



Aftercare advice for adults given sedation in the Emergency Department

Information for patients from the Emergency Department

This leaflet is for patients who have been given a sedative drug whilst in the Emergency Department. Sedation is usually given to make it more comfortable for you to have a painful or unpleasant emergency procedure.

How will I feel after having the sedation?

After being given a sedative drug, it is normal to have a short period of memory loss. However, most patients have an uneventful recovery from sedation.

How should I care for myself when I return home?

The following are a list of 'Do's and Don'ts' to help with your recovery at home.

For the 24-hours after being sedated:

Do:

- Rest.
- Drink plenty of fluids (such as water, squash, tea / coffee).
- Eat a light diet (such as sandwiches or cereals).
- Make sure there is a responsible adult looking after you.
- Take your regular medications as prescribed, unless you have been told otherwise by a member of the Emergency Department team.

Do not:

- Drive a vehicle or ride a bicycle (this includes a mobility scooter).
- Operate machinery or power tools.

- Drink alcohol.
- Make any important decisions, such as signing contracts or buying something expensive.
- Use hot tubs, baths, or saunas.
- Care for any dependent adults or children without help.

What should I do if I have any concerns or questions?

If you have any other concerns once you return home, please contact the Emergency Department for advice.

- Emergency Department, **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate
Telephone: 01843 235030
- Emergency Department, **William Harvey Hospital**, Ashford
Telephone: 01233 616207

What do you think of this leaflet?

We welcome feedback, whether positive or negative, as it helps us to improve our care and services.

If you would like to give us feedback about this leaflet, please fill in our short online survey. Either scan the QR code below, or use the web link. We do not record your personal information, unless you provide contact details and would like to talk to us some more.

Giving feedback about this leaflet



<https://www.smartsurvey.co.uk/s/MDOBU4/>

If you would rather talk to someone instead of filling in a survey, please call the Patient Voice Team.

- **Patient Voice Team**
Telephone: 01227 868605
Email (ekhuft.patientvoice@nhs.net)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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