



**CHU
Sainte-Justine**
Le centre hospitalier
universitaire mère-enfant
Université 
de Montréal

Going Home After Sedation

Information for Parents



Your child received a sedative during their stay at the hospital. This medication helped your child to relax, stay calm, or fall asleep.

Your child will be ready to go home once they are fully awake or have returned to the state they were in before receiving the sedative.

The information in this pamphlet will help you take good care of your child once you're back home.

What your child can do after sedation

Your child may have an unsteady gait for the first 24 hours. If this happens, let your child rest and assist them when moving around. They may also feel dizzy or weak and be less active. Some children may be irritable or withdrawn, while others may be unusually energetic.

During this period, an adult must always stay with the child, especially during activities that require attention and balance. Avoid sports or physical activities such as swimming, climbing playground structures, or biking until your child has fully returned to their normal state before sedation.

If your child is a teenager, do not allow them to drive or operate machinery for at least 24 hours after sedation, or perform tasks that require increased alertness or important decision-making.

What your child can eat or drink

Do not offer food until you are sure your child is fully awake. Avoid giving large amounts of food, as this may cause vomiting. Once your child can drink water or juice without vomiting, gradually reintroduce their usual foods or milk.

If your baby is breastfed, you may begin nursing as soon as they wake up.

Your child's sleep after sedation

After leaving the hospital, it's normal for your child to be a bit sleepy and for their sleep routine to be disrupted. They may fall asleep easily or, conversely, wake up frequently and be more irritable, sometimes experiencing nightmares. Gently wake your child if their sleep seems unusually deep.

Some substances (e.g., alcohol, cannabis) or some medications (e.g., over-the-counter antihistamines) increase drowsiness and the risk of falls. Follow the instructions provided for any medications prescribed after the procedure.

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Supplemental video resources

Procedural Sedation and Analgesia Part 1 Procedural Sedation and Analgesia Part 2



<https://trekk.ca/fr/resources/video-procedural-sedation-part-1>

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