

Post-sedation Advice Sheet

You have had a procedure which required you being sedated with specific medications. This can make you drowsy and may cause you to forget what has happened. It may also sometimes cause confusion, sleepiness, or clumsiness. Because of this you need to be extra careful in the next 24 hours.

Before leaving the Emergency department, please make sure:

- You aren't feeling lightheaded
- You don't feel sick
- Your pain is adequately controlled
- You can walk without feeling unsteady/dizzy

Please follow these instructions carefully

Things you should do:	Things you shouldn't do:
<ul style="list-style-type: none"> ▪ Make sure you have a responsible adult (relative or friend) to take you home from hospital and stay with you for the first 24 hours ▪ Rest quietly for the first 24 hours after your procedure ▪ Stay within easy reach of a telephone and medical help for the next few days ▪ Take the recommended medication to relieve the pain – this can be bought over the counter from a pharmacy or local shops. Follow the instructions on the packet/bottle ▪ Take your usual medication in the normal way ▪ For those who snore or have sleep apnoea, it is important that they are observed if s/he takes a nap to ensure that they breathe normally ▪ Show your relative or friend this advice leaflet so they also know symptoms to look out for. 	<ul style="list-style-type: none"> ▪ Drink alcohol for the next few days. ▪ Take sleeping tablets or sedatives unless prescribed by a doctor. ▪ Drive, ride a motorcycle or bicycle, or operate machinery until you feel completely recovered ▪ Make any important decisions such as signing any legal documents till you feel completely recovered. ▪ Avoid exercising and heavy lifting for 24 hours

Contact the Emergency department at the Grange University Hospital (Not Minor injury unit) if you:

- Are vomiting and unable to keep food or water down.
- Become confused for example: getting things muddled up or not knowing where you are or have problems understanding or speaking
- If you become increasingly dizzy and find it difficult to walk steadily or notice weakness in any of your limbs.
- If you find it difficult to stay awake and lose concentration.
- Have any other concerns or need further advice.

If you are at all concerned, please contact the Emergency department at the Grange University Hospital: 01633 493287

**This document is available in Welsh/
Mae'r ddogfen hon ar gael yn Gymraeg**