

# Conscious Sedation Instructions for Adult Patients

You will be given a list of the exact medication names and doses given on the day of the procedure and these instructions may be modified/customized to better suit you.

Common side effects associated with each of these medications includes:

- Drowsiness, dizziness, euphoria, sleepiness or confusion
- Impaired memory recall
- Unsteady gait, loss of fine muscle control, and delayed reaction time
- Visual disturbances, difficulty focusing, and blurred vision

You may experience some of these side effects or you may not be aware of subtle changes in your behavior or reaction time. Here are some instructions to follow after discharge.

## **Discharge Instructions:**

Do not consume alcoholic beverages for a minimum of 24 hours. Do not make important personal, legal or business decisions for 24 hours.

Move carefully and slowly, do not make sudden position changes. Be alert for dizziness or lightheadedness and move accordingly. Have a responsible person assist you.

Do not drive for 24 hours.

Do not operate equipment for 24 hours including lawn mowers and power tools.

Diet/diet restrictions: Advance your diet as tolerated.

If you have any questions or concerns, contact the Nurse at the hospital where you had the procedure:

Memorial Regional Medical Center 764-6077

St. Francis Medical Center 594-3180

St. Mary's Hospital 281-8166

OR contact your own physician

OR if you feel that you have a life threatening emergency, call 911.

If you report to an emergency room, doctor's office, or hospital within 24 hours, bring your customized instructions with you and give to the nurse or physician attending to you.