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.

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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.

• 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.

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### Overview

**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.

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### 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.