

Sedated Echocardiogram Discharge Instructions: Intranasal Dexmedetomidine

What should I expect when I go home?

Your child received **Intranasal Dexmedetomidine** for their sedated echocardiogram today. These are the things you need to keep in mind:

- It is **very** important that you observe your child in their car seat on the ride home. If no one can ride in the backseat with your child, place them behind the passenger seat so that you can see them in the rearview mirror.
- **Do not** allow their head to slump forward.
- It is okay to let your child sleep. However, as it is possible for them to fall back into a deeper sleep for up to 24 hours after sedation, it is important to observe your child closely for the remainder of the day.
- Be **very** cautious when allowing your child to sit or stand independently.
- For at least the next **2 hours**, do not let your child walk independently.
- Do not allow your child to go swimming the same day or be unsupervised around bodies of water.

What do I need to know about my child's medications?

- You may give prescribed medications as scheduled.
- **Do not** give your child medications that can cause drowsiness (for example: cold medications such as Benadryl) for the first 24 hours after sedation.

Who do I call if I have questions?

For any questions or concerns after discharge, please call Pediatric Cardiology:

- During business hours, Monday-Friday, 8am-5pm, call: (734) 764-5176

- After hours, on weekends, or holidays call: (734) 936-6267 and ask for the Pediatric Cardiology fellow on call.
- **In an emergency, call 911 or go to your local emergency room**

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