



# Information for adult patients undergoing **Sedation for Procedures for the Treatment of Pain**

## What is sedation?

Sedation involves using small amounts of sedative medications to produce a 'sleep-like' state. It makes you physically and mentally relaxed, but not unconscious.

## When will my doctor use sedation?

This will be a decision made together by you and your doctor and is usually offered to reduce anxiety and to help you feel more relaxed during the procedure.

## Will I remember the procedure?

Most people will remember the procedure because of the low levels of sedation used.

## How will sedation be given?

Your pain doctor will need to give you medicines(s) usually into a cannula placed on the back of your hand or arm. Sometimes the doctor may prescribe a oral medication to be taken 30 to 60 minutes before your procedure.

## Sedation for Procedures for the Treatment of Pain

### Will sedation cause side effects?

Sedation can cause side effects which are generally short-lived (last a few hours). This includes tiredness, dizziness, poor sleep patterns, temporary memory loss, rarely shivering, allergy, and nausea or even vomiting. Sometimes bruising may occur around the injection sites. This may be caused by a vein leaking blood around the cannula. It normally gets better without treatment other than removing the cannula.

Deep sedation is rarely needed for pain procedures. But some people may be more sensitive and deep sedation may happen. In the unlikely event of a deep sedation you will be carefully monitored by an Anaesthetist/suitable trained healthcare professional and your safety ensured.

### What will happen to me after the injections?

After the injection you will be taken to a recovery or ward area where nursing staff will check on you. You may feel a little drowsy and wish to sleep. Sometimes you will be asked to lie flat for about 30 minutes or longer. You may be helped to sit up and your blood pressure and pulse will be checked. You will be told when to get dressed and be given help to make sure that you can stand safely after the procedure.

### When will I be able to go home from hospital after my injections?

You will usually be able to go home within a few hours after the injection and in some cases much sooner, depending on how long your doctor or nurse want you to stay. Please make sure that you have someone to collect you after the procedure. It is unsafe for you to drive home straight after the procedure. If you do so your motor insurance will be invalid.

### What can I do after my procedure?

You may feel weak or tired for a little while after the injection so you should have someone stay with you for 24 hours if possible. You should not drive, nor operate machinery, sign legal documents, provide childcare without help or drink alcohol for 24 hours.

### When can I return to work after the procedure?

This be different for different people and may depend on the type of work you do. It is difficult to give general advice and so you should discuss this with your doctor.

### Who can give me advice when I am at home?

Before you leave the ward, you should make sure that you know how and who to contact if you develop significant pain or other problems at home. You may get this information from the nurse who arranges your discharge from hospital or the doctors on the ward.

## Sedation for Procedures for the Treatment of Pain

### Finally...

The information in this leaflet is not intended to replace your doctor's or health care team's advice. If you need more information or have any questions or concerns please speak to your GP or contact your Pain Clinic.

|                 |  |
|-----------------|--|
| Name            |  |
| Pain Service    |  |
| Address         |  |
| Contact Numbers |  |

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Acknowledgements:

Members of the Professional Standards Committee.