

## Patient information

# Intravenous sedation

Intravenous sedation is used to help relax you during minor surgical procedures and may be given by either an anaesthetist or by a nurse under the supervision of your doctor. The sedative is given by injection into a vein in your arm or the back of your hand.

Depending on the type of procedure you are having, you may also receive an injection of local anaesthetic to numb the area of the surgery.

You will feel more relaxed and may feel sleepy. You will remain conscious at all times and be able to talk and respond to instructions, although afterwards you will probably have little or no memory of this or the procedure itself.

Sedation may slow your breathing and you may be given oxygen to help you breathe.

Your blood pressure can be affected and you may be given some intravenous fluids or other medications 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 for a morning list at 8.00 am:**

- 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 for an afternoon list at 12.30 pm.**

- Have a light breakfast such as tea and toast before 7.30 am. Nothing to eat or drink after 7.30 am (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 11.30 am then nothing at all after 11.30 am.

It is very important to follow these instructions as some patients have serious complications if they receive intravenous sedation having consumed additional food or fluids after the above times. If you have accidentally ingested additional food or drink after these times please inform your nurse.

## **After your treatment under sedation**

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

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

When you arrive home, it is important you rest quietly for the remainder of the day.

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 the Martin Corke Day Surgery Unit on 01284 713050 between 7.45 am and 8.00 pm Monday to Friday.

Outside of these hours contact the surgical ward F5 on 01284 713262 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

OR contact your GP

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)*  
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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