



PEDIATRIC POST-SEDATION DISCHARGE INSTRUCTIONS

Your child has received a sedative medication for his/her test. The physician has discharged your child from the Otolaryngology Department, but there are safety precautions that should be followed.

FEEDING AN INFANT

The baby should be **AWAKE** and **ALERT** before he/she is fed. If an infant is taking bottle feedings only, begin with clear juice, such as apple or cranberry juice or water. If your baby will not take juice or water, give him/her formula that is diluted (for example, 4 ounces of formula diluted with 4 ounces of water). Nursing mothers should give a small amount of water (by spoon, if your baby will not take a bottle), prior to the nursing.

During feedings, have the infant in a sitting position, not lying down. After feedings, burp the infant well and keep the infant sitting up for about 10-15 minutes. Put your baby on his /her stomach or side when lying down.

FEEDING A TODDLER

Clear liquids should be given first. Food should be offered only when you think your child is awake and alert. Give solids that are soft and easy to chew. Some children are not interested in solid food for about 24 hours after sedation. As long as your child is drinking 16 ounces every eight hours, do not worry about solid foods.

BEHAVIOR

Each child's reaction to sedation will be different. Many children fall asleep on the drive home and sleep much of the time until the next morning. You will be able to wake your child but he/she will probably go right back to sleep. Some children stay awake when they get home and are very irritable, difficult to soothe and comfort. Your child may take a nap and then be up the rest of the day or sleep until evening and then stay awake much of the night. All of these reactions are common. Your child should be back to his /her normal self within 24 hours. However, your child has been sedated so balance, speech and motor skills may be affected. Think of your child as sedated until 24 hours **AFTER** the medication was given.

ACTIVITY

Because your child has been sedated, his/her balance, speech and motor skills may be affected due to the relaxing effect of the sedative medications. Your child should **NOT** play outside, swim, ride a bike or participate in any activity that requires motor skills. In short, he/she should be a "couch potato". Since The effects of the medications can last up to 24 hours, you child **SHOULD NOT** be left unsupervised by an adult until 24 hours after the medication was given.

If you have any questions, please feel free to call us. The nurse's triage phone number is 708-216-9183. A nurse is available from 9:00am-4:00pm., Monday through Friday. After these hours , you may call the emergency room at 708-216-3882. Of course, you may call your own physician at any time. If you think your child has a serious problem, take your child to the nearest emergency room and bring this form with you.

MEDICATION GIVEN

Name of Medication: ***

Dosage: ***

Route: ***

Time Given: ***

Please call us with any questions. We hope you child's procedure went well, and was as non-traumatic as possible.