



Clyde Emergency Departments

Royal Alexandra Hospital & Inverclyde Royal Hospital

As part of your treatment today you have received sedation.

Sedation is used when a patient requires a medical procedure that is potentially uncomfortable. Sedation is often given alongside painkillers as part of treatment.

Modern sedative agents wear off quickly leaving patients feeling back to normal within a short period of time.

However although you may feel normal, small amounts of sedative can remain in your bloodstream for up to 24 hours.

You can undertake most normal activities but you should be aware of some points of advice.

Advice

You should

- ✓ Take your normal medication as prescribed unless you have been specifically told not to
- ✓ Eat a light diet
- ✓ Drink plenty fluids

You should not

- ✗ consume alcohol for 24 hours
- ✗ undertake strenuous exercise for 24 hours
- ✗ drive a vehicle or ride a bicycle for 24 hours
- ✗ return to your normal occupation within 24 hours
- ✗ make any important decisions or sign legal documents within 24 hours
- ✗ If you work at height, use dangerous machinery or drive an HGV or passenger carrying vehicle, you should avoid this for 48 hours

If you have further questions, contact NHS 24 on 111