

**Patient  
Information**

# Discharge instructions after having received sedation

## Introduction

This leaflet gives you information about what to expect when leaving the Emergency Department after having had sedation.

You have been given a sedative medication to assist with your procedure. You may experience a short period of memory loss during the time the sedation is effective. This medication may also impair your judgment for up to 24 hours.

Sedation is safe with very few side effects but most patients have feelings of tiredness afterwards. Some people may believe they are fine and unaffected by the medication but their reactions will be slower. This is similar to how some people may feel after having alcohol.

## When leaving the Emergency Department

- You must have someone to take you home.
- You should have someone at home with you for the next 12 hours.
- You may feel sick after sedation so we suggest that you avoid eating large meals for 24 hours.
- We advise you to rest.

## During the next 24 hours

- Do not drive or ride a bicycle.
- Do not drink alcohol.
- Do not operate machinery or appliances (e.g. kettle or cookers).
- Do not sign any legally binding documents.
- Do not care for any dependent adults or children without responsible help.

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Department

**Emergency**

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## Contact information

If you have any concerns within 24 hours of receiving sedation, please contact:

### Emergency Department

#### Cheltenham General Hospital

Tel: 0300 422 3049

#### Gloucestershire Royal Hospital

Tel: 0300 422 5104

If you have any concerns after 24 hours, please contact your GP or NHS 111 for advice.

### NHS 111

Tel: 111

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

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\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85