

Adult Sedation

Emergency Department Patient Information Leaflet

Introduction

This leaflet is for adults who have undergone 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 have been given medication to help you tolerate a short procedure that is painful. Examples could include reducing a shoulder dislocation or putting a plaster on a broken ankle.

You may experience some memory loss for the period that you were under sedation. You may also still have some mild nausea, dizziness or drowsiness, but you will have been assessed as safe for discharge and these symptoms should settle. You should not suffer any long-term effects.

After sedation, it is very important that you follow the advice given on the next page.

What should I do when I get home?

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

The effects of sedation may persist for a little while, so please follow this advice.

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 and riding a motorised vehicle or bike.
- Return to work.

Please be aware that it is an offence to drive when unfit to do so. In addition, doing this is likely to mean that 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 medical staff will advise you about painkillers before you leave the hospital. Please tell them what painkilling tablets you have at home.

You should 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 72 hours, please contact or return to your nearest Emergency Department for further advice.

After 72 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 a member of the medical team. If you need help when you return home, please follow the advice given above.

This leaflet can be downloaded or printed from:

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

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

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 va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