

Your child requires sedation (medicine to relieve anxiety) or analgesia (pain medicine) for a procedure or test. Many times, children are given both medicines. This is called “sedation analgesia.”

### **Some reasons that sedation analgesia is required for tests or procedures are:**

- The procedure is long and your child needs to be still to get good results.
- The procedure is painful and your child will need to have pain relief.
- Your child is too young to cooperate for the procedure.
- Your child is too anxious to cooperate for the procedure.

### **Some questions you can ask when your child is having sedation analgesia:**

#### **1. Who will be in charge of giving the sedation analgesia to my child? Are they trained to give these medicines?**

Ask the person giving your child the medicines if he or she has been trained to give and monitor your child during and after the procedure.

Some of the people who are trained to give these medicines are:

- Doctors and dentists
- Nurses or trained assistants who work with the doctors or dentists

#### **2. What can my child eat or drink before the procedure or test?**

Sedation analgesia is safer if your child follows the eating and drinking instructions that are given to you before the test or procedure. By following these instructions, you are helping to protect your child from vomiting after receiving sedation analgesia medicine(s).

#### **3. How will my child be checked during the procedure?**

Your child will be checked regularly during and after the procedure. Things that are checked include:

- ✓ Heart rate
- ✓ Blood pressure
- ✓ Oxygen levels
- ✓ Breathing
- ✓ How awake they are

These will be checked constantly until your child is awake enough to go to his/her room or home.

#### **4. Will my child have an intravenous catheter (IV)?**

Sedation analgesia may be given by mouth for some tests/procedures. For more painful procedures, sedation analgesia is usually given through an “intravenous catheter” (IV). This is a hollow tube that is put into your child’s vein for medications (it is also used for fluids). An IV allows the doctor to increase or decrease the amount of medicine during the procedure. Also, an IV allows the doctor to give any emergency medicine if it is needed.

#### **5. Will my child be getting local anesthesia in addition to sedation?**

A local anesthetic may be given under the skin using a needle or by using a topical cream (cream placed on top of the skin). It will help numb the area where the IV is placed and where the procedure is going to be done. This is done so that your child does not feel any pain. A local anesthetic can decrease the amount of sedation your child will need.

#### **6. Will the level of sedation analgesia that my child gets be enough to keep my child comfortable during and after the procedure?**

There are different levels of sedation analgesia. Depending on your child and the type of medicine that he/she is given during the procedure, your child may be awake but not anxious. In other cases your child may be quite sleepy or be asleep completely. Talk to your doctor or dentist about the level of sedation analgesia medicine that will be used for your child. Ask him or her how sleepy they expect your child to be and what, if any, unusual effects can happen with the medicines they plan to use.

#### **7. Who will be checking my child's recovery after the procedure?**

The nurse or trained assistant will check your child regularly until the effects of the medicine given wear off.

**8. Can I be with my child during the sedation analgesia and procedure?**

Many parents and children prefer to be together while the child is getting sedation analgesia and during the procedure. This depends on many things such as:

- ✓ The procedure.
- ✓ The type of sedation analgesia.
- ✓ The age of your child.
- ✓ The comfort level and situation of the family.
- ✓ The comfort level of the doctor or dentist.

Check with your doctor or dentist to find out what will work best for your family.

**9. In case of an emergency, what equipment and staff will be available?**

It is rare, but sometimes complications occur with sedation and pain medicine. There will be medicines and equipment available to deal with an emergency if one happens. There will be a plan to deal with emergencies and to take your child to a hospital if they are not already in one.

**10. Who will decide when my child is ready to go home?**

A doctor, dentist or nurse who knows when the effects of the medicines have worn off will decide if it is OK for your child to go home.

**11. How should I care for my child on the way home?**

Young children and babies who use car seats need to stay awake enough to breath properly while fastened in their car seat. Please arrange for an adult to ride in the back seat with your child during the car ride home.

**12. Who should I call if I have any concerns or questions once my child is at home?**

Most of the effects of the sedation analgesia should have worn off by the time you take your child home. You will be given clear instructions as to what activities your child may participate in. Some medicines may have effects on balance. Adult supervision and quiet activities are recommended. You will be given a telephone number to call if you have questions after you take your child home.

*Developed by a multidisciplinary team of healthcare professionals with assistance from the Department of Learning and Development.*

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# Procedural Sedation and Analgesia

