



ER SEDATION

A sedative was administered to you during your stay at the emergency department. This drug helped you to relax or sleep during the medical procedure.

Depending on the type of sedative administered to you, you could have remained asleep up to 1 or 2 hours after the procedure.

This drug can make you feel **somnolent, dizzy or nauseous**. It can also **alter your judgement** until the next day. Do not worry! The side-effects will gradually disappear within 24 hours following the intervention.

Moreover, you will only have a mild recollection of the procedure or forget it altogether. **Memory loss concerns only this time period.**

You will be ready to leave the emergency department, **ACCOMPANIED**, as soon as you are thoroughly awake and capable of remaining seated, standing, and walking.

RESUMPTION OF NORMAL EATING

You must fast in the first hour after you are sedated. Do not eat or drink to prevent nausea when driving home.

Even if you are awake, you are at risk of suffocation because throat muscle coordination has not been perfectly re-established.

At home or 1 to 2 hours after your sedation:

- Start drinking water or clear liquids (juice, broth).
- If you are able to drink and keep down liquids, have a light meal, as tolerated.

TRANSPORTATION TO RETURN HOME

After sedation, you won't have your usual energy level.

- Fasten your seatbelt or that of your child in their car seat.
- Prevent the head from falling forward (especially that of children in car seats). Breathing might become more difficult. If there are two adults in the vehicle, have one sit next to the child when driving home.

IMPORTANT

Make sure someone accompanies you within the first 24 hours.

GUIDELINES FOR THE FIRST 24 HOURS

During the first 3 to 4 hours after you are sedated, your companion must verify your state of sleep, make sure that you are breathing well, and that you can wake up easily.

The drugs used for your sedation will diminish your reflexes and alertness. You are at greater risk of suffering injuries. For the next 24 hours, it is recommended to:

- Avoid doing activities that require greater focus, balance, or which pose a risk of injury (e.g., cycling, trampoline, walking up and down stairs, ball games, etc.);
- Do not drive any vehicle until the next day;
- Do not consume alcohol;
- Do not sign any contracts or agree to make major purchases.

PRECAUTIONS FOR CHILDREN

- During the first 3 to 4 hours after sedation, verify the status of your child while they are asleep. Your child should open their eyes if you disturb them. However, they can be in deep sleep and it may be slightly harder to wake them up. Make sure your child breathes normally and that their skin colour is normal.
- Closely monitor their activities for the remainder of the day. The next day, your child can resume their regular activities

Consult a doctor if there is repeated vomiting or dehydration. Take this sheet which indicates the date and time of the sedation with you.

Dial 9-1-1 if :

- You have difficulty breathing (breathing is superficial, slow, or doesn't match the usual rhythm);
- Your skin changes colour (seems bluish or grayish);
- You cannot wake up your child or your companion cannot wake you up.

These problems occur very rarely. For any further questions, dial 8-1-1 as needed.

REMINDER

Medication administered :

Intervention :

Date :

Time :

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References

CHUS – 2011 Feuillet sédation

CHU Ste-Justine, Mother and child university hospital center, Université de Montréal

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

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