

Magnetic Resonance (MR) Anesthesia Patient Instructions - Pediatric

WEEKS or DAYS before your child's appointment:

- **Preparation:** Your child must follow ALL INSTRUCTIONS in this letter. Their doctor has been notified about this appointment.

Ask your child's doctor right away if your child needs an updated **PHYSICAL**. The physical must have been completed no more than 1 year before the appointment date.

If not complete, your child will be rebooked.

- **Accompany your child:** Ensure a parent, guardian, or alternate decision maker, brings your child to their appointment. This person **MUST** remain in the hospital for the duration of the appointment.
- **Arrange childcare for additional children:** For safety reasons, additional children (brothers, sisters, etc.) cannot accompany you and your child in procedure rooms and cannot be left unattended.
 - Alberta Children's Hospital offers childcare for siblings at Emily's Backyard. Call 403-955-2500 for more information.
- **Consult your child's diabetes care provider:** If your child is taking diabetes medications or using Insulin Pump Therapy, consult their diabetes care provider before their appointment.
www.ipumpit.ca
- **Contact diagnostic imaging:** If your child has recently been unwell, has had a fever, or is unable to attend their appointment for any reason **IMMEDIATELY** contact diagnostic imaging at the number provided above.

1 DAY before your child's appointment:

Patients Requiring Anesthesia

- Diagnostic imaging will call you one business day before your child's appointment. This call is to provide you with your specific appointment details, such as the arrival time, appointment time, and to review your child's preparation instructions.
- **The time shown on this notification letter is a placeholder and does not reflect the expected imaging time.**

HOURS before your child's appointment:

- If your child is fed through a feeding tube, ensure you are following the timed diet instructions below.
- If your child must take medications outside of the timed diet instructions, consult their primary care provider.

Starting at Midnight

- Stop all food. **DO NOT** chew gum. **DO NOT** eat candy.
- Continue to take prescribed medication with a sip of water, as directed by their doctor.
- Continue drinking **clear fluids**.

6 Hours Before

- Stop formula, milk, and tube feeding products.

4 Hours Before

- Stop breastmilk.

1 Hour Before

- Stop clear fluids.
- Stop medications taken by mouth.

What are clear fluids?

Allowed: Fluids that you can see through such as water, apple juice, Gatorade™, Kool-Aid™, Pedialyte™, ginger ale, Sprite™, 7UP™, popsicles, black coffee, or tea

NOT Allowed: Milk based fluids, broth or soup, energy drinks, fruit flavoured gelatin, Jello™, orange juice.

BRING to your child's appointment:

- Your child's favourite comfort item (stuffed animal).
- Current list of your child's medications (prescription and over the counter).
- Any medication your child may need during their appointment.
- Your child's healthcare card.
- Your child's eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your child's Goals of Care (GOC) Designation Order form if your child has one.

DO NOT bring:

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to the appointment.

AT your child's appointment:

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- The appointment will take up to 4 hours.

Before the procedure

- Once admitted, your child will have their vital signs taken.
- You will be provided with a hospital gown to help your child change into.
- You will speak to the anesthesiologist and have an opportunity to ask questions.
- The pediatric anesthesiologist will determine if you will be able to accompany your child during the intravenous placement and sedation administration.

Intravenous (IV) placement

- An IV will be placed in your child's arm or hand. This will be used to give your child medicine that will make them fall asleep (general anesthetic).
- Numbing cream applied will be applied to your child's arm or hand before the intravenous (IV) is inserted, which will help make the area less sensitive.
- The IV can also be used to give your child other medications (including contrast) they may need during the procedure.

During the procedure

- You will not be permitted to remain with your child. You will be escorted to the waiting room.
- While waiting, you are welcome to ask the receptionist any questions that you have.

After the procedure

- You will rejoin your child in the recovery area.
- You will remain here with your child for a minimum of 20 minutes.

AFTER your child's appointment:

- **Monitor your child:** Your child will be under the influence of anesthetic drugs for 24 – 48 hours following their procedure. It is recommended that you do not leave your child unattended during this time.
- **Encourage rest:** DO NOT plan activities for your child for the rest of the day.