



Patient & Family Guide
2017

Care After Sedation

Aussi disponible en français



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Care After Sedation

Sedation is a treatment given to lessen pain during a procedure. Medicine is given through a needle (intravenous, or IV) placed in your vein by an Emergency Department (ED) staff member. This medicine 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 medicine.

It is important for you and your caregiver at home to understand these instructions and to follow them when you leave the ED.

You were given this medicine:

The effects of this medicine should not last more than 24 hours.

Instructions

- Someone should drive you home and stay with you for 8 hours in case you need help.
- If you were given medicine to take after your procedure, ask your healthcare provider when it is OK to drive, operate machinery, or drink alcohol.

- You **may** feel sick to your stomach. If so, clear liquids (such as flat ginger ale or cola, water, tea, broth, Gatorade®, or Jell-O®) may be best. Once your stomach settles, you can slowly start solid food again.
- You should rest for 24 hours after sedation as part of recovery and healing.
- Don't go swimming, or use a sauna or hot tub for 24 hours.
- Don't make any important decisions in the next 24 hours (such as contracts, large purchases, or important commitments).
- **Don't drive a car or bicycle, climb, cook, operate machinery, or drink alcohol for 24 hours** after sedation.

Medications

The checked boxes are your instructions.

Medications advised for you:

Continue your usual medications:

Follow-up instructions

Make an appointment to see your family doctor or healthcare provider within 7 days.

Go to the nearest Emergency Department right away or see your family doctor if you:

- See blood coming through your dressing.
- Have pain not relieved by raising the injured part (your arm or leg) and taking your pain medicine.
- Have swelling not relieved by raising the injured part.
- Have a temperature over 38.5°C (101.3°F).
- Start to vomit (throw up) and can't keep liquids down.
- Are drowsy or unsteady on your feet 24 hours after you leave the ED.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

Nova Scotia Health Authority

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute healthcare or medical advice.

If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.