

# Patient Instructions for Procedural Sedation at Beverly Knight Olson Children's Hospital

## The day before the procedure

- Before your child's scheduled procedure, they will be required to go without food or drink for a certain amount of time. This is called fasting and is very important for their safety. If your child has food or liquid in their stomach, it could make them choke or throw up during the procedure.
- You will be instructed on what times to stop food or drink via phone, text or voice message. It is very important to ensure your child follows these rules to avoid the procedure being canceled or delayed.
- For most sedated procedures, the fasting guidelines are as follows:
  - **STOP solid food 8 hours** before your procedure time.
  - **STOP milk and formula 6 hours** before your procedure time.
  - **STOP breast milk 4 hours** before your procedure time.
  - **STOP clear liquids 2 hours before your procedure time** - including water, Pedialyte®, Sprite®, 7-Up® or apple juice.
- **Example:** If your child's procedure time is at 9 a.m., then:
  - no solid foods after 1 a.m.
  - no milk or formula after 3 a.m.
  - no breastmilk after 5 a.m.
  - no clear liquids after 7 a.m.

## The day of your child's procedure

- Your visit to Children's Hospital Outpatient Procedural Services (CHOPS) will take at least 3 to 4 hours. This includes the time it takes to register, get ready, have the procedure and recover for an hour.
- You can park in the yellow parking deck for a fee of up to \$5 per day, or there is a free parking lot across the street.
- Visitors: Your child may have 2 adults or 1 adult and 1 sibling (older than 12 years old) with them.
  - No siblings less than 12 years old are allowed with the patient in our unit.
  - The hospital visitation policy may change based on infection control rules, CDC guidelines or the time of year.
- You should arrive 2 hours prior to the scheduled procedure. This gives us time to:
  - Register you at the front desk.
  - Check your child's height, weight and vital signs.
  - Connect with a child life specialist who can help support them throughout their visit with developmentally appropriate education and activities.
  - Give your child time to be examined by nurses and doctors:
    - Nurses will check your child's medical history, go through a safety checklist, and put in the intravenous (IV) catheter while the child life specialist supports and distracts your child.
    - Doctor(s) will get all necessary consent(s) for the procedure and sedation. A legal guardian must be present during this time and give permission.
  - If needed, we will wait for the sedation pre-medicine to start working.

## The sedation and procedure

- When it is time for your child's procedure, they will be taken back and connected to a monitor that checks their heart and breathing.
- When all needed medical staff are ready, sedation medicine(s) will be given through your child's IV.
- It is best to keep things calm and quiet as your child falls asleep.
- Once your child is asleep, you will be asked to wait in a separate area while the procedure, scan or test happens.

## Recovery after the sedation

- Your child will be watched in a recovery room for at least 1 hour from their last dose of medicine.
- You can be with your child during their recovery.
- It is important to keep things quiet and calm. Children who wake up too soon are at risk of becoming upset or irritable. For this reason, please keep noise down, dim lights, TV off and speak quietly, etc. This will allow them to wake up calmly and on their own.
- Once your child is awake, they will be offered a clear liquid to drink. After they show they can swallow without problems, they will get a snack.
  - If your child has special dietary needs or feeding supplies like bottles or sippy cups, please bring them with you because we have limited options.
- Your child's vital signs (like heart rate and breathing) will be checked while they are asleep. They will also be checked at least every 15 minutes after they wake up until it is time to go home. Your child's IV will be removed during the discharge process.

## After you are discharged home

- Once your child is safe and ready to leave, the nurse will give you instructions on how to care for your child at home. The nurse will also give you a number to call if you have any questions or concerns later.
- After your visit, you may be asked to answer a few questions via survey. Please be honest about how we can improve our services.

## How to prepare your child for a sedated procedure

Getting your child ready for sedation depends on what works best for your child and your family.

### Here's how you can help:

- Give your child information that is appropriate for their age. This will help to clear up any confusion and lessen fears.
- Help your child understand why they need the procedure and what will happen during it.
- Use simple words to prepare your child. This will help them understand why they are coming to the hospital.
- Be honest with your child so they can trust you and talk openly.
- Ask your child how they feel about the procedure so you can talk about any worries before it begins.
- Encourage your child to ask questions to help them feel in control.
- Stay with your child, talk gently and provide comfort to calm their nerves.
- Allow your child to pick a favorite stuffed animal, blanket, toy or something familiar to bring with them for the procedure.

### Tips for a positive hospital visit:

- Encourage your child to talk about their feelings and ask questions. But do not push if they are not ready.
- BE POSITIVE! Do not share your fears or bad experiences.
- Check your messages and emails before the procedure day.
- Stay calm and take care of yourself. You can support your child better if you are rested and relaxed. We will explain the sedation process during your visit, so you'll know what to expect.

- Bring someone with you if you are able. Your child may have 2 people with them at all times. We recommend leaving younger children at home and having an adult or older sibling that is able to help you.
- If your child has special needs, let us know. We can connect you with extra resources and plan the best ways to work with your child and family.

### **Suggested children’s books about going to a hospital:**

- *Franklin Goes to the Hospital*. Jennings, Sharon. 2000. Lets patients know what to expect when going to the hospital.
- *Franklin va al Hospital*. Jennings, Sharon; Clark, Brenda, ill. 2002. Lets parents know what to expect when going to the hospital. Spanish Language.
- *Going to the Hospital...What Will I See?* and who are those people wearing funny clothes? Wood, Jaynie R.; Berkus, Jo; Selwyn, Joan, ill. 2009. Provides a valuable resource to caregivers who want to ease the transition into the hospital and help children with their experience from beginning to end.
- *Paddington Bear Goes to the Hospital*. Bond, Michael; Jankel, Karen; Alley, R. W. ill. 2001. Paddington had an accident and had to go to the hospital. See what he experiences.

