

Going Home after Procedural Sedation (Adult)

Procedural Sedation is when we give you medicines that make you feel sleepy and at the same time ease your pain. We gave you medicines so we could do a test or procedure where you would feel little or no pain.

For the next 24 hours, you may feel the effects of these medicines. Here are the most common effects of these medicines and what to do about them.

You may feel...	Here is what to do about it:
Dizzy Light-headed Unsteady or off balance	Sit down or stay sitting down. Lie down if you need to. Rest.
Sick to your stomach Throwing up	Taking sips of clear fluids like water, apple juice, or ginger ale. Eat small amounts of solid food. Slowly increase the amount of food you eat so it does not upset your stomach.

For your safety

You may be unsteady and sleepy for the first 24 hours after the procedure. For your safety, there are certain activities you should not do:

- Do not travel alone.
- Do not drive.
- Do not operate machinery.
- Do not drink alcohol.
- Do not take recreational drugs.
- Do not make important decisions or sign important papers.
- Do not have a bath or shower without another adult close by.
- Do not go into a swimming pool or hot tub alone.

We strongly advise you to have someone stay with you at home for the first 24 hours.

Medicines

If you were taking medicines on a regular basis before today, go back to taking them unless your doctor has given you different instructions.

You may start to have pain as the 'sedation' wears off. If you have pain, take your pain medicine as directed by your doctor.

If you were given antibiotics to take at home, please take them as directed. It is very important that you take the antibiotics as instructed until all the medicine is finished.

When to call your doctor

Call your family doctor if:

- You have nausea and/or vomiting that is so bad that you are not able to eat or drink anything for 24 hours.
- You continue to feel dizzy, light-headed, or unsteady after the first 24 hours, or if any of these gets worse at any time.
- The medicine for your pain is not working to control your pain.
- You have chills or get a fever where your temperature is over 38.5°C (101.3°F), using an ear or mouth thermometer.

If you are not able to contact your doctor, go to a walk-in medical clinic or to the nearest Emergency Department.

Have any questions? Want to know more?

If you have any concerns or questions after leaving the hospital, contact any of the following:

- Your family doctor.
- St. Paul's Hospital Emergency Department (604-806-8686)
- Mount St. Joseph Hospital Emergency Department (604-877-8351)
- BC Nurse Line (In Vancouver 604-215-4700; TTY 1-866-889-4700)

The information in this document is intended solely for the person to whom it was given by the health care team.