



After procedural sedation

You were given medicine in the emergency department to make you sleepy and relaxed during a procedure. You are now awake enough to go home. This sheet explains how to stay safe while the medicine wears off.

What is it?

Sedation medicines can stay in your body for up to 24 hours. You may feel sleepy, dizzy, unsteady or forgetful, and you may not remember the procedure. Some people feel sick. Your judgement and reaction time can be affected even when you feel normal.

Looking after yourself at home

- Have a responsible adult take you home and stay with you for the next 24 hours.
- For 24 hours, do not drive, cycle, use machines, cook on a hot stove, or climb ladders.
- Do not drink alcohol, and do not sign important papers or make big decisions for 24 hours.
- Do not look after babies or young children on your own today.
- Start with sips of water, then light food when you feel ready.
- Rest today, and move around slowly to avoid falls.

Medicines

- Do not take sleeping tablets or other sedating medicines tonight unless your doctor said it is safe.
- Take your usual medicines unless you were told otherwise. Follow the packet or your doctor's instructions.

Follow-up

- Follow the care instructions for the procedure you had, and keep any appointment you were given.
- See your family doctor or health centre if you still feel unwell or very drowsy the next day.

Come back to the emergency department or call an ambulance straight away if:

- Difficulty breathing, or noisy breathing
- Being very hard to wake, or new confusion
- Vomiting that does not stop
- Chest pain or a very fast heartbeat
- Swelling of the face, lips or tongue, or a widespread itchy rash
- A seizure (fit) or fainting



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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