

Emergency Department

Important Information for Adults Following Your Sedation

What is sedation?

Sedation is the use of drugs to make you feel relaxed and ease the pain of a procedure. Some patients do not even remember the procedure has taken place.

What are the side-effects of sedation?

The drugs you have had are a very strong form of medication. After the procedure, you may feel some of the following:

- drowsiness
- feeling unsteady on your feet
- difficulty concentrating and poor coordination
- mild nausea

It will be several hours before the effects completely wear off.

Because of these side-effects it can be dangerous to be left alone whilst recovering. You must have somebody who can look after you if there are any problems.

Advice to speed up recovery

Make sure you drink plenty of fluids. This will flush the sedation drugs out of your system and limit the side-effects.

Eat only simple, light food to avoid feeling nauseous. Eating toast or soup can be ideal to start your recovery.

Take it easy for the rest of the day; you need to relax and allow your body time to recover.

You can take any regular medication you are prescribed, unless your doctor in the Emergency Department has told you otherwise.

Take painkillers as advised by your doctor.

After sedation, for the rest of the day (and at least 12 hours), you **MUST NOT**:

- drive any vehicle
- operate machinery
- make important decisions or sign important documents
- drink any alcohol
- perform physically demanding tasks (such as going to the gym)

If at any point you have problems following sedation,
you can call us for advice on 01603 287325 (24 hours)

