



PEDIATRIC SEDATION

Preparing your child for their test with sedation

When your child needs a test with sedation, it is normal for the whole family to feel nervous. Knowing what to expect and how to get ready can help.

These guidelines will help you stay safe before your child's test with sedation.

Our address

700 SW Campus Drive, Portland, OR 97239

1–4 business days before your child's test with sedation

We will call you between 8 a.m and 4:30 p.m. We will leave a message if we do not contact you the first time.

In this call, we will talk with you about:



- What time to be at the hospital
- What is OK for your child to eat and drink before their test with sedation

Check for signs of illness

Check for possible illness each day. Call the physician's office if you or your child have:



- Fever, sore throat, runny nose, cough, shortness of breath, body aches or other symptoms.
- Been diagnosed with COVID-19, influenza, or RSV.
- Had close contact with someone who has or might have had COVID-19 in the past 14 days.

Call us if your child is feeling sick

Before 4:30 p.m., call Pediatric Sedation at 503-494-0621 After 4:30 p.m., call 503-418-8311.



What to do the day before your child's test with sedation

- Remove all nail polish, jewelry and make-up from your child.
- If your child wears contact lenses, get them ready to wear glasses instead of contact lenses to the hospital.
- Only 2 healthy adults may come to the hospital with your child. One of these adults must be able to give legal consent for your child's test with sedation. No other adults or children may come.
- Have your child bathe or shower before going to bed.
- Read and follow the instructions on eating and drinking on the next page. No meals 8 hours before the start of their test with sedation.

Eating and drinking before your child's sedation

Please read before the day of surgery or sedation

Be at the hospital at _____ at 7th floor (Bear symbol desk)

Type of food	Options Do not vary from options given	Latest time you can eat or drink
All solid foods All tube feeds	ALL solid foods Meal replacement formulas	Stop 8 hours before arrival to hospital
Milk Infant formula	Milk – All non-human/dairy milk All infant formulas	Stop 6 hours before arrival to hospital
Breast milk ***NO additives	Human breast milk ONLY	Stop 4 hours before arrival to hospital
Clear liquids	Water Pedialyte Clear juice, no pulp, filtered Clear sports drink **Limit to 8oz., or one regular cup	Stop 2 hours before arrival to hospital

Your child should not eat or drink anything during the 2 hours before you arrive at the hospital.

Please follow the instructions above. Otherwise, we may delay or cancel your child's test with sedation.

The reasons these guidelines exist is for the safety and health of your child. Eating or drinking before the time of anesthesia may cause lung injury from aspiration of food particles and liquids.

Your child may take medication with a sip of water, unless we tell you something else.

Important: Keep food away from your child before their test with sedation. Check your car and car seats before putting your child in the car to come to the hospital.



What to pack for your child's visit



- A change of clothes. If your child is staying the night, pack a small overnight bag. You will need to keep your child's belongings with you during the test.
- A comfort item for your child like a blanket, stuffed animal, music player or video game.
- Containers for glasses and retainers.
- If your child is having an MRI, clothing **WITHOUT** metal (zippers and snaps).
- Legal paperwork for guardianship, if applicable. Birth or adoptive parents do **NOT** need to bring a birth certificate or any other legal papers.
 - If you are a legal guardian, we will need to see the legal papers that say so.
 - If you are the parent but do not have legal custody, we will need to see the legal papers that allow you to make health care decisions for your child.

The day of your child's test with sedation

Coming to the hospital



- For patients younger than 18: **2 healthy adults (age 18+; no children) can be with the patient.**
- At least 1 adult must be able to provide consent (legally make healthcare decisions) for the child.
- **2 max visitors per day are allowed to visit your child in their hospital room if they are staying overnight.**

Checking in

1. Take the elevator to the 7th floor and check in at the **Bear** symbol desk.
2. You will be with your child in the sedation area and will be reunited as soon as possible after the test in the same area.