

## Leaving hospital after sedation (child)

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This leaflet gives advice to parents and carers of children who have had sedation in the Emergency Department.

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### What is conscious sedation?

Sedation is used for children during painful or distressing procedures to reduce fear and anxiety, provide pain control and minimise movement. They may remain a little sleepy for several hours until the medication has completely worn off.

### When can we go home?

Your child will usually need to stay at least 1 hour after the procedure but can go home today 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 feel 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 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.

- If your child needs painkillers, you can use those provided by the Emergency Department or simple painkillers that can be obtained from the chemist or supermarket such as paracetamol (Calpol) or ibuprofen (Junifen/Calprofen).
- If a follow up appointment is needed e.g. for fracture clinic, then this will be made before you leave.

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 call 999 and ask for an ambulance to take him or her to the nearest emergency department.

### Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

You can also pick up a copy of the Trust leaflet called 'Talk to us', which explains how you can raise concerns or give feedback on your experience at the hospital.

### Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – *How likely are you to recommend our service to family and friends if they needed similar care or treatment?* - by going online [www.royalberkshire.nhs.uk/get-in-touch/friends-and-family-survey.htm](http://www.royalberkshire.nhs.uk/get-in-touch/friends-and-family-survey.htm).

### Further information

More information is available on the Trust website: [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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