



SEDATION

While you were in the emergency room you were given a sedative. This medication helps you relax, be calmer or sleep during a medical procedure.

Depending on the type of sedative, you could remain asleep for 1 to 2 hours after the procedure.

As soon as you are completely awake and able to remain sitting or standing and walk, you will be considered ready to leave the emergency department with someone to accompany you.

RETURNING HOME

Resuming meals

Do not eat or drink anything for the first hour after being sedated to avoid being car sick during the drive back home.

Even if you are awake, you might still be at risk of choking because the coordination of your throat muscles is not completely restored.

At home, or 1 to 2 hours after sedation:

- you can start drinking water or clear liquids (juice, bouillon);
- if you are able to drink and keep liquids down, have a light meal, depending on your tolerance.

On your way home

- Buckle up and use pillows or cushions to maintain your posture. After the sedation you will not have your usual muscle control.
- Do not allow your head to fall forward (this is especially important for children in car seats). It could make it more difficult to breathe.

Even if you are completely awake, the medication you received could cause a **lack of judgment** that can continue until the next day. However, you will only have a slight recollection of the procedure and will forget it completely. **This memory loss only spans the time of the procedure.**

IMPORTANT

Have someone with you for the first 24 hours.

Precautions for children

For the first 3 to 4 hours after sedation, you should check on your child's condition while he sleeps.

The child should open his eyes if you disturb him. However, he might sleep deeply and be a bit more difficult to waken. Be sure that he is breathing normally and that his skin is its usual colour.

Keep a close watch on him while he is going about his activities because he is at greater risk of falling.

RESUMING YOUR REGULAR ACTIVITIES

Supervision for the first 24 hours

For the first 3 to 4 hours after sedation, your companion should check on you and whether you are sleeping normally.

You could experience a feeling of instability; you might feel dizzy or weak and your judgment might be altered. You are more at risk of being injured during this time.

- Avoid activities that require close attention, balance or pose a risk of injury (e.g. riding a bicycle, playing on a trampoline, climbing stairs, playing ball, etc.)
- Do not drive.



Consult a doctor if you vomit more than twice. Bring this leaflet, indicating the date and time you were sedated.



Call 911 if:

- you are having difficulty breathing (shallow, slow breathing, not the usual rhythm);
- your skin colour changes (looks greyish or bluish);
- you cannot wake your child or your companion cannot wake you.

These problems only occur very rarely.

Authors

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References

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Health Information for Families from The Hospital for Sick Children. www.aboutkidshealth.ca

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REMINDER

Sedative received: _____ Procedure: _____

Date: _____ Time: _____

The patient responded well to the sedation: _____ Yes _____ No

Explanations/Details: _____

The patient received the following antidote: _____

Special precautions: _____

Doctor's name: _____