

At Texas Children's Hospital, we are committed to providing the very best care for your child. We value the trust you place in us and want to ensure you have complete, up-to-date and reliable information to help you make informed decisions.

On Dec. 14, 2016, the Food and Drug Administration (FDA) released a safety message about the possible effect of anesthetic and sedation medicines on children younger than 3 years old. Research studies suggest that a single, short exposure to anesthetic and sedation medicines in infants or toddlers is unlikely to have harmful effects on behavior or learning. The effect of the medicines used for sedation for extended periods in the intensive care setting remains uncertain. More research is needed to confirm what happens to a child's brain development if they receive these medicines early in life.

Texas Children's views parents and caregivers as important members of a child's healthcare team. We believe in open communication about your child's care. Below is additional information about a sedation medicines and the FDA's safety message.

FACTS ABOUT SEDATION DRUGS

- Sedation medicines are often needed to protect children and help keep them comfortable when they need a breathing tube and mechanical ventilation.
- Your child's safety is our top priority. The healthcare team in the intensive care unit will make the decision to give your child sedation medicines that best fits your child's needs.
- In the intensive care unit, sedation medicines are usually given through a vein using an intravenous (IV) catheter (a soft, small tube that goes into a vein).
- No specific sedative medicine has been shown to be safer than any other one.

ADDITIONAL INFORMATION FOR PARENTS AND CAREGIVERS

- Research suggests that repeated or prolonged use of anesthetic or sedative medicines may have harmful effects on the developing brain. These effects may include learning, memory or behavior problems.
- The FDA reports that children under 3 years old who are undergoing anesthesia for more than 3 hours, or are exposed to repeated or prolonged anesthesia or sedation medicines, might be affected.
- Much more research is needed in this area.
- At Texas Children's, we have standardized procedures to reduce the amount and length of time your child is exposed to sedation medicines.

Examples of conditions in children younger than 3 years old that may require extended exposure to sedation medicines to save a child's life include, but are not limited to:

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| • Shock, Sepsis or Severe Infection | • Acute Respiratory Distress Syndrome |
| • Severe Asthma | • Traumatic Brain Injury |
| • Heart Failure | • Severe Trauma (e.g. Motor Vehicle Accident) |
| • Severe Pneumonia | • Organ Transplantation |
| • Respiratory Failure | • Post-Operative Management |

We understand having a child in the intensive care unit is stressful. Please speak with a member of the healthcare team if you have questions about anesthetic and sedation medicines or the FDA's safety message. We welcome your questions and encourage discussion with the team.