

Advice following sedation

You are looking after someone who has been sedated. Sedation is given to a patient to make them drowsy, calm and comfortable during a procedure. It may be given by mouth or as an injection.

After sedation the patient may have poor coordination and poor memory for up to 24 hours.

Adults

For 24 hours they must

- be accompanied by an adult.
- not return to work.
- not drive, cycle, or swim.
- not operate machinery or work at heights.
- not sign legal binding documents.

Children

Children who have been sedated will be clumsy. They are at risk of accidents. It is important that they are supervised for 24 hours after the procedure. They should avoid activities that involve coordination, such as swimming, riding a bicycle, or roller-skating/blading.

They may be irritable and have difficulty in sleeping. Encourage their normal routine. They should return to normal in a couple of days.

Food and drink

Nausea and vomiting can occur after sedation. We advise patients not to eat or drink for 2 hours after the procedure. People can feel thirsty after sedation, but they should start with sips until any nausea has settled.

Medication

It is important that the patient does not take other sedative medication, including alcohol. If the patient normally takes other medication, please check with the staff before leaving the Emergency Department.

What should I watch out for?

Call 999

- Trouble breathing
- Unable to be woken

Return to the Emergency Department

- Palpitations, or their heart is beating very fast
- Severe headache and dizziness

Call for advice

- If their skin is itchy, swollen or rash
- Vomiting continues and they are unable to eat or drink

If you have any problems, or for further advice please contact:

- Emergency Department on 01535 294481
- Your GP
- NHS 111 service

By telephoning, we can ensure you get appropriate advice and do not wait unnecessarily in the Emergency Department.

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

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| Bradford | 0808 2800 999 | https://www.stayingput.uk.net/contact |
| North Yorkshire | 03000 110 110 | https://www.idas.org.uk/ |
| Lancashire | 0300 323 0085 | https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/ |

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

Author: Emergency Department
Date of publication: December 2011
Revised: February 2022
Date of review: February 2025