



## Instructions for patients having sedation

Your safety is our primary concern. It is important that you read and carry out the following instructions.

1. You must come to the hospital accompanied by a responsible adult who can take you to your accommodation afterwards either by car or by taxi. You will not be able to travel home by public transport the day after your surgery. If you are travelling some distance you should confirm your arrangements for travelling home with us.
2. You may eat a light meal and drink non-alcoholic fluids up to two hours before your procedure.
3. If you are not staying in hospital, you must have a responsible adult stay with you overnight and a telephone available in case of problems.
4. You may feel sleepy and groggy immediately after the procedure. You will need to rest undisturbed afterwards until the following morning. If you are not staying in hospital overnight please make arrangements for this.
5. After sedation you **MUST NOT**: a. drive, ride a motorcycle or bicycle for 48 hours b. operate machinery for 48 hours c. cook using heat or boiling liquids for 24 hours d. sign a cheque or other legal documents for 24 hours.

**Dr M Sasada BA MB BS FRCA**  
**Consultant Anaesthetist**

talk to **me**

If you would like to discuss any aspect of this treatment please contact us on:

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