

Your child is having a test that requires him/her to relax and stay still for an extended period of time. In order to do this, your child may need some medicine to make him or her more settled while the test is being done. This medicine is called a sedative. This sedative may make your child feel sleepy or fall asleep.

For children having an ECHO or EEG the sedative is usually given by mouth. For children having a CT or MRI Scan the sedative is usually given by injection. Children over 6 years who are able to cooperate by keeping totally still will not require sedation.

It is **important that your child has an empty stomach** to reduce chances of throwing up or choking after the medication is given.

### **Please STRICTLY follow the guidelines listed below:**

- **Clear Liquids** - may be taken up to two hours prior to procedure (clear fluids are: liquids that can be seen through examples apple juice, water, gingerale)
- **Breast Milk** - may be taken up to four hours prior to procedure
- **Infant Formula** - may be taken up to six hours prior to procedure
- **Non Human Milk** - may be taken up to six hours prior to procedure
- **Light Meal** - may be taken up to six hours prior to procedure (light meals consists of toast, crackers, cereals and clear fluids)

### **Specific Instructions for CT and MRI Scan**

If contrast material (x-ray or MRI dye) is required an intravenous will be started through which the dye will be administered. The technologist will explain about the injection on the day of the test. For CT scans please refer to the pamphlet: "What you should know about radiologic contrast material" for additional information.

Ask your doctor or pharmacist about Ametop. Ametop is a gel put on the skin which can be applied prior to starting an intravenous (needle inserted into your child's vein), to decrease the discomfort experienced with this procedure. For best effect this must be applied at least 45 minutes and no longer than 4-6 hours before the procedure. Ametop Gel is available without prescription at your local pharmacy.

### **Preparing For Your Visit**

Make sure you bring your child's pacifier, blanket, favorite toy, etc., that helps your child to settle or go to sleep. Please bring other child care necessities (ie diapers, bottle, juice and cup, stroller etc.) because your child must remain in hospital until they are awake and tolerating oral fluids.

Try not to let your child sleep at all before the test, or in the car on the way to the hospital.

Please do not bring other small children with you. You need to give your full attention to the child who is having the test.

Plan to have someone with you when you take your child home from the hospital. If you go home in a car, make sure your child wears his or her seat belt and have someone sit with your child to watch him/her. Public transportation is not advised.



## How Long Will I Be At The Hospital?

The length time you will need to be in the hospital is different for each test. Please see the instructions below for your child's test.

- **ECHO or EEG:**

Arrive at the ambulatory care department at the appointed time. Plan to be in the ECHO/EEG laboratory approximately 2-3 hours.

- **CT and MRI SCAN:**

Arrive at the ambulatory care department at the appointed time, this is 1- 1 1/2 hours prior to the scan time. Plan to be in the ambulatory care department a total of 4 - 5 hours.

## Appointment Information

A signed requisition from your physician must be sent from the office or brought in by you. If we do not have this form, the test will be cancelled.

If you have any questions please call:

- **ECHO or EEG:** The cardiopulmonary department at 905- 813-2712 between 8:00 a.m. and 4:30 p.m.

- **CT and MRI SCAN:** The Credit Valley Hospital imaging department at 905-813-4179 or the ambulatory care department at 905- 813-2744.

*If your child becomes ill with a cold, fever, difficulty breathing, vomiting or diarrhea, please notify the hospital 24 hours in advance if possible. Your appointment may need to be re-scheduled.*

# What You Need To Know Before Your Child Has Sedation

*Diagnostic Test:*

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