Discharge Instructions After Sedation/Anesthesia, Adult

The medicines you received during the procedure or test today can sometimes cause you to be:

- Confused.
- Dizzy.
- Sleepy.
- Clumsy.

HOME CARE INSTRUCTIONS

Do not engage in any activity that requires you to be alert or coordinated for the next 24 hours. This includes **driving, operating heavy machinery, using power tools, cooking, climbing, or riding a bicycle**.

- No swimming, hot tubs, or baths for the next 24 hours.
- Stay with family, friends, or a caregiver for the next 24 hours.
- Do not make any important decisions in the next 24 hours such as signing contracts, important commitments, or making expensive purchases.
- Do not drink alcohol for 24 hours.
- Avoid solid food if you have *nausea* (feel sick to your stomach) or vomiting.
- Drink plenty of fluids.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Call your caregiver for persistent nausea and/or if you vomit more than once.
- If you cannot reach your caregiver, go to or contact the Emergency Department.

SEEK IMMEDIATE MEDICAL CARE IF:

- You vomit more than once.
- Show strange or unusual behavior, or behave abnormally.
- Fever.
- Difficulty urinating.
- Severe pain.

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