

# Adult Patients Discharged following Procedural Sedation

## Emergency Department

**This leaflet has been designed to  
give you important information and  
to answer some common queries  
you may have.**



# Information for patients and visitors

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## Introduction

- As part of your treatment you have been given medication that relieves anxiety and helps relaxation
- You may have required a strong painkiller to be administered, either by mouth or as an injection
- You may have experienced a short period of memory loss during the time that the sedation was working
- You have been kept in hospital until you have recovered sufficiently from the effects of the sedation and painkiller
- It is possible, however that your judgement and / or coordination may be impaired for the next 24 hours

## Contact Details

Please telephone the Emergency Department should you have any worries or concerns following discharge from hospital:

Scunthorpe: 03033 302235 / 302800

Grimsby: 03033 302694 / 304561

## Do

We advise that you observe the following for the next 12-24 hours:

- ✓ Remain with a responsible adult
- ✓ Rest quietly
- ✓ Drink plenty of fluid and eat a light diet
- ✓ Continue to take regular prescribed medication **unless** containing sedative

## Do not

We advise that you observe the following for the next 12-24 hours:

- ✗ Drive a car or any other vehicles including bicycles
- ✗ Operate any machinery or appliances such as cookers or kettles
- ✗ Drink any alcohol or take other sedative medication/drugs i.e. antihistamine / sleeping tablets
- ✗ Lock the toilet door, or make yourself inaccessible to the person looking after you
- ✗ Undertake activities involving heights
- ✗ Undertake sporting activities
- ✗ Be the sole carer for young children

## Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

**For Diana, Princess of Wales Hospital** – you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

**For Scunthorpe General Hospital** – you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:

[nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

# Information for patients and visitors

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**Northern Lincolnshire and Goole NHS  
Foundation Trust**

**Diana Princess of Wales Hospital  
Scartho Road  
Grimsby  
DN33 2BA  
01472 874111**

**Scunthorpe General Hospital  
Cliff Gardens  
Scunthorpe  
DN15 7BH  
01724 282282**

**Goole & District Hospital  
Woodland Avenue  
Goole  
DN14 6RX  
01405 720720**

[www.nlg.nhs.uk](http://www.nlg.nhs.uk)

**Date of issue: April, 2017**

**Review Period: April, 2020**

**Author: Emergency Department**

**IFP-960**

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