



## **Ketamine Sedation; Information for Parents & Care Givers**



### **About Ketamine**

Ketamine is a medication commonly used in hospitals for sedation in children who require a brief procedure that may be painful or unpleasant. It is injected into the vein via a drip, and lasts for about half an hour.

Under sedation children can appear awake but they are unaware of their surroundings. They may drool saliva, have watering of the eyes, move a little without an obvious cause, or have twitching movements of the eyes; these are all normal features of Ketamine sedation. Because they are unaware of their surroundings they do not feel any pain, and typically do not remember the procedure at all or only remember small parts.

### **Safety and side effects**

Ketamine is very safe when used appropriately. We will go through a checklist with you to ensure that Ketamine is a suitable medicine for your child.

1 in 10 children vomit after receiving Ketamine. Because of this we will give your child an anti-sickness medicine via a drip to greatly reduce the chance of this happening.

Fewer than 1 in 100 children will experience a serious side-effect. Rarely, some patients will require help with their breathing while sedated. In 0.02% of cases your child may need to be given a general anaesthetic with a breathing tube placed in their windpipe to help their breathing.

Occasionally some children will experience bad dreams either during the sedation or afterwards. This is transient and has no lasting effects on the patient. It is particularly helpful to encourage them to imagine positive things before the injection. A calm manner and distraction with music, bubbles, toys etc. for younger children can also be helpful.

### **During the procedure**

We will make sure your child is in an area of the department that is quiet and where we have enough space to do the procedure and to monitor them closely. They will be cared for by a senior doctor and nurse at all times.

A drip will be inserted, usually into their hand or arm, which allows us to give medicines into the vein. We will use a monitor to closely observe their breathing and heart rate.

They will be given anti-sickness medicine via the drip, and we will then make them feel as relaxed as possible before giving them Ketamine, the sedation medicine.

Once the Ketamine has taken effect, we will show you to the parent and carers area where you can wait whilst we do the procedure.



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### **After the procedure**

Once the procedure has finished and your child is beginning to wake up from sedation, we will invite you back in to the clinical area to be with them. You may see them have twitches of the body or eyes, and they may still seem sleepy, quiet or confused. This will improve and settle as they wake up.

Most children recover from sedation within 90 minutes. The person doing the procedure will tell you if your child is able to go home after they have recovered. For children who can go home we will observe them in the Emergency Department or Clinical Decision Unit (CDU) until they are fully awake, can walk unaided and manage to drink without vomiting.

### **After you go home**

Children may remain mildly confused, sleepy or clumsy afterwards. They should be closely supervised for the first 8 hours following discharge, and for the next 24 hours should not:

- Get involved in strenuous or sporting activities.
- Use play equipment such as monkey bars, climbing frames, etc.

Let your child sleep. Sometimes children sleep more because of the sedation medicine. This is normal.

Eating a big meal too soon after sedation can make children feel sick or vomit. To minimise the chance of vomiting give your child small amounts of clear fluid such as diluted fruit juice, ice lollies, jelly, clear soup, etc. and wait 2 hours before giving them a meal.

If you have any concerns that your child may be experiencing problems relating to the sedation that they have received, contact the Emergency Department on **0141 452 4055** to discuss the issues with a senior doctor or nurse.