

Information for Patients and Carers

Advice regarding your Sedation Procedure for MRI



What is sedation?

You will be attending the MRI department to have a scan following oral sedation (Lorazepam). Lorazepam is used to make you feel drowsy, sleepy and relaxed, but you will remain conscious throughout the examination.

Lorazepam tablets start to work after around 20 to 30 minutes. They reach full sedating effect after 1 to 1.5 hours, which lasts for around 6 to 8 hours. The effects of the sedation will stay in your system for up to 24 hours.

It is important that you follow the advice in this leaflet for a 24-hour period **before** your appointment and for 24 hours **after** the scan has been completed.

If you have any questions or concerns, please ask the Radiographers and they will take advice from an Anaesthetist if required.

Preparation for sedation for MRI scan

24 hours before your scan please DO NOT

- Drink any alcohol
- Consume any caffeine

Important

Your co-ordination and judgement may be affected by the sedation. You must have a responsible adult to escort you home, supervise you overnight and for 24 hours after your sedation.

Immediately after the MRI scan

After your scan, you will be asked to stay in the MRI department until the Radiographers have assessed your recovery level as safe to be discharged. This short stay is usually around 1 hour. After you have been discharged, please contact the MRI department if you have any further questions.

For 24 hours after your scan please DO NOT

- Drive. Your co-ordination and judgement may be affected, so it is important that you arrange to have a capable adult to drive/escort you home. Please note: You should not drive until you are sure you are no longer feeling any effects from the medication – this could be longer than 24 hours. It is an offence to drive while under the influence of this medicine
- Use machinery or electrical equipment, including household appliances, for example, a kettle
- Drink alcohol or take any recreational drugs. This will increase the drowsy effects of the Lorazepam and may make you go into a very deep sleep
- Smoke. There is an increased possibility of headaches, nausea, and faintness
- Make any important decisions, such as signing contracts, commitments or major purchases
- Be the sole carer for young children or other dependants

For 24 hours after your scan please DO

- Have a responsible adult to escort you home and supervise you overnight
- Rest
- Continue diet and fluids as normal
- Take your regular evening medication (please seek advice from the department if you are taking sleeping tablets)

Is it safe to have the sedation?

There is a small chance you could go into a very deep sleep, which could put you at risk of not being able to breathe properly, and you may have difficulty waking up.

The Radiographers will monitor your oxygen levels throughout the scan to make sure your breathing does not become too shallow. It is very important to let us know of any existing medication you are taking prior to your appointment. We will ring you for this information. There is a very rare risk of having an allergic reaction to the Lorazepam.

Contact details

Should you require further advice or information please contact:
MRI department: **01772 523999** or **01772 522014**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolve@LTHTR.nhs.uk

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