm and not becoming too nervous or upset can help your child remain calm.

On the day of the procedure treatment

You will need to attend the ward at the time specified on your appointment letter. If you would like to bring a soft toy or if your child uses a sleeping aid, please bring this along with you.

You will be greeted by a member of the nursing team and taken to a bed space.

The nursing team will give your child a wrist band, confirm their identity and check if they have any allergies. You will be asked to confirm you have signed the consent form and are happy to proceed. The nursing team will take the child's observations, this includes checking oxygen levels, heart rate, blood pressure and temperature. Your child's weight will also be rechecked, this might be on a sit down or stand-up scale, this is to ensure the right amount of sedation is given.

Your child may be given a gown to get changed into. Some procedures may require your child to remove any metal from clothing and jewellery.

A doctor may review your child to ensure they are well enough to have sedation. Please express your concerns if your child has had any recent episodes of illness.

45 minutes prior to the procedure, your child will receive oral sedation. We will then try to mirror the child's night time routine, which may include turning the lights off, closing the blinds, creating a calming environment or playing night time lullabies. Please speak to nursing staff if you have any specific routines that may help your child fall to sleep.

Some procedures require leaving the department, if this is the case, porters will collect the child, carers and nurse, to take to the appropriate department.

Nursing staff will talk to you and your child throughout your stay to provide reassurance and keep you updated on care.

After the procedure or treatment

On completion of the procedure, your child will stay / return to their bed space until they have woken up.

Your child may have poor memory of the procedure.

Observations will be continued to be monitored; they will need to be within your child's normal range before going home.

Your child will be offered food and drink when they have woken up and are back to their normal level of consciousness, they will need to tolerate a drink before going home.

Nausea, vomiting and pain will need to be adequately managed before going home.

Please note all children are different and some may take longer to recover from sedation than others.

You will be given discharge paperwork when going home and a contact number to call if you have any concerns following sedation for the next 48 hours.

Discharged home

The sedation may make your child feel drowsy, unsteady on their feet or confused and therefore they will require adult supervision for the next few hours.

Your child's consultant will be informed of your attendance to the ward. They will contact you regarding results/ future treatment plans, this may be by post, telephone or face to face appointment.

If your child becomes unwell after discharge, please contact the Paediatric Assessment unit on 01902 695047.

Contacts and useful numbers / links

A23 – Childrens day case ward 01902 307999 extension 81730

PAU – 01902 695047

www.nice.org.uk – Sedation in under 19s.

www.nhs.uk

bnfc.nice.org.uk

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。