Moderate Sedation, Adult

Moderate sedation is given to help you relax or even sleep through a procedure. You may remain sleepy and may be clumsy and have poor balance for several hours following this procedure. Arrange for a responsible adult, family member or friend to take you home. A responsible adult should stay with you for at least 24 hours or until the medicines have worn off.

- Do not participate in any activities where you could become injured for the next 24 hours, or until you feel normal again. Do not:
  - Drive.
  - Swim.
  - Ride a bicycle.
  - Operate heavy machinery.
  - Cook.
  - Use power tools.
  - Climb ladders.
  - Work at heights.
- Do not make important decisions or sign legal documents until you are improved.
- Vomiting may occur if you eat too soon. When you can drink without vomiting, try water, juice or soup. Try solid foods if you feel little or no nausea.
- Only take over-the-counter or prescription medications for pain, discomfort or fever as directed by your caregiver. If pain medications have been prescribed for you, ask your caregiver how soon it is safe to take them.
- Make sure you and your family fully understands everything about the medication given to you. Make sure you understand what side effects may occur.
- You should not drink alcohol, take sleeping pills, or medications that cause drowsiness for at least 24 hours.
- If you smoke, do not smoke alone.
- If you are feeling better, you may resume normal activities 24 hours after receiving sedation.
- Keep all appointments as scheduled. Follow all instructions.
- Ask questions if you do not understand.

SEEK MEDICAL CARE IF:

- Your skin is pale or bluish in color.
- You continue to feel sick to your stomach (*nauseated*) and/or throw up (*vomit*).
- Your pain is getting worse and not helped by medication.
- There is bleeding or swelling.
- You are still sleepy or feeling clumsy after 24 hours.
- You have an oral temperature above 102° F (38.9° C).

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You develop any type of allergic problem.
- You have an oral temperature above 102° F (38.9° C), not controlled by medicine.

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