

Adult sedation

Emergency Department Patient Information Leaflet

Introduction

This leaflet is for adults who have had sedation in the Emergency Department. It includes information on what to expect after having sedation and what you need to do when you get home.

What is sedation?

Sedation is a medical procedure where you are given strong drugs to help you tolerate painful but short procedures. These include procedures such as reducing a shoulder dislocation or putting a plaster on a broken ankle.

You have had painkillers and sedatives to make you drowsy and tolerate the pain. You may experience a short period of memory loss during the time the sedation is effective.

It is now safe for you to leave hospital as the strong drugs that were used have worn off enough for you to go.

What should I do when I get home?

The effects of sedation may take some time to go away so please follow this advice.

You must have a friend or relative to take you home, and have a responsible adult to stay with you for 24 hours.

For the next 24 hours

Do not:

- Travel alone
- Drink alcohol
- Make any important decisions such as signing contracts, making commitments or making major purchases
- Undertake any activity that requires you to be alert and coordinated. This includes driving, operating heavy machinery, operating power tools, cooking, climbing, riding a motorised vehicle or bike
- Return to work

Please be aware that it is an offence to drive when unfit to do so because of drugs. In addition, doing this will probably mean your insurance policy is not valid.

Do:

- Rest for the rest of the day and avoid strenuous activity
- Drink plenty of fluids and eat a light diet
- Let somebody else take care of anybody you normally look after, such as children or elderly relatives

Can I take painkillers and other medications?

The nursing staff will advise you about painkillers before you leave the hospital. Please tell the nurses what painkilling tablets you have at home.

Take your other medications as usual.

What if I have any concerns or worries when I get home?

In the event of any problems or concerns within 24 hours, please return to your nearest emergency department for further advice.

After 24 hours, please seek advice from your GP or NHS 111.

Can I find out more?

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to one of our nurses. If you need help when you return home, please contact your GP.

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/accident-emergency/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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