Appendix 8: Presedation instructions for parents/caregivers

If you are unable to comply with or have any concerns regarding the instructions listed on this page, please contact your sedation practitioner, or our office, so that we can discuss how to best make adjustments for your particular requirements or circumstances.

- If your child feels sick or unwell, please liaise with your doctor/dentist about whether to postpone the treatment.
- The child should not eat anything for at least 6 hours before the procedure/operation. Clear fluids (black tea/black coffee/apple juice) may be taken up to 2 hours before.
- Breastfeeding may be continued up to 4 hours before the procedure. Thereafter clear fluids may be offered up to two hours beforehand.
- The child should wear comfortable clothing with loose-fitting sleeves in order to be able to apply an electronic blood pressure cuff.
- The child should take any **chronic medication** on the day of the procedure/operation, as ordered by the doctor/dentist. If taken, it must be taken at the usual times, along with a small amount of water, regardless of the restrictions on fluid intake noted above.
- If the child has asthma, bring the inhaler with on the day of the procedure.
- Children with diabetes should bring their blood glucose monitoring devices and take their blood glucose level the morning before the sedation. A low blood glucose level must be reported to the sedation practitioner.
- Children with obstructive sleep apnoea who use CPAP should bring their CPAP devices.
- Please arrive in good time for the appointment, at least 30 minutes beforehand. In some cases, the doctor/dentist may feel that the child will benefit from premedication to reduce anxiety and aids with relaxation. In this case, you may have to come earlier in order for the child to take the premedication.
- Please let the child empty his/her bladder before the procedure/operation.
- The child must be accompanied home by an adult escort. The escort may remain with the child until the sedation is underway and the procedure/operation is about to start. The escort will then be requested to leave the procedure/operation room.
- A responsible adult must remain with the child for the rest of the day. This person will be responsible for ensuring that the child takes the normal prescribed medication and to contact the sedation practitioner in the case of adverse events. If there is nobody to stay with the child at home, we will unfortunately not be able to provide sedation.
- There must be arrangements in place for the child and the responsible adult to travel home by private car or taxi rather than public transport.