



## Sedation: aftercare

**Drugs and dosage given:** \_\_\_\_\_

**Date and time:** \_\_\_\_\_

You have had “conscious sedation”. This is when you are given drugs to help you tolerate Interventional Radiology procedures. It is now safe for you to be discharged home as the effect of the drugs that were used has worn off. However, you may still feel a little sleepy, dizzy or clumsy. This is not unusual and will wear off with time. You may experience a short period of memory loss during the time when the sedation was effective. The sedation may impair your judgment for up to 24 hours.

### 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 make major purchases in 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. Do not use a ladder or scaffolding.
- Do not care for or be responsible for other adults or children for the next 24 hours.
- Caution should be exercised in communicating with others including via social media for 24 hours.
- If you need painkillers, see your procedure specific information sheet.
- If you feel sick or vomit, stick to fluids until you can tolerate solid food. If this persists, contact your GP or return to your nearest Emergency Department (A&E).

### Contact us

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours, please attend Royal Berkshire NHS Foundation Trust Emergency Department or your nearest Emergency Department (A&E).

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.**

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RBFT Radiology, November 2025

Next review due: November 2027