



## PEDIATRIC SEDATION

# Preparing your child for their test

When your child needs a test with sedation, it is normal for the whole family to feel nervous. The best way for you to feel less anxious is to know what to expect and how to prepare for the test.

## 1-2 business days before the test

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We will call you at some point between 7 a.m. and 5 p.m. with information about:

- Arrival time
- Eating and drinking rules

## 1 day before the test

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- Call us if your child is feeling sick.**
  - Monday – Friday, 8 a.m. – 4:30 p.m., call **503-494-3136**
  - After these hours, call **503-494-8311** and ask for the on-call pediatric anesthesiologist.



- 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.



- Make arrangements for the care of your other children.** If you must bring another child with you to the hospital, bring an adult to care for them while you are with your child getting the test.



- Read and follow the eating and drinking rules** on the next page.



# Eating and drinking rules before your child's surgery or sedation

## PLEASE READ BEFORE THE DAY OF SURGERY

Time of arrival \_\_\_\_\_ at \_\_\_\_\_

Type of food	Options — Do not vary from options given.	Latest time you can eat or drink
All solid foods	ALL solid foods	STOP <b>8 HOURS</b> BEFORE ARRIVAL TIME TO HOSPITAL
Milk, formula and tube feeds	Milk, formula, and tube feeds	STOP <b>6 HOURS</b> BEFORE ARRIVAL TIME TO HOSPITAL
Breast milk	Only breast milk	STOP <b>4 HOURS</b> BEFORE ARRIVAL TIME TO HOSPITAL
Clear liquids NO coloring or dyes	Limited to water and CLEAR Pedialyte Limit to 8 oz, or 1 regular cup	STOP <b>2 HOURS</b> BEFORE ARRIVAL TIME TO HOSPITAL

## Nothing to eat or drink during 2 hours before hospital arrival

- 1. Not following the above rules may result in delay and/or cancellation of your child's procedure.**
2. Medications can be taken with sips of water, unless directed otherwise.
3. Make sure to keep all food out of reach of children once they can no longer eat.  
**It's IMPORTANT to check the car and car seats before child enters.**
4. The reasons these guidelines exist is for the safety and health of your child. Eating or drinking before the time of anesthesia may cause your child to vomit and choke during the procedure or in the time immediately after.
5. Please call **503-418-5303** for any questions, or if you need any clarifications.  
After 5:30 p.m. call **503-494-8311** and ask to speak to the pediatric anesthesiologist on call.



## What to pack for your child's visit

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- 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.
- For younger children, bring an **empty sippy cup** or other favorite cup.
- Containers for glasses and retainers.
- Activities** to do in the waiting room.
- 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

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- Have your child **wear comfortable clothing.**
- Give yourself **extra travel time** to make sure you get here before your arrival time.
- Use **valet parking**, available 7 a.m. – 10 p.m. at the OHSU Doernbecher lobby entrance. If you choose to self-park, make a note of where you parked.
- Once inside Doernbecher Children's Hospital, take the elevators to the **7th floor** and **check in at the "Bear" symbol desk.**