



CARE AT HOME AFTER CONSCIOUS SEDATION



Conscious sedation is when medicine is used during a procedure to help the patient feel calm and relaxed. The patient will be awake and able to follow directions without anxiety or pain. The patient will remember little to none of the procedure. He/she may feel tired, weak, or unsteady on their feet after the sedation. They may also have trouble concentrating or short-term memory loss. These symptoms should go away within 24 hours

WHAT SHOULD A PATIENT DO AT HOME AFTER THE PROCEDURE?

- An adult needs to drive the patient home and stay with him/her for 24 hours;
- Rest and do quiet activities for 24 hours;
- Do not drive or use dangerous machines or tools for 24 hours;
- Do not make important decisions for 24 hours;
- Drink liquids as directed;
- Eat small meals to prevent nausea and vomiting; and
- Do not drink alcohol or take medicines that can cause drowsiness.

WHEN SHOULD THE PATIENT RETURN TO THE EMERGENCY CENTRE?

- Sudden trouble breathing;
- Unable to wake the patient up;
- Severe headaches or dizziness;
- Heart is beating faster than usual;
- Fever present,
- Nausea or vomiting for more than 8 hours after the procedure; and
- Skin is itchy, swollen, or a rash has developed.

REFERENCE:

- (1) Recovery and Discharge Criteria after Sedation and Analgesia Practice. Guidelines for Moderate Procedural Sedation and Analgesia 2018
- (2) Patients who have undergone sedation - Patient Information Leaflet
https://www.rcem.ac.uk/docs/LocalGuidelines_DischargeAdvice/12s.Sedationdischargeadvice (Sunderland Royal Hospital, June 2012)