

Going home after chloral hydrate medication: What you need to know



We gave your child **chloral hydrate** medication at

_____ (time), on _____ (date)

As part of the following procedure: _____.

Here's what you need to know to help your child recover safely and smoothly at home.

About this medication:

What is chloral hydrate ?

Chloral hydrate is a medication that is used help your child fall asleep before their MRI (magnetic resonance imaging) or their CT Scan (computed tomography).

What are the possible side effects ?

This medication may make your child groggy and unsteady on his or her feet. Be sure to help your child walk to avoid any falls. If your child has any nausea and/or vomiting, we suggest you wait a half an hour before giving him or her something to drink. Once at home, offer your child a drink (e.g. water, apple juice, or breastfeed). When your child is able to keep these clear fluids down, you may move to light foods (e.g. apple sauce, baby cereal or yogurt).



If my child takes other medications, may I give them to him/her ?

You may give your child all his/her usual medications.

About this medication: (cont'ed)

How long does the medication stay in my child's body ?

Your child may feel the effects of chloral hydrate medication for up to 8 hours.



Care & activity at home:

Is it okay if my child naps at home?

You may allow your child to sleep as usual, although your child may be more tired today than he/she usually is.

Can my child eat normally when we get home ?

Introduce food and drink to your child slowly. Keep in mind, your child will have had something to drink (e.g. juice, breast milk, formula or milk) before leaving the hospital. When you arrive home try light food to start (e.g. applesauce, yogurt or baby cereal). If your child is able to keep food down, you can move slowly to your child's normal diet.

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This material is also available through the
MUHC Patient Education Office website
www.muhcpatienteducation.ca

If I am worried or have questions at home, who can I call ?

If you have any questions or concerns, we are here to help. You can reach the medical imaging nurses at **514-412-4400, Ext: 22448**. The nurses are available **from 7:30 am until 4:00 pm Monday to Friday**.

This part of the medical imaging department is not open on the weekend or after 4pm during the week. If you need any help during these time periods, please call Info-Santé (telephone # 811).

Getting home:

What is the best way to get home ?

Make arrangements to go home, ideally, by car. If possible, we suggest that you plan for 2 adults to be present. This way, one person can drive and the other can be in the back seat with your child.



Can my child go to daycare or the park today ?

Do not take your child to daycare or to the park today. Instead, we suggest quiet activities, such as TV, books or a movie for the rest of today. Tomorrow your child may continue with normal activities like going to daycare or a trip to the park.