

## **INSTRUCTIONS FOR SEDATED PEDIATRIC RADIOLOGY PROCEDURES**

**1. Arrive at least 1 (one) hour before the scheduled appointment in the hospital admitting office (admit through ambulatory surgery).**

**2. Pre-procedural NPO Instructions:**

- a. For patients less than 6 months of age, withhold food and semi-solid liquids (milk, formula, and pulpy juices) for 8 hours prior to sedation. Encourage clear liquids (apple juice, water and gelatin) up to 2 hours prior to sedation.
- b. Breast milk may be given up to 4 hours prior to sedation.
- c. For patients 6 months to 36 months of age, withhold food and semi-solid liquids for 8 hours but encourage clear liquids up to 2 hours prior to sedation.
- d. For patients older than 36 months, withhold food and semi-solid liquids for 8 hours prior to sedation but encourage clear liquids up to 2 hours prior to sedation.
- e. NPO status at MD/DO/DPM discretion due to urgency of procedure (rationale should be documented). A small amount of clear liquid in order to take medication is acceptable.
- f. NPO status for emergency procedures will be determined on a case-by-case basis, with risks and benefits clearly explained to the patient and documented.

**3. Things to be Remember:**

- a. The CT and MRI scanners are very large and loud and require that your child lay very still in a small enclosed space. It is not uncommon for young children to be frightened of the CT or MRI.
- b. Please feel free to bring along your child's favorite toy, book or blanket, as this will help him or her to be more comfortable, calm and will help make your visit more pleasant.
- c. Sedation requires medications that have inherent risks; while unlikely, we may be able to avoid sedation if your child is asleep for the exam. In order to increase this probability, postpone your child's usual bedtime, awaken your child earlier than usual in the morning, and avoid any naps to enhance the likelihood of your child falling asleep prior to the exam.