

Outpatient Instructions After Sedation

Patient Name: _____

This patient has received _____ for sedation during

(PROCEDURE)

ANY OF THE FOLLOWING MAY BE EXPERIENCED:

- Alert one minute, then drowsy or sleepy the next minute. Sleepiness may last 4-6 hours.
- Dizziness and/or lack of coordination.
- Occasional irritability throughout the day.
- Poor appetite for a few hours.

REST/ACTIVITY:

- Allow time to rest.
- Pay special attention when engaging in physical activities (for example: falling when walking, tripping, etc.).

DRINKING AND EATING:

- Do NOT allow patient to eat until he/she is completely awake.
- Begin feeding with clear liquids such as water, apple juice, Jello, popsicles or Kool-Aid. Advance diet as tolerated.
- If vomiting occurs, stop eating for 30-60 minutes. Gradually resume clear liquids.
- Start solid foods when liquids are well tolerated.

CALL THE ANESTHESIA DEPARTMENT AT (916) 481-2525 IF YOUR CHILD HAS:

- BREATHING PROBLEMS.
- PROLONGED WEAKNESS, SLEEPINESS.
- FREQUENT NAUSEA AND VOMITING

IF YOU ARE UNABLE TO REACH THE DOCTOR AND YOU FEEL IT IS AN EMERGENCY, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM.