Lancashire Teaching Hospitals
NHS Foundation Trust

Information for patients and carers

Discharge Information Following Sedation

Patient advice following the administration of sedation

You have had a procedure today under sedation, the effects of which stay in your system for up to 24 hours. It is essential that you follow this advice for this period:

You **MUST NOT**:

- Drive-Your co-ordination and judgement may be affected, and your insurance would be invalidated. Please contact your insurance company for specific stipulations
- Operate machinery or electrical equipment (including household appliances)
- Resume work - Please ask for specific advice
- Drink alcohol - It is not advisable to mix drugs and alcohol
- Smoke - There is an increased possibility of headaches, nausea and faintness
- Sign any legal or binding documents as your judgement may be impaired

You **MUST**:

- Have a responsible adult to escort you home and supervise you overnight, as your judgement and co-ordination may be affected
- Spend the rest of the day quietly at home
- Make suitable arrangements for the care of small children, for whom you are responsible, for the next 24 hours
- Take diet and fluids as advised/instructed
- Take your regular evening medication (please seek advice from the department if you take sleeping tablets)

Contact details

Should you require further advice or information please contact your referring team, or you can contact us in Interventional Radiology between 8.30am and 4.30pm, Monday to Friday, on **01772 522343.**

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
https://bepartofresearch.nihr.ac.uk/

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Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

All our patient information leaflets are available on our website for patients to access and download:

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

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you 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 to join our reading group please contact us on email address: patientexperienceandinvolvem@LTHTR.nhs.uk

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