

Sedation

It is hoped that this leaflet will help you understand a little more about sedation. If you have any further questions, please do not hesitate to ask a member of the nursing or medical staff. They will be happy to help you.

What is sedation?

Sedation is the use of small amounts of anaesthetic or similar drug to produce a 'sleepy-like' state. It makes you physically and mentally relaxed during a procedure (eg. putting a dislocated shoulder back into joint) which may be unpleasant or painful but where your cooperation is needed. You may remember a little about what happened but often you will remember nothing.

What should I expect to happen whilst I am being sedated?

You will be given an injection in the back of your hand or arm which will make you feel sleepy and relaxed. It will also reduce any anxiety you have about your treatment. You will not be asleep in the sense of a general anaesthetic. You should not feel any pain during the procedure.

What happens during the procedure?

A nurse and doctor will stay with you to check your level of drowsiness and your vital signs (pulse, blood pressure and respiration). Your oxygen level will be checked continuously with a device that clips onto your finger or ear. Your heart will be monitored by 3 leads which will be attached to the front of your chest. You will feel very relaxed and may even begin to sleep but you will awaken easily and be able to talk with the doctor and nurse. You will not lose control and "say the wrong thing".

What are the risks of sedation?

After the procedure you may feel very sleepy for several hours.

People respond differently to sedation. Your breathing may become very slow. Your doctor or nurse may give you oxygen to help you breathe.

Your blood pressure may become lower. If this occurs you may be given intravenous fluids ("put on a drip") for a short time.

Some people can feel sick (nausea) due to the drugs used in sedation.

What happens after the procedure?

You will be closely watched by a nurse until you have recovered from the effects of the sedative drugs. Your oxygen level will be measured with the device attached to your finger.

or ear. As you recover a nurse will closely monitor your vital signs at regular intervals.

Will I be in pain after the procedure?

You may have some discomfort. The doctor / nurse looking after you will be able to give you pain relief medication (analgesics). A supply of analgesics will be given to you to take home if necessary.

Will I be able to go home after the procedure?

The doctor or nurse looking after you will be able to tell you this. It may be that only after the procedure has been performed that the doctor will be able to answer this question.

How soon will I be able to go home?

This depends on several things:

You must be awake, alert and know where you are.

Your blood pressure, pulse and breathing must be back to normal. You must be able to drink (water, coffee, tea) without being sick.

How long will the effects of the sedation last?

You will recover quickly from the main effects of the sedation after only a few hours. People often feel “more tired” than usual and have slower “reactions” for up to 48 hours after the sedation.

Are there any special precautions I should take following the procedure?

You should not drive or operate heavy machinery for 48 hours. You must be accompanied home by a responsible person.

You must have a responsible person to care for you for 24 hours after the procedure. You must not drink alcohol for 24 hours.

You must not be alone in charge of a baby or young child for the first 24 hours after the procedure.

You must not make any important decisions or sign any documents for 24 hours.

You should take things easily and avoid strenuous exercise eg. do not lift children, vacuum carpets or carry heavy shopping.

You should drink plenty of non-alcoholic fluids and eat a light diet, avoiding any heavy or greasy food for 24 hours.

What to do if you have any problems.

If you need advice, please contact:

Clinical Decision Unit: 01905 733453

Emergency Department: 01905 733065

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day. If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:

Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>

www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743