

# Procedural Sedation

Information for patients



- ❖ As part of your treatment you have been given medication that relieves anxiety and helps relaxation.
- ❖ You may have been given strong painkillers by mouth or as an injection.
- ❖ You may have experienced a short period of memory loss during the time that the sedation is working.
- ❖ Your judgement and/or coordination may be impaired for the next 24 hours.

You have been monitored during your hospital stay and have been assessed fit to go home under the supervision of a responsible adult.

Please telephone the Emergency Department of the hospital you attended if you are worried or concerned about your medical condition.

You should follow these guidelines for the next 12 - 24 hours

**Do:**

- ✓ Remain with a responsible adult.
- ✓ Rest quietly.
- ✓ Drink plenty of fluid and eat a light diet.

**NHS Lanarkshire** - for local services and the latest health news visit [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk)  
NHS Lanarkshire General Enquiry Line: 0300 30 30 243

**NHS inform** - The national health information service for Scotland.  
[www.nhsinform.org](http://www.nhsinform.org)  
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: [Translation.Services@lanarkshire.scot.nhs.uk](mailto:Translation.Services@lanarkshire.scot.nhs.uk)

**Do not:**

- ✗ Drive a car or any other vehicles including bicycles.
- ✗ Operate any machinery or appliances such as cookers or kettles.
- ✗ Drink any alcohol or take other sedative medication/drugs.
- ✗ Lock the toilet door, or make yourself inaccessible to the person looking after you.
- ✗ Undertake activities involving heights.
- ✗ Undertake sporting activities.
- ✗ Be the sole carer for young children.
- ✗ Make any important decisions or sign any legal/important documents.

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University Hospital  
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