



ANESTHESIA FOR CHILDREN
at ST. JOHN'S MERCY MEDICAL CENTER

WHEN AND WHERE:

You are scheduled at:
St. John's Mercy Medical Center
615 South New Ballas Road
St. Louis, MO 63141
Phone: 314-251-6000
Date & Time of Procedure _____

INSTRUCTIONS:

Pediatric patients should arrive 1½ hours prior to the appointment time for MRI and CT scans without oral contrast. **If your child requires oral contrast for CT imaging, you need to arrive 3 hours prior to scan time.** Please report to the Main Admitting area at the foot of the escalators from the main Lobby to register your child for the test. You will be escorted to the Ambulatory Care Interventional Unit (ACIU).

A parent or legal guardian must accompany your child to sign the consent forms. If you drive your child to the procedure, have another adult accompany you to help you with your child. We do request, however, that only two adults accompany your child. **Do not bring other adults or children.**

Please bring a list of any medications and dosages that your child is currently taking. You may bring an empty bottle or cup for your child to use after the procedure. They may bring a special toy to comfort them before and after the procedure.

DIET:

Infants may have:

- Clear liquids up to **3 hours before the test is scheduled** - This includes water, apple juice, Sprite, 7-Up, Gatorade, or Pedialyte. **JELL-O IS NOT ALLOWED**
- Breast milk up to **4 hours before the test is scheduled**
- Formula or non-human milk for up to **8 hours before the test is scheduled.**
- Solid foods may be consumed up to **8 hours before the test is scheduled.**

Children over 12 months of age may have:

- Milk or solid foods up to **8 hours before the test is scheduled**
- Clear liquids are allowed only up to **3 hours before the test is scheduled** - This includes water, apple juice, Sprite, 7-Up, Gatorade, or Pedialyte. **JELL-O IS NOT ALLOWED.**

NOT ADHERING TO THE ABOVE DIETARY RESTRICTIONS MAY DELAY OR CANCEL YOUR CHILD'S TEST/PROCEDURE



WHAT TO EXPECT THE DAY OF THE TEST:

Upon arrival to the Ambulatory Care Interventional Unit (ACIU), the nurse assigned to your child will fill out nursing admission paperwork. The anesthesiologist will examine your child. At that time, he or she will explain the sedation procedure and ask you to sign a consent form. Once your child is back in his/her room and awake, clear liquids will be offered. If your child tolerates oral fluids, the IV will be taken out and you will be discharged. In some cases, your infant may be required to spend the night following the procedure to monitor for apnea. You will be informed before you come to the hospital if an over night stay is required.

MRI:

A nurse will accompany your child to the MRI department. Sedation medications will be administered by the anesthesiologist after arriving in the MRI area. The MRI generally takes 30 minutes to 2 hours depending on what is being evaluated. After the MRI is completed, your child will return to the ACIU for continued monitoring until he/she is awake and alert.

CT (CAT) SCAN:

Prior to the CT scan, your child may be required to drink contrast. This is mixed with a clear liquid. Your child will need to drink the contrast within 15-30 minutes and keep it consumed for 2 hours prior to the scheduled time for the CT scan. If your child is unable to drink the contrast, it may be necessary to insert a TEMPORARY NG TUBE (nasogastric tube). An NG tube is a plastic tube that is placed in the nostril and is advanced until the tip reaches the stomach. It can be used to give your child fluids or medicine/contrast for the test. The NG will be taken out immediately after the contrast is given.

A nurse will accompany your child to the CT department. Sedation medications will be administered by the anesthesiologist after arriving to the CT area. Once the scan is completed, your child will return to the ACIU for continued monitoring until fully awake and alert.