

Going home after moderate sedation

What is moderate sedation?

It is when you receive medication to make you drowsy and feel less discomfort for a procedure. You will be awake enough to speak and cooperate as needed. Moderate sedation does not last long, you will be more awake soon after the procedure but may still feel drowsy.

After your procedure, the medication may continue to make you:

- feel drowsy, dizzy, lightheaded, sleepy or confused
- forgetful
- unsteady on your feet
- have a slower reaction time
- have blurred vision

When you go home the medication may make you:

- less active
- unsteady when moving
- irritable or restless
- drowsy or have trouble sleeping
- sick to your stomach
- lightheaded
- clumsy



Moving slowly and carefully, not getting up too quickly, may help if you feel these things.

Before your procedure

- You must arrange for an adult to pick you up and be with you when you go home, even if you go home by bus or taxi. (You cannot drive yourself home!)
- We recommend you have someone stay with you for 24 hours and check on you during the night.

Important information

You may feel fine/normal but you may not be aware of small changes in your behavior or reaction time.

For the next 24 hours, **DO NOT**:



- Drive a car, bike or other vehicle (cannot be passenger on motorcycle).
- Operate machinery or power tools (such as a lawn mower).
- Make important/major decisions or sign legal document (such as change a will, buy a home or get married).
- Drink alcohol (alcohol might increase or prolong the sedative effects).
- Any drugs you take may react or cause problems with the medication you had today. Do not take any drugs unless prescribed by your doctor.

Most people go back to work and return to normal activities 24 hours after the procedure. Discuss this with your doctor.

When should I get medical help?

Go to an Urgent Care Centre or Emergency Department if:

- there is a change in your breathing or swallowing
- your skin is pale or bluish in colour
- you have vomiting that will not stop
- you do not fully wake up after sleeping
- you are not back to your usual self after 24 hours