

After sedation

Emergency Department
Tel: 01271 322480

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

As part of your treatment, you have been given a sedative medication to relax you and reduce anxiety. You may also have been given a strong painkiller.

You may experience a short period of memory loss of the time during your procedure. You may also feel more tired than usual or feel a little nauseated.

Even if you feel back to normal, these medications can affect your memory, judgement and/or coordination for up to 24 hours after they were given. It is therefore important that you follow the instructions below.

If you have severe pain or any other problems within the first 24 hours, **contact the Emergency Department on 01271 322480.**

Remember

For the next 24 hours

Dos

- Stay with a responsible adult for at least 12 hours
- Stay well hydrated and eat light meals only
- Rest

Don'ts

- Drink alcohol
- Drive a car or operate machinery of any sort e.g. kitchen appliances
- Sign important documents or agreements
- Bath or shower
- **Take sole care for any dependent adults or children**

You may continue taking your own medications, unless told otherwise.

Going back to work

If you are unsure about when to go back to work, please seek advice from your GP.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.northdevonhealth.nhs.uk

© Northern Devon Healthcare NHS Trust
This leaflet was designed by the Communications Department.
Tel: 01271 313970 / email: ndht.contactus@nhs.net