

## PATIENT INFORMATION

### Intravenous Sedation (Emergency Department)

Intravenous sedation is used to help relax you during minor surgical procedures. The sedative is given by injection into a vein in your arm or the back of your hand.

You will feel more relaxed and may feel sleepy but you will not be asleep.  
You will remain conscious at all times and be able to talk and respond to instructions.

You will also receive an injection of local anaesthetic to numb the area.

Afterwards you will probably have little or no memory of the procedure.

Sedation may slow your breathing and the nurse may need to give you oxygen to help you breathe.

Your blood pressure can be affected and you may be given some intravenous fluids to stabilise it before going home.

You will remain on the ward for approximately 1 hour after your procedure until any residual sleepiness has worn off.

### On the day of your treatment

#### If you are asked to come in on a morning list at 8.00am:

- Nothing to eat or drink from midnight (including sweets and chewing gum).
- You may drink water during this time and we ask you to have a glass of water (300mls) at 6.30am then nothing at all after 6.30am.
- Take your regular morning medication.

#### If you are asked to come in on an afternoon list at 12.30pm.

- Have a light breakfast such as tea and toast before 7.30am. Nothing to eat or drink after 7.30am (including sweets and chewing gum).
- Take your regular morning medication.
- You may drink water during this time and we ask you to have a glass of water (300mls) at 11.30am then nothing at all after 11.30am.

Failure to follow this advice could lead to the cancellation of your procedure.

### After your treatment under sedation

You may still feel sleepy for up to 24 hours afterwards and may find complex tasks difficult to do.

You may have a headache or nausea for several hours.

You may have a brief period of amnesia (not remembering what happened) after the sedation.

A responsible adult must drive you home and stay with you for 24 hours following the treatment. You must not travel home by public transport such as a bus.

You should stay at home resting quietly for 24 hours.

You can eat and drink normally as soon as you feel like it.

### **For 24 hours do NOT**

- **Drive or operate machinery**
- **Sign legally binding documents**
- **Take sleeping tablets**

If you require any further advice please contact hospital on 01284 713000 or your GP