

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223

216032 or patient.information@addenbrookes.nhs.uk



Cambridge University Hospitals **NHS**
NHS Foundation Trust



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Emergency Department

Patient Information

Adult patients discharged following procedural sedation

Document history

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- As part of your treatment you have been given medication that relieves anxiety and helps relaxation.
- You may have required a strong painkiller to be administered, either by mouth or as an injection.
- You may have experienced a short period of memory loss during the time that the sedation is working.
- You have been kept in hospital until you recover sufficiently from the effects of the sedation and painkiller.
- It is however possible that your judgement and/or coordination may be impaired for the next 24 hours.

We advise that you adhere to the following points for the next 24 hours

Do:

- ✓ Remain with a responsible adult.
- ✓ Rest quietly.
- ✓ Drink plenty of fluid and eat a light diet.

Do not:

- ✗ Drive a car or any other vehicles including bicycles.
- ✗ Operate any machinery or appliances such as cookers or kettles.
- ✗ Drink any alcohol or take other sedative medication/drugs.
- ✗ Lock the toilet door, or make yourself inaccessible to the person looking after you.
- ✗ Undertake activities involving heights.
- ✗ Undertake sporting activities.
- ✗ Be the sole carer for young children.

Please telephone the Emergency Department on 01223 217118 should you have any worries or concerns following discharge from hospital.