



SEDATION-ANALGESIA

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To ensure your well-being during your exam or intervention, the physician will ask a health professional to inject certain medications into your veins.

These medications will help you:

- relax during the exam;
- prevent any feeling of discomfort caused by the intervention.

SIDE EFFECTS

These medications may make you:

- drowsy;
- dizzy (problems with balance and risk of falling);
- nauseous.

Don't worry: the effects of the medication will gradually disappear over the next 24 hours following the intervention.

TIPS FOR WHEN THE EFFECTS WEAR OFF

Even if you did not have a general anesthetic and are not feeling any effects from the medication, it can make travelling on foot or by car unsafe.

- You must wait for the nurse's assessment before getting up for the first time. This is to **avoid falls** and to validate your discharge criteria.
- You will be ready to leave **with your companion driver** as soon as you are well awake and able to remain seated, stand up, and walk.
- **You must not drive your vehicle until the next morning.**
- You may start drinking water or clear liquids (juice, broth) little by little 1 to 2 hours after the exam or intervention. Then, respecting your level of tolerance, start eating normally again.
- **Message to the person accompanying you:** The person you are accompanying may fall asleep when returning home. If so, make sure that this person is breathing properly and can easily be woken up.

INSTRUCTIONS TO FOLLOW DURING THE 24 HOURS FOLLOWING THE EXAM OR INTERVENTION

The medication used during your exam will slow down your reflexes and reduce your alertness. For a **24-hour** period, it is recommended that you:

- remain under supervision of someone you trust;
- Avoid activities requiring more attention or balance as well as those involving a risk of **injury or falling** (e.g., taking the stairs or riding a bicycle).
- don't sign contracts or make a major purchase;
- don't drink any alcoholic beverages;
- Avoid taking new medication except them prescribed by your physician.

WHEN TO ASK FOR HELP



Contact Info-Santé 811 if you are concerned about the state of your health.

Consult a physician if you throw up more than twice.

Contact emergency services at 911 in cases of:

- difficulty breathing (breathing is not normal; it is slower and shallow);
- a change in skin colour (it seems greyer or bluer than normal);
- the person cannot be woken up (is not responsive).
- N.B.: These problems occur only very rarely.

REMINDER

Medication administered: _____ Intervention: _____

Date: _____ Time: _ _____

Specific precaution to be taken: _____