

Discharge Instructions

Following Sedation

You, or your child, have been given medications to cause sleep during a treatment, test, or procedure. Each individual responds in a different way to these medications. Even though the effects will be gone by the time you leave for home, some effects may linger for up to 24 hours. These include sleepiness, confused thinking, impaired judgment, dizziness, nausea, and trouble walking.

Adult:

- Avoid Alcohol and sedating medications for 24 hours
- Do not drive a car or operate machinery for 24 hours
- Do not enter in to any contracts, or make any major decisions for at least 24 hours
- Be careful around stairs
- When fully alert, you may sip water or clear liquids. If that goes well, progress to soft, easily swallowed foods like bananas or applesauce
- If vomiting occurs, wait 1-2 hours before drinking more water or juice

Pediatric:

- Watch your child closely for the next 8 hours. The child will sleep for 2-6 hours after receiving the medications
- If your child is small, carry them to and from the car
- If your child is sleeping, he/she may not be able to hold his/her head in a position that makes it possible to breathe
- Avoid stair climbing, riding bikes, use of skateboards, swings, monkey bars, or swimming for at least 24 hours
- When fully alert, your child may sip water or clear liquids. If that goes well, progress to soft, easily swallowed foods like bananas or applesauce
- If vomiting occurs, wait 1-2 hours before drinking more water or juice

Call your doctor or go to the Emergency Room if:

- *Breathing difficulty*
- *Trouble waking up*
- *Repeated vomiting, Diarrhea, or dehydration*