

## After Moderate Sedation

---

### What is moderate sedation?

Moderate sedation is when a medication is given to reduce your level of consciousness so you can be comfortable during a procedure. The medication relaxes you but you are still able to hear members of the health care team talking to you. You can breathe on your own as well as answer questions. You are also able to feel when you are touched but you should not feel pain or discomfort during a procedure.

### When you go home:

- Make sure you have any prescriptions you are given filled and follow the directions carefully. Follow any instructions you have been given about taking other medications.

### Be sure to follow these instructions for the next 24 hours:

- You must have someone drive you home.
- Rest for the remainder of the day.
- Do not drive a motor vehicle, operate heavy machinery or use appliances that could cause injury.
- Do not take part in or do any activities that require judgment, coordination or making decisions such as signing legal documents.
- Do not drink any alcohol such as wine, beer or liquor.

### After 24 hours

- You can go back to work or school and/or your normal activities.

### Contact your doctor or go to emergency department or urgent care if you have:

- trouble breathing or swallowing
- fever greater than 38 degrees Celsius or 100 degrees Fahrenheit
- pain that is not controlled by pain control medication

### Go to an emergency department (not urgent care) if you have:

- sudden onset of chest or abdominal pain
- **Do not drive yourself – call 911 or your local emergency number.**

### Additional instructions or information:

---