

**This leaflet gives advice following conscious sedation in the A&E Department.**

## What is conscious sedation?

You have had conscious sedation. This is when you are given strong drugs to help you tolerate painful but short procedures. This is often used in the Emergency Department (A&E) for procedures such as straightening a broken wrist or putting a dislocated shoulder back in position. It is now safe for you to be discharged home as the strong drugs that were used have worn off enough. However, you may still feel a little confused, sleepy, dizzy or clumsy. This is not unusual and will wear off with time.

## Advice

The effects of the sedation may take some time to go away, so please follow this advice:

- Stay with friends or family for the next 24 hours.
- Avoid alcoholic drinks for 24 hours.
- Do not make any important decisions, such as signing contracts, commitments or major purchases for the next 24 hours.
- Do not undertake any activity that requires you to be alert or co-ordinated for the next 24 hours – this includes driving, operating heavy machinery or power tools, cooking, climbing or riding a bicycle.
- If you need painkillers, use those provided by the Emergency Department or simple over-the-counter painkillers.
- If you feel sick or vomit, stick to fluids until you can tolerate solid food. If this persists, contact your GP or return to the Emergency Department.
- If a follow up is needed, e.g. fracture clinic, then this will be made before you leave.

## Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views. You can also pick up a copy of the Trust leaflet called 'Patient Advice and Liaison Service (PALS)' which explains how you can raise concerns or give feedback on your experience at the hospital

## Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – 'Overall, how was your experience of our service?' – by going online [www.royalberkshire.nhs.uk/get-in-touch/friends-and-family-survey.htm](http://www.royalberkshire.nhs.uk/get-in-touch/friends-and-family-survey.htm).

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**