Before Sedation
(Before Sleeping Medicine)

On ___/___/___ at _______ (time) your child is scheduled to receive sedation (sleeping medicine) for _______________________ (name of test/procedure) in the _______________________ (department).

The parent or legal guardian of the child must be present for the sedation appointment.

If your child is sick or has had something to eat the morning of the sedation, please notify us, as it may be unsafe to complete the sedation.

To prepare your child for sedation or anesthesia, please follow these instructions:

- Your child may eat anything until ____________ (time).
- From ____________ (time) to ____________ (time), your child may drink only clear liquids such as Sprite®, apple juice, oral electrolyte solution (Pedialyte®), or water. Do not give your child baby formula.
  
  Also be aware of prescription medication given to your child. If you mix medications with food or pudding to give to your child, make sure it fits into the times above.
- If your child is 12 months or younger, you may breast feed until ____________ (time).
- **After ____________ (time), do not give your child anything to eat or drink (including gum, mints, or candy).**

Things to be prepared for after sedation:

Your child may be tired after the procedure. You may want to bring a stroller to take your child to the car.

Please make arrangements for an adult to stay all day with the child that received sedation.

Your child may be thirsty when he wakes up. It is best to start off by offering clear liquids after sedation. You may give your child juice or clear soda pop to drink after he wakes up.