

ANAESTHESIA

MISSION STATEMENT

To act as a model institution to alleviate the suffering of patients with cancer through the application of modern methods of curative and palliative therapy irrespective of their ability to pay, the education of health care professionals and the public and perform research into the causes and treatment of cancer.



Revenue from these services is spent on the treatment of poor cancer patients.

Shaukat Khanum Memorial Cancer Hospital and Research Centre
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Shaukat Khanum
Memorial Cancer Hospital
and Research Centre

DISCHARGE INSTRUCTIONS FOR CHILDREN FOLLOWING SEDATION/ANAESTHESIA

Your child is ready to go home but will need to be observed closely as the effects of sedation or anaesthesia may last for several hours. The following instructions will give you a better idea of how to care for your child.

EATING AND DRINKING

Do not feed your child until he or she is awake. Clear liquids such as water, apple juice, Pedialyte or even breast milk can be given 2 hours **AFTER** the procedure.

Nausea or vomiting is common after sedation or anaesthesia, if your child vomits, do not feed them for at least 30 minutes. After 30 minutes, offer small sips, 1-2 ounces, of clear liquids. If your child continues to vomit, call the doctor or the Hospital at the number provided at the end of this sheet.

If your child is able to take clear liquids without vomiting, start feeding soft foods such as yoghurt, rice, boiled eggs and porridge.

If your child is able to eat soft food without vomiting, regular diet can be initiated. It is best to avoid fried food for that day.

ACTIVITIES

Your child may be sleepy, dizzy, fussy or less alert for the next few hours.

If your child is less than a year old, he/she may not be able to hold up his/her head without support for several hours after anaesthesia. You should support his/her head by placing an arm or hand under the head. Proper positioning is important to keep their airway open. You can help by keeping their chin off the chest, especially in a car seat.

Do not let your child crawl or walk alone due to the risk of falling, until the effects of the anaesthesia have worn off. This will usually take between 4-6 hours.

Your child should avoid activities that require good coordination such as climbing stairs and riding a bike for the rest of the day.

SLEEPING

Your child may be drowsy or sleepy after returning home. You should check your child to make sure he/she is breathing easily and is not vomiting. Make sure your child sleeps on his/her side.

MEDICATION AND OTHER PRECAUTIONS

Do not give your child any cold or flu medication. All other medication should be resumed. The IV site may feel sore for a day or two. Warm compression may help. If the site becomes hot, swollen or painful, call the Hospital at the number listed below.

CONTACT INFORMATION

If you have any questions or concerns, call the Emergency Department at
+92 42 35905000 | Ext. 5136 or 5137.

If your child has trouble breathing, is unable to wake up, or seems grey or blue, take him/her to the nearest hospital to seek immediate help.