



West Hertfordshire
Hospitals
NHS Trust



A guide to...

Paediatric Sedation for CT or MRI Scans

Patient Information

Before Sedation

It will be necessary to sedate your child to perform the CT or MRI scan.

Please report to the Safari/Starfish Day Unit at 7:30am

We will explain the sedation procedure to you and obtain the parent's/guardian's consent.

Your child must have an empty stomach before sedation.

This is to avoid the risk of vomiting. To assist us with this, your child must be starved before arriving at the unit.

Please follow the instructions below:

- No solids or milk feeds for 6 hours before the appointment time
- No breast feeds for 4 hours before appointment time
- No clear fluids for 2 hours before appointment time.

Your child will be sent to the Radiology Department for their CT or MRI and will be sedated there.

Following the scan, your child will return to the Safari/Starfish Ward and be observed for a minimum of two hours. It may take all day for your child to recover from the sedation and be ready for discharge.

There is a possibility that the sedation may fail. If this happens alternatives will be discussed with you.

How to care for your child after sedation

Child: _____

Attended the Safari Day Unit on: _____(date)

for a _____ scan under sedation under the care of:

Dr _____

Your child was discharged home once comfortable and recovered from the sedation. The effects of the sedation may be noticeable for up to 24 hours, please follow the instructions below.

He or she was given the following medications:

- Do not let your child undertake any strenuous activities such as riding a bike, swimming, climbing, playing on a swing or trampoline, or play outside unaccompanied, for 24 hours following sedation.
- Do not leave you child with anyone else (childminders or grandparents) for the first 24 hours.
- Make sure that your child can tolerate a juice drink before offering anything to eat.

- Your child may have mood changes which can make him or her irritable, this is temporary.
- If your child is taking any medications, please give this as normal.
- Your child should be well enough to go to school or nursery the day after the scan.
- If your child is unduly sleepy or difficult to rouse, make sure he or she is in a safe position on their side and ring 999.
- If you have any questions or require general advice, please call the Safari Day Unit on 01923 436694, Monday-Friday from 7.00am – 7.00pm
- Out of hours please call Children’s Emergency Department on 01923 217564 or Starfish Ward on 01923217383 (out of hours) 01923 217357

Queries

If you have any queries about the sedation procedure, please contact the Safari/Starfish Ward.

Tel: 01923 217383

Tel: 01923 217357 (out of hours)

Parking is available in the multi-storey car park, pay on exit. See our website for more information about parking, parking concessions and other ways to get to our hospital.

www.westhertshospitals.nhs.uk/about/travel_information/

Notes

West Hertfordshire Hospitals NHS Trust

Paediatric Department, Safari Day Unit
Watford General Hospital
Vicarage Road
Watford
Herts
WD18 0HB

Tel: 01923 436694

Monday-Friday from 7.00am – 7.00pm

Out of hours please call Children's Emergency
Department - **Tel:** 01923 217564 or
Starfish Ward—**Tel:** 01923 217383 or 01923 217357

If you need this leaflet in another language, large
print, Braille or audio version, please call
01923 217 187 or email westherts.pals.nhs.uk



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