



Patient & Family Guide

2026

Care After Sedation

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www.nshealth.ca

Care After Sedation

- Sedation is a treatment given to lower your pain during a procedure.
- You will be given medication through an intravenous (I.V.) injected into a vein. This is done by a health care provider.
- The medication will make you more comfortable and relaxed. You may feel sleepy or drowsy during your procedure and will feel less pain or no pain at all. Also, you may not remember parts of your procedure because of the medication.
- It is important for you and your caregiver(s) at home to understand these instructions and to follow them when you leave the hospital.

The medication you were given is:

- The effects of this medication should not last for more than 24 hours (1 day).

Instructions

- Your doctor or health care provider will tell you how long a responsible adult should stay with you in your home to help you, if needed. You should rest during this time.
- Having sedation can impair (change) your judgement and reaction times. Talk with your doctor or health care provider about when it is safe for you to:
 - › Operate a motor vehicle
 - › Do certain activities (like using a stove, climbing a ladder, or operating large machinery)
 - › Sign any important documents
- Your doctor or health care provider will talk with you about how to get home and if you will need a responsible adult to take you home.
- You may get a prescription for medication to take at home after your procedure. Talk about your prescription with your pharmacist.

- You may have an upset stomach after you have sedation. If so, have small amounts of clear liquids often (unless you are directed otherwise), like:
 - › Flat (stirred) ginger ale or cola
 - › Water
 - › Tea **without milk**
 - › Broth
 - › Gatorade®
 - › Jell-O®
- Once your stomach feels better, slowly start having solid food again.

Medications

The checked boxes are your instructions.

Medications advised for you:

Continue your usual medications:

Follow-up instructions

- If you need follow-up care, your health care provider will tell you where and when.
- You may need to go to a clinic at the hospital (like the cardiology clinic or the orthopedic clinic), or to your primary health care provider (family doctor or nurse practitioner). This will depend on the type of procedure you had.

Go to the nearest Emergency Department right away if you have any of these symptoms:

- › Shortness of breath, chest pain, or palpitations (fluttering or racing feeling in your chest)
- › Bleeding that will not stop even after using a dressing
- › Pain and swelling that does not get better after taking pain medication and raising the injured part (if the pain is in your arm or leg)
- › Fever (temperature above 38 °C or 100.4 °F)
- › Vomiting (throwing up) that does not stop or get better
- › You cannot keep liquids down
- › Feeling drowsy or unsteady on your feet 24 hours after you leave the hospital

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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