

When to seek medical advice

- If you experience any chest pain or shortness of breath after discharge home, please contact the department or return as soon as possible.
- If you or your carer has any concerns either phone the Emergency Department for advice OR return to the department.
- Please telephone your GP or NHS 111 should you have any worries or concerns following discharge from hospital.

Support

- For general medical advice please use the NHS website, the NHS 111 service, walk-in-centres, or your GP.
- The **NHS** website provides online health information and guidance www.nhs.uk
- The **NHS 111** phone line offers medical help and advice from trained advisers supported by nurses and paramedics. Available 24 hours a day. Calls are free from landlines and mobile phones.
- There are walk-in and urgent treatment services at Brighton Station, in Crawley and at Lewes Victoria Hospital.
www.bsuh.nhs.uk/services/ae/

Procedural sedation

Advice for patients

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Disclaimer: The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 905
Publication Date: June 2018
Review Date: June 2020



Emergency Department

Royal Sussex County Hospital
Level 5, Thomas Kemp Tower,
Eastern Road, Brighton BN2 5BE
01273 696955 extn. 64261

Princess Royal Hospital
Lewes Road, Haywards Heath RH16 4EX
01444 448745

www.bsuh.nhs.uk

Overview

- 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.
- This is known as **procedural sedation** – medication that helps relax and/or provide pain relief whilst a procedure is being undertaken. The procedure could be the treatment of a shoulder dislocation or the applying of a plaster cast onto a broken ankle.
- 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 pain relief.
- It is however possible that your judgement and/or coordination may be impaired for the next 24 hours.

What to do next

Do

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

Don't

- 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 or dependent adults without any responsible help.
- Sign any important documents.

When to resume activities

- Please use your judgement as to when to resume normal activities.
- This leaflet only provides a general guide to the after-effects of procedural sedation. If you have any concerns following your procedure please seek medical advice.