## **Helping your child cope at different ages**

### Babies (birth to 1 year)

#### **What to expect:**

- Anxiety from change to daily routine and seeing new people
- A parent’s anxiety is often reflected to their infant

#### **Ways to help them cope:**

- Swaddling
- Touching
- Massaging
- Rocking
- Holding
- Talking in a low, calm, rhythmic voice
- Singing
- Bringing their favorite comfort item or toy

### Toddlers (1 to 3 years)

#### **What to expect:**

- Anxiety from change to daily routine and seeing new people
- Feeling of not being in control
- Fear of the unknown
- Fear of abandonment or disappointment
- Lack of understanding that the situation is temporary

#### **Ways to help them cope:**

- Tell your child about the procedure 1 to 2 days before.
- Give them simple information about going to the hospital.
- Remind them the procedure is not punishment for “being bad”.
- Your child may become fussy with the change of environment and routine. Be patient and calm. Bring a comfort item or familiar toy with you.

## Preschoolers (4 to 5 years)

### What to expect:

- Because they are curious and have vivid imaginations, your child may imagine things that are not real or think negatively
- May feel that the procedure is punishment for something they did wrong
- May not understand why they need the procedure

### Ways to help them cope:

- Tell your child about the procedure 2 to 4 days ahead of time. Use simple words and sensory information, without too many details.
- Make sure to tell them the procedure is to help them get better. It is not because they did something wrong.
- Your child may become fussy with the change of environment and routine. Be patient and calm. Bring a comfort item or familiar toy with you.

## School-age children (6 to 12 years)

### What to expect:

- Scared about losing body parts or their body not working right
- Anxiety about their sickness and the effects of medical treatment
- Feelings of helplessness, loss of control, loss of respect, disappointment
- Fear of pain or anger about procedures that are out of their control. This may cause them to not cooperate
- Fear of sedation or “sleep medicine.” They may worry they will wake up during the procedure
- Concerns about privacy
- Changes in routines, like missing out on school or not seeing friends, can make them anxious

### Ways to help them cope:

- Prepare your child 1 to 2 weeks ahead of time.
- Be open to answering the questions your child has, as best you can.
- Explain what will happen before, during and after the procedure. Use words that are not scary.
- Never use threats or bribes. Example: “If you don’t hold still, the doctor will give you a shot.”
- Praise your child for doing a good job; even if it’s a small thing.
- Encourage your child to talk about their fears or worries.
- Kids may become angry or quiet in the hospital. This is normal. Support them and treat them as normal as possible.

## Teens (13 years and older)

### What to expect:

- Worrying most about how the procedure will change how they look and how it will affect their daily life, especially with friends
- Fear of pain
- Hesitant to ask questions because they do not want to sound silly in front of others
- Concerns about privacy

### Ways to help them cope:

- Prepare your child 1 to 2 weeks ahead of time.
- Let them have choices and some control in their care plan.
- Respect their independence and privacy.
- Give them clear, honest explanations about the procedure.
- Make sure they have a chance to talk to staff members about their concerns.

## What to bring to your child's appointment

- To make sedation as easy as possible for you and your child, please bring anything you think will be comforting, entertaining, or distracting for your child during the time they will wait. Be aware that your visit will be at least 3 to 4 hours.
- Our staff would also like to know how we can support you and your child. Please tell us about your child's likes and dislikes, the best way to communicate with them, your child's concerns and any possible needs.

Other ideas that have worked for other patients and families:

- A favorite book or toy
- Favorite "snuggly" item or "lovey" (blanket, binky/pacifier, doll or stuffed animal)
- Favorite cup (to use after the procedure, when your child is allowed to drink and eat)
- Communication device if your child uses one
- Keep your child busy with things they can do on their own (word finds, Sudoku, portable game system, music, coloring books, etc.)
- Bring calming items that your child likes, such as squishy balls, teething/biting toys, and headphones that block out noise
- If your child has any dietary needs or feeding supplies like snacks, drinks or supplies, please bring them with you. Please keep these items out of sight, so your child does not want them before the procedure

## Children with special needs

If your child has special needs, please read over the below questions to help determine their potential hospital stressors. If you answer yes to any of the questions, please share this information with our team. We would love to help customize their care plan to help alleviate feelings of stress or anxiety as much as possible.

### Stressor: Changes to Routine

- Does your child find it hard to not eat or skip meals?
- Does your child get stressed when their morning routine is disrupted?
- Does your child feel overwhelmed when they are not ready for new situations or experiences?
- Does your child struggle during times of transition (example: leaving one room to go to another)?
- Does your child feel overwhelmed or stressed when meeting new people?

### Stressor: Sensory Triggers

- Is your child sensitive to loud noises and/or certain sounds?
- Does your child become overwhelmed when there are lots of people around?
- Is your child bothered by things like touch, bandages, certain fabrics or textures?
- Does your child have sensitivities to lights and/or bright colors?

If your child with special needs has a very strict daily routine and needs pediatric sedation for a procedure or test, please tell the scheduler. We may be able to:

- Give you an early appointment to help with fasting
- Offer a later appointment to lessen the impact on your child's daily routine