

## Sedation Discharge Instructions for Adult Patients

You were given a sedating medicine for your procedure. Although you are now awake and ready to go home, the effect of the medicine may still last for several hours leading to temporary clumsiness or poor balance and incoordination which can cause poor judgement. As such, you should limit your activities for the rest of the day.

### PLEASE FOLLOW THESE RECOMMENDATIONS:

1. Limit activity for the remainder of the day.  
**DO NOT** drive, operate machinery or make important decisions for the remainder of the day.  
**DO NOT** participate in activities that requires balance, coordination and concentration like bicycling, swimming, working at height, weight lifting, etc. for the remainder of the day.  
**DO NOT** perform tasks that require much skill or fine finger work (for example, you might cut a finger while slicing a fruit) for the remainder of the day.
2. You may temporarily feel sick, weak or dizzy. This is normal. Some people will vomit if they eat too soon. As soon as you feel like you can drink without vomiting, you should try water, juice or soup. You can progress to solid foods if the fluids do not cause nausea and you are feeling well. Eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice or crackers.
3. You should not take alcohol, sleeping pills or medicines that cause drowsiness for at least 24 hours.
4. If you are taking any medications, ask the doctor how soon you can resume taking them.
5. If you fall asleep on the way home, your companion should position your head titled back or to the side while sitting up in the car. Your head **SHOULD NOT** be allowed to fall forward while sleeping. If you feel sick to your stomach at any time, you should be placed on your side.

**GO TO THE NEAREST EMERGENCY ROOM (and bring this instruction sheet), IF ANY OF THE FOLLOWING THINGS HAPPEN:**

- You are vomiting frequently.
- You are having difficulty breathing or experiencing chest pains.
- You had loss of consciousness (passed out or fainted) or your companion cannot wake you up.

**If you have any questions or concerns during the next 24 hours, please call the ANESTHESIOLOGY RESIDENT ON DUTY (09327869024, 09184903348).**

**I have read and understood the information in this sheet.**

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Patient's Signature

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Discharging Physician

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Date/Time