

After your Sedation

A capable adult will need to take you home by car or taxi – ideally not public transport – and remain with you overnight. If arrangements have not been made for someone to accompany you after treatment, you may not be able to go home after the procedure.

After your sedation for 24–36 hours or longer if you feel unwell:

- Do not sign any legal documents, agreements or cheques
- Do not operate machinery or drive or ride a bicycle
- You should arrange for someone to assist in looking after your children
- **Avoid drinking alcohol**
- We also recommend avoiding posting on social media until after this period

Advice for carers

<https://www.rcoa.ac.uk/sites/default/files/documents/2020-05/12-SedationCarerweb.pdf>

Painkillers

<https://www.rcoa.ac.uk/documents/anaesthesia-explained/pain-relief>

For specific breastfeeding information

<https://www.breastfeedingnetwork.org.uk/anaesthetics/>

<https://www.nhs.uk/conditions/local-anaesthesia/>

Are there important instructions for afterwards?

Sedation may make you unsteady on your feet. Please be careful on stairs and have a capable adult with you if you feel unsteady.

Your doctor will give written instructions about further treatment to follow at home.

Further help

If you feel very unwell or start having a fever, you can call your GP or get a capable adult to take you back to the hospital or nearest Emergency department.

You can contact the general switchboard and ask for the ward where you were last looked after:

Queen Elizabeth Hospital Birmingham
Tel: **0121 371 2000**

Heartlands Hospital, Good Hope Hospital, and Solihull Hospital
Tel: **0121 424 2000**

You can call **111** for urgent medical assistance. For emergencies call **999**. Explain your symptoms and give details about your recent operation.

For patient feedback on your anaesthetic care please contact **0121 371 4400** or email **complaints@uhb.nhs.uk**.



Think you need A&E?
Check your symptoms using **Ask A&E**
and get NHS answers 24/7
uhb.nhs.uk/ask

Anaesthetic
University Hospitals Birmingham
NHS Foundation Trust