

# Care After Sedation

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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*Designed by:* Nova Scotia Health Library Services

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**Go to the nearest Emergency Department right away if you have any of these symptoms:**

- › Shortness of breath, chest pain, or palpitations (fluttering or racing feeling in your chest)
- › Bleeding that will not stop even after using a dressing
- › Pain and swelling that does not get better after pain medication and raising the injured part (if the pain is in your arm or leg)
- › Fever (temperature above 38 °C/100.4 °F)
- › Vomiting (throwing up) that does not stop or get better
- › You cannot keep liquids down
- › Feeling drowsy or unsteady on your feet 24 hours after you leave the ED

## Care After Sedation

- Sedation is a treatment given to lower your pain during a procedure.
- You will be given medication through an intravenous (I.V.) injected into your vein with a needle. This is done by an Emergency Department (ED) staff member.
- The medication will make you more comfortable and relaxed. You may feel sleepy or drowsy during your procedure, and will feel less pain or no pain at all. Also, you may not remember parts of your procedure because of the medication.
- It is important for you and your caregivers at home to understand these instructions and to follow them when you leave the ED.

The medication you were given is:

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- The effects of this medication should not last for more than 24 hours (1 day).

## Instructions

- A responsible adult should drive you home and stay with you for 24 hours in case you need help. You should rest during these 24 hours.
- **Do not** walk or take the bus home. You may take a taxi home if you go with a responsible adult who can help you.
- While you are in the ED, you may get a prescription for medication to take at home. Talk about your prescription with your pharmacist.
- You may have nausea (feel sick to your stomach) after you have sedation. If so, have small amounts of clear liquids often, like:
  - › Flat (stirred) › Broth
  - › ginger ale or cola › Gatorade®
  - › Water › Jell-O®
  - › Tea **without milk**
- Once your stomach feels better, slowly start having solid food again.
- **Do not drive a car, take part in dangerous activities, or sign any important documents.** Having sedation can impair (change) your judgement.

## Medications

The checked boxes are your instructions.

- Medications advised for you:

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- Continue your usual medications:

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## Follow-up instructions

- If you need follow-up care, ED staff will tell you where and when.
- You may need to go to a clinic at the hospital (like the cardiology clinic or the orthopedic clinic), or to your primary health care provider (family doctor or nurse practitioner). This will depend on the type of procedure you had.
- Follow-up care is usually within 7 days (1 week) of your procedure.