

# Ketamine sedation

Ketamine is given for sedation and pain relief before a procedure.

## Care at home

- Your child needs to be observed closely by an adult for the next 8 hours.
- DO NOT leave your child alone for the next 8 hours and supervise all playing and bathing during this time.
- Bike riding, swing sets, cooking or swimming should not be undertaken for the next 24 hours.
- Avoid heavy meals for the next few hours. Your child may have mild nausea or vomiting soon after having ketamine. If frequent vomiting occurs, take your child to the GP or nearest emergency department.
- If your child goes to sleep within 2 hours of discharge from the emergency department observe their breathing pattern and skin colour and make sure they are able to wake briefly.
- Do not leave your child unattended in a car seat. If they fall asleep in the car seat, observe them to ensure they do not have any difficulty breathing.

## When to seek medical advice

Please take your child to your local doctor or nearest emergency department if:

- Breathing appears difficult, too shallow, too slow or unusual.
- Skin colour has become very pale or greyish.
- If it is unusually difficult to wake your child from sleep.

If you have any other concerns you should take your child to the GP or emergency department.



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Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

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