Anesthesia Discharge Instructions

For parents of children receiving anesthesia or sedation

Once the procedure is over, a nurse will monitor your child in our recovery area. Each child responds in different ways to anesthesia and sleeping medicine.

After receiving anesthesia, your child may:

- Wake up right away.
- Sleep for 15 to 30 minutes.
- Be drowsy for an hour after waking up.

For 4 to 6 hours after waking from anesthesia, your child must be:

- Closely supervised.
- Protected from falling or being hurt.
- Encouraged to drink plenty of clear liquids.

For 12 hours after waking from anesthesia, DO NOT let your child:

- Ride a bicycle or scooter.
- Play on gym equipment.

We suggest that you carry your infant or toddler or use a stroller to bring them to and from the Radiation Oncology Department. Be sure your child’s head and neck are supported. In your car, be sure to use a car seat or seat belt.
Older children may need support to walk on their own after anesthesia. If needed, a wheelchair will be provided. You may be asked to wait in the recovery area of the Radiation Oncology Department until your child is able to talk and walk.

You may give your child clear liquids such as apple juice when they are awake. This can be followed by food as tolerated. Your child should urinate within 6 to 8 hours after waking up.

If you are unable to get your child to drink fluids, or your child does not urinate, contact your child’s doctor from Children’s Hospital or Seattle Cancer Care Alliance. Doctors at University of Washington Medical Center (UWMC) are available to consult with your child’s other doctors as needed.

**When to Call the Doctor or Nurse**

If you have problems or questions about the medicine your child received, please call UWMC Radiation Oncology:

- Nurse.................................................................................... 206-598-8132
- Treatment Desk.................................................................... 206-598-4100

After hours, call the paging operator and ask for the resident on call ............................................ 206-598-6190

If your child has trouble breathing or another emergency, call 9-1-1.