



## KETAMINE INFORMATION SHEET FOR PARENTS

Your child needs to have a procedure done. To ensure the procedure is not painful, we will be giving your child medicine called ***Ketamine***.

**BEFORE:** Your child should not have had any milk or solids 4 hours prior to the procedure. He or She may have clear fluids such as water or apple juice up until 2 hours before the procedure. An intravenous (IV) will be put in your child's hand or foot as a route for the medication to be given. Your child will be attached to a monitor, and monitored during and after the procedure. The medication will put your child in a dream state. You can help your child by suggesting pleasant topics to dream about during the procedure – for example, dreams of being at the beach, or going on vacation or a favorite pet.

**DURING:** During the procedure, there will be nurses, doctors, and a respiratory therapist present. Ketamine will be given through your child's IV and will make him or her fall asleep. Their eyes may remain open, giving them a "lights are on but no one is home" look. The nurse will monitor your child closely. Your child may experience a lot of saliva in their mouth which will be removed by a suction catheter. Ketamine provides an amnesia effect – which means your child will not remember the procedure. Your job is to help your child concentrate on their dreams.

**AFTER:** As your child begins to wake up, they will need reminding to keep thinking of their happy dreams. Your child may be quite sensitive to light and noise (especially others' voices) as they are waking up. He or she will remain monitored until they are awake. You will need to stay in the emergency department until your child is fully awake, is able to drink and tolerate small amounts of fluids, as well as stand. The IV will be removed before you leave the Emergency Department.

**AT HOME:**

- Your child should not participate in contact sports/activities for 2 days.
- Your child may require assistance to move about.
- Try quiet activities with your child such as puzzles, videos, or reading books.
- Your child may feel "funny" today, but should be back to their normal self by the next morning.