

## Leaving hospital after sedation (adults)

---

This leaflet gives advice following conscious sedation in the Emergency 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 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 appointment is needed i.e. for fracture clinic then this will be made before you leave.

Emergency Department, December 2017  
Review due: December 2019